

# NEWSLETTER

OCTOBER, 2025

Welcome to our Newsletter, containing our latest activity updates! We have videos from the CC.AGE opening to show you, new staff members to present, updates on our projects, events from our user representatives, new publications, media appearances, and more!

Photo: Monica Patrascu

**CENTRE FOR ELDERLY  
AND NURSING HOME  
MEDICINE (SEFAS)**

## CC.AGE

Last year, we celebrated the official opening of the CC.AGE Centre with a grand event at our university's beautiful aula. Many of you were there – thank you for celebrating with us! And if you were not, we have some short films for you where you can see what it was all about, and why CC.AGE is important:

- [Opening sequence](#), 2,23 min.
- [Sum-up of the opening](#), 4 min.
- [Interview with two of our collaboration partners](#), Heather Allore and Ipsit Vahia, 4,34 min.

Activity has since been high. For example, new people are on board, and we are planning a pilot study for the digital platform called ALIVE, a user-friendly tablet app with sensors and interactive modules that provide personalized guidance. Not least, we are planning a study investigating food supply and nutritional status among older adults. Keep an eye on the [CC.AGE web page](#)!



**THE CENTRE  
FOR COMPLEX  
CONDITIONS  
AND AGEING  
(CC.AGE)**

Photo: Paul A. Sommerfeldt



# CAN SHARED HOUSING FOR SENIORS DELAY DEMENTIA AND PHYSICAL DECLINE?



## THE HELGETUN EXPERIENCE

At Helgetun, surrounded by beautiful natural surroundings, older adults live together in pursuit of an active lifestyle during their retirement years. Our ActiveAgeing project explores the potential benefits and drawbacks of living in such a community. See [a recent interview with PhD candidate Elise Førsund](#) and her take on the results so far. (Norwegian only.)

## RELATED NEWS:



### TV SERIES

A 3-episode documentary series from Helgetun, Senioreksperimentet, will show on Altibox this fall! SEFAS staff will also appear.



[See trailer](#)



[See news story in BT](#)



### POLITICAL FOCUS

The government wants to accelerate the construction of age-friendly housing, as stated in a recent call for ideas on [Regeringen.no](#).



[See the article \(Norw. only\).](#)



### A SUCCESS STORY

In a recent interview, Bettina S. Husebø proclaims Helgetun as a success story - now to be further developed in a new project, Marineholmen.



[See the interview \(Norwegian only\).](#)

# STEADY PROGRESS IN THE 5-D PROJECT



Photo: Silje Robinson

## 5-D PROJECT UPDATES

We have now been collecting data for one year, having included more than 130 participants, and 50 participants have had measurements for 6 months. Training- and information meetings have been held at all included nursing homes, but we are happy to return if there are staff who missed it the first time. We have been present at some meetings with residents' families and hope to be included in more. You can [read all about 5-D on this page](#). You can also see Bettina and Kamilla on national TV talking about 5-D, both as [web news article](#) and [news video at Dagsrevyen](#) (story 11).

## RELATED NEWS:



Photo: Silje Robinson

### NEW STUDY

We want to hear from family members of older adults in the 5-D project! That's why we've launched a study to gather insights into their experiences — incl. their views on privacy protection and ethics in this type of research, as well as their thoughts on the use of sensor technology. [Read more about the study here \(Norw.\)](#).



### JØLSTER MEETING

Kamilla Haugland-Pruitt from 5-D was speaker on a meeting in Jølster on Sept. 30, 2025. The event focused on digital supervision and sleep monitoring in elderly care. Together with representatives from the Norwegian Institute of Public Health, Vitalthings, and sleep specialist Dr. Remi Andersen, valuable insights and experiences were shared on how technology can enhance sleep quality and safety for older adults.



### 5-D DAY

This fall, we are inviting nursing home staff connected to 5-D to an inspirational day at Alrek Health Cluster: the 5-D DAY on October 13! We will share the first results from the study as well as the knowledge obtained from this [Se programmet her](#).

# DARK.DEM: CAN VIRTUAL DARKNESS ALLEVIATE AGITATION IN PEOPLE WITH DEMENTIA?

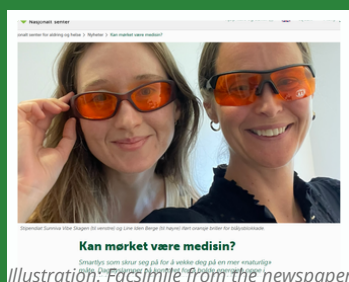


## DARK.DEM STUDY UPDATES

Symptoms such as changes in behaviour and mental state, encompassing anxiety, depression, psychosis, and agitation, are prevalent in persons with dementia. Our DARK.DEM study is testing new digital tools to help people with dementia who struggle with these problems. One idea is therapy with 'virtual darkness,' where light and darkness are carefully adjusted to improve sleep and daily rhythms.

