

Project title:**ITALIAN STUDY WITH PERSONALIZED MULTI-DOMAIN INTERVENTIONS TO PREVENT FUNCTIONAL AND COGNITIVE DECLINE IN COMMUNITY-DWELLING OLDER ADULTS****Acronym/working title:****IN TEMPO****Principal Investigator**

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Registration number of the Ethical approval

Comitato Etico Interaziendale di Novara N° 403/2023

Project summary

The In-Tempo AGE-IT project was launched with the aim of better understanding the factors that influence how we age, distinguishing between healthy aging and aging associated with neurodegenerative diseases. To this end, participants over the age of 65 will be recruited from several clinical centers across Italy. Each participant will be followed over time, with the collection of clinical data and neuropsychological assessments. This will allow researchers to identify early disease indicators and protective factors linked to successful aging.

The project has a strong translational value and aims to build a shared clinical and biological database that will help improve early diagnosis, guide the development of personalized treatments, and support prevention strategies. In this way, In-Tempo contributes to improving the health and quality of life of older individuals and strengthens collaboration between research, public health, and innovation at the national level.

Duration of Study*Total duration of the study: 24 months**Study start: 07/2024**Study end: 06/2036***Total number of participants involved:**

100

Samples collected:

- ✓ Buffy coat
- ✓ Whole blood
- ✓ Plasma EDTA
- ✓ Urine
- ✓ Feces