Per September 2025, we have recruited 13 participants at the NKS Olaviken Gerontopsychiatric Hospital, and the procedures, including the virtual darkness therapy, are perceived well by the hospital staff as well as the patients. We experience great support and gratitude from the patients' families, who highly welcome this attempt to find a new treatment for this group. We will continue to include patients till the end of 2026.

## RELATED NEWS:



### NEWS STORIES

Sunniva Vibe Skagen was recently interviewed on TV2 News, [see the TV2 story here](#). See also story in Aldring & Helse, where Sunniva and Line Berge are interviewed about the project: "[Kan mørket være medisin?](#)" (*Can the darkness be therapeutic?*)



### MEETINGS

At the [European Implementation Event in the UK in June](#), Kjersti Nedreskår presented a poster on the DARK.DEM project. At the recent [Alrek Helsedager](#), Kjersti, Stein Erik Fæø, and Sturle Monstad presented practical lessons learned from circadian lighting implementation in a Tysvær nursing home.



### A 'MOST READ' OPINION PIECE

Research findings are often based on groups, but no patient is just an average. [This opinion piece](#) (on the 'most read' list) by Kjersti Nedreskår explores how psychologists should combine scientific evidence with individual needs and context.



# BUILDING BRIDGES BETWEEN ENGINEERING AND MEDICINE

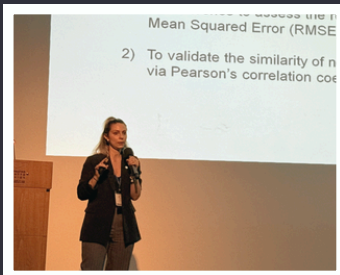


Photo: Paul A. Sommerfeldt

## AN IMPORTANT FOCUS FOR SEFAS

SEFAS is committed to bridging the knowledge gap between engineering and medicine, and bringing the two fields together. Technology is becoming an important part of medical practice, and certainly in our field, where technology can aid in both diagnosis and treatment for elderly unable to communicate their problems and needs. Monica and Valentina are SEFAS engineers in a medical field, who have established the first ever Norwegian chapter of EMBS, the world's largest international society of biomedical engineers. By having this chapter at UiB/SEFAS, we hope to serve as a hub where both fields can collaborate, share knowledge, and explore future opportunities. Read the [interview with Monica and Valentina](#) and learn more about this initiative.

## RELATED NEWS:



### TRACKING YOUR BREATHING

Changes in how we breathe can provide early warning of health deterioration. What if your wearable could reliably track how you breathe?

[Read story.](#)



### CONFERENCE

Valentina, Kamilla, and Monica brought back important insight from [the CBMS conference in Madrid](#), where clinicians, researchers, and engineers from around the world discussed medical data mining, clinical decision support systems, AI in healthcare, image analysis, health informatics, and much more.



### MATLAB MEETING

Strengthening our expertise in signal processing is highly valuable. That is why we invited Federico Seri and Carlos de Cos to present the MATLAB platform, directly applicable to both engineering and clinical research.

[Read story.](#)

# NEW MEMBERS OF THE SEFAS FAMILY

## SEFAS IS GROWING

During the last year, our SEFAS family has been growing steadily as we have been recruiting positions for our projects in accordance with being a comprehensive interdisciplinary research centre facing a necessary paradigm shift in elderly care. Since our last newsletter, we have had the pleasure of welcoming the following new members:



**Annelise Elde** is a trained clinical nutritionist from the University of Bergen. In March 2025, she started as a PhD candidate in the CC.AGE project. The goal of CC.AGE is to facilitate safe and independent aging at home for people with complex diseases. Annelise's PhD project will focus on nutrition among older people with complex diseases.

**Asmat Ullah** is a computer system engineer with a PhD from NTNU (2024), specializing in cutting-edge solutions for sustainable construction machinery, focusing on productivity optimization and emission reduction through electrification. With expertise in distributed systems and AI, he previously worked on Norway's Artificial Intelligence Cloud (NAIC) at UiT and holds a master's in informatics from South Korea as a BK21 scholar.




Currently, Asmat is a postdoc at SEFAS connected to CC.AGE, where he develops technologies to support independent living for elderly patients while reducing healthcare system burdens. His international experience spans sustainable industrial solutions, AI systems, and tech innovations, combining technical skills with practical applications for societal benefit.



**Shivam Pandey** is a PhD candidate at SEFAS, working under Work Package 5 of the CC.AGE project, where he contributes to the development of the ALIVE platform. His current research focuses on building an AI-driven decision-making system that analyses biomarker data and user profiles collected from various health-monitoring devices, delivering actionable interventions to support healthier lifestyles.

Shivam holds a master's in computer science from South Asian University, where his research focused on data mining and intelligent industrial applications. Before joining SEFAS, Shivam worked as an AI Research Engineer at the VAIR Lab, Vallabhi Group, and also served as a Big Data Engineer at Amazon. His expertise spans artificial intelligence, data mining, fuzzy systems, and data-driven healthcare innovation





**Kirsti Eikeland** is a psychologist with a bachelor's degree in nursing and a degree in clinical psychology from the University of Bergen. She is currently a part-time researcher at SEFAS, working on the EI ROBOT project with a focus on ethical assessment and user involvement in the development of emotionally intelligent robotic systems to improve the well-being of persons with dementia or other intellectual disabilities residing in long-term care institutions.



Kirsti also holds a part-time position as a clinical psychologist at the Hospital of Vestfold.



**Shakil Salim Rajan** holds an M.Phil. in International Community Health from the University of Oslo. During his Master's program, he focused on sociodemographic and health-related factors associated with COVID-19 vaccine hesitancy.

Currently, Shakil is a PhD candidate at SEFAS, working in the DIGI.PARK project (Digital Phenotyping in People with Parkinson's Disease). His research centers on developing digital tools for health monitoring using AI-based smart sensor devices, with the aim of improving the overall health and quality of life for older adults suffering from Parkinson's disease.

**Oda Sunniva Aeschlimann Isene** holds a master's degree in Cognitive Neuroscience from the University of Oslo. In September 2025, she started as a PhD candidate at SEFAS. Her research will be part of the 5-D project (Decoding Death and Dying in People with Dementia by Digital thanotyping), with a focus on pain in older adults with dementia.



**We are also very pleased to share that some of our well-known colleagues have stepped into new roles at SEFAS:**

- **Line Iden Berge** is since January 2025 full Professor, working with LIVE@Home.Path; DARK.DEM; and CC.AGE.
- **Manal Mustafa** is now full Professor, 20% at SEFAS, affiliated with the 5-D project.
- **Monica Patrascu** and **Brice Marty** now have positions as Researchers, working across all SEFAS projects.
- **Farzana Haque** is now a PhD candidate, affiliated with the 5-D project.



# OUTREACH TO ELDERLY PEOPLE AND THEIR FAMILIES

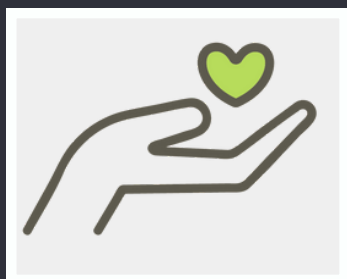


Bettina presenting at a meeting in Pårørendebanken.

## THE USER PANEL, PÅRØRENDEBANKEN AND SENIOR UNIVERSITIES

An important aim for SEFAS is to bring in the perspective of the elderly people themselves and their families, considering they are the ones having first-hand experience with complex diseases, living in nursing homes, or coping in their own homes. We have an advisory user panel that consists of members who have personal experience with the healthcare services. So far this year, we have had a plenum meeting with them on September 10 with fruitful discussions, as well as project meetings in our current projects, where assigned user panel members help us keep the research relevant and practice-oriented.

### RELATED NEWS:



#### PÅRØRENDEBANKEN

Pårørendebanken, an initiative by one of SEFAS' user panel members Finn P. Nilsen, started its meetings this fall.

» [Read about Pårørendebanken](#)

» [Meeting dates](#)



#### SENIOR-UNIVERSITETET

This fall, Bettina was booked by three divisions of the Senior University to talk about relevant topics for the senior citizens. We are very happy with such occasions to spread our knowledge to this important group! More in the spring!



#### THE USER PANEL

The panel acts as an advisory body for research and development projects. Their experience may include experience as a patient, family of a patient, as healthcare personnel or as a representative from a patient organization.

» [What/who about the user panel](#)



# OTHER NEWS

## COMPLETED MASTER PROJECT

**CONGRATULATIONS TO DIONNE  
ODIJK ON THE COMPLETION OF  
HER MASTER'S DEGREE!**



The thesis "A personalized digital educational framework for older adults with complex conditions utilizing the ALIVE platform" explored how to effectively support older adults with complex conditions in increasing knowledge and self-management through the ALIVE platform. Supervisors were Zoya Sabir, Annelise Elsdø, and Monica Patrascu. The results were gathered through a literature review, interviews, and feedback rounds. These provided insights for the development of an educational framework, describing recommendations regarding, e.g., personalization, design, and functionalities of a digital health educational framework.



## MAIN PAPER FROM LIVE

**THE MAIN PAPER IN THE LIVE  
TRIAL IS NOW PUBLISHED**

We are happy to announce that the main paper of the LIVE@Home.Path trial, "Burden and care time for dementia caregivers in the LIVE@Home.Path trial," has been published in the world's leading dementia journal, *Alzheimer's & Dementia*. The trial included 280 dyads of home-dwelling persons with dementia and their caregivers in a stepped wedge design and provided them with the multicomponent LIVE interventions encompassing Learning, Innovation, Volunteer services and Empowerment, and this intervention was delivered by a municipal coordinator. This intervention had no effect on the trial's primary endpoint caregiver burden resource utilization, yet, we found that the caregiver reported clinical global impression of change improved over the trial, in particular related to the coordinator. We suggest that these results should be acknowledged when designing future health care services to families affected by dementia.

See also interview with PI Line Berge in *Aldring og helse*: "Kan en kommunal koordinator være et tiltak for familier som rammes av demens?"

# SUPPORT FROM UIB IDÉ

## CONGRATULATIONS TO NEURO- SYSMED AND SEFAS PHD STUDENT LYDIA BOYLE WITH PROJECT SUPPORT FROM THE INNOVATION FUNDING PROGRAM UIB IDÉ!



In 2025, a total of 25 proposals were submitted to the UiB Idé call. Four research projects and three student projects were selected, including a project led by Lydia Boyle. This project was awarded funding in the student project category and is named TREco (Technology Reuse Ecosystem). TREco is tackling the waste of costly research technologies by creating a digital platform for sharing across academia, healthcare, and industry. By reusing instead of storing away, the platform cuts costs, reduces e-waste, supports climate goals, and promotes collaboration. Read the news story about Lydia and TREco here: [“New life for research infrastructure”](#).



## DEBATING DEATH

### SEFAS OFFERS A KNOWLEDGE- BASED VOICE IN THE DEBATE

You might have noticed a renewed interest in the public debate in recent months on the issue of assisted death. For example, see this op-ed in VG on September 2, signed by several experts: [“Dødshjelp må utredes nå!”](#) (*Assisted death must be investigated now!*) Some political parties have expressed openness to formally endorsing legalization, and some support examining the issue more closely. Polls have shown an increased support among the Norwegian public for assisted dying under certain conditions: for example, in cases of terminal illness with short remaining life expectancy.

For SEFAS, it is important to be a knowledge-based voice in this debate. For instance, see this article in Aftenposten: [“Dødshjelpdebatt på faglige premisser”](#) (*Keeping the assisted death debate on professional terms*), co-authored by Professor Bettina S. Husebø, and the recent Bergen Global CMI/UiB panel discussion, available on YouTube: [“Å velge døden: En samtale om aktiv dødshjelp i Norge”](#) (*Choosing death: A conversation about assisted dying in Norway*). Husebø emphasizes that professional perspectives must form the basis of the debate. More importantly, she argues, is that end-of-life care must be strengthened nationwide, across all diagnostic groups, to ensure that everyone in need of palliative treatment has the opportunity for a dignified and compassionate death.





# INTERNATIONAL RECOGNITION

**OUR RESEARCHER MONICA  
PATRASCU IS FEATURED IN IEEE  
WOMEN IN ENGINEERING MAGAZINE!**



This article tells the personal story of Monica's journey into research (and art), and highlights them as a person to watch. Monica has, in fact, a life in the arts as well as in research, and the article describes both. "This is a piece on my path through science, engineering, death and dying, fantasy and science fiction," Monica says. "This is the first piece in which my worlds are brought together." At SEFAS, we get to use Monica's unique imagination, ingenuity, and systems engineering skills to combine medicine and digital innovation into a real difference for elderly care and society. [Read more in this article.](#)



## SEFAS IS NOW ON FACEBOOK

### FOLLOW US ON FACEBOOK!

We are pleased to announce that we have now established a Facebook page, where you can stay updated on news, view upcoming project recruitment opportunities, receive event invitations, and more. [Go to our page here.](#) LinkedIn will soon follow!

## CHECK OUT OUR NEW WEB PAGES



This summer, our web pages have been through a thorough renewal. Have a tour, and learn all about us! [Visit the SEFAS web pages here.](#)