



European Innovation Partnership on Active and Healthy Ageing

Newsletter - Issue 26 - September 2015

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Interview with Dr. Teresa Chavarría Giménez, Coordinator of JA-CHRODIS



Dr. Teresa Chavarría Giménez is the Coordinator of the Joint Action on Chronic Diseases and Promoting Healthy Ageing across the Life cycle

Could you please introduce the Joint Action on Chronic Diseases & Promoting Healthy Ageing across the Life Cycle?

The recent [WHO European Health Report 2015](#) showed that although we are on track to reduce premature mortality due to chronic or non-communicable diseases, they remain amongst the highest killers in Europe. This is largely due to (avoidable) risk factors such as unhealthy diet, tobacco use and harmful alcohol consumption and physical inactivity. The main goal of the [Joint Action on Chronic Diseases & Promoting Healthy Ageing across](#)

[the Life Cycle](#) (JA-CHRODIS) is the exchange and promotion of good practices in these areas.

Starting in January 2014 and running for three years, JA-CHRODIS is paving the way for better health policies across Europe to improve the well-being of citizens. JA-CHRODIS is the largest Joint Action co-funded to date through the Health Programme of the European Commission and Member States with a budget of 9.2 million Euros and over 60 partners representing Member States, research institutes and civil society.

As the field of chronic diseases is very broad, we narrowed the scope of JA-CHRODIS to three main areas of work to be able to produce meaningful and tangible results. These areas are: health promotion and primary prevention, the management and treatment of multimorbidity, as well as of type 2 diabetes, to serve as a case study for other chronic diseases. Each area identifies and evaluates good practices in their respective fields, following a strict scrutiny procedure. All good practices will be made available on the online ['Platform for Knowledge Exchange'](#) (PKE). The PKE will integrate a number of items such as:

- On line tools to allow the assessment of practices using criteria agreed upon by EU experts from numerous fields and organizations (including the EIP-AHA);
- A clearinghouse which will be the repository of all good practices selected under the

- criteria;
- A digital library collating relevant and updated material on chronic diseases;
- An online helpdesk and toolkit to help users develop, implement and evaluate practices.

With the objective to build synergies, the JA-CHRODIS has identified converging elements between our PKE and the EIP-AHA's repository and will work on their implementation. Thus, the PKE does not only offer the exchange of practices and interventions evaluated under experts' consensus criteria, but a virtual space to share, learn from others, bridge health system silos and network.

To get a quick overview about the situation of chronic diseases in Europe and what JA-CHRODIS is doing to address it, you can watch our new JA-CHRODIS [video](#).

Read the full [interview](#)

Spotlight on EIP-AHA Action Group A2 - Fall prevention

This column focuses on EIP-AHA Action Groups' insights. Each month, we put the spotlight on an Action Group and its members. This month, Action Group A2 tells us about their action areas, and about their group's aims, objectives and key achievements to date. We also took the opportunity to ask Professor Nick Guldemond about new initiatives in support to the Action Group.

Dr. Nick Guldemond PhD DSc (med) is Associate Professor Integrated Care & Technology and Senior Policy Advisor at University Medical Centre Utrecht.

Action Group A2 is dedicated to the prevention of falls and the improvement of management of falls and their complications. Key objective is to implement and the up-scale integrated and person-centred care pathway, which is enhanced by technologies. Following the Action Plan Falls Prevention and Management, **over 160 organisations who expressed their commitment (incl. thematic networks), took a joint effort to share expertise and exchange best practises as well as building a multi-level framework for falls prevention and management solutions.** Our family of partners become steadily bigger. It's good to see that.



We are now in the process of Europe wide implementation and upscaling. For this, different approaches, expertise and best practises were collected to formulate a framework for tailored (local) implementation. In order to facilitate information sharing and data collection for policy and decision-making on European, national and regional level, **a minimum falls dataset is in progress which allows stratifying and predicting the risk of falls. This will support evidence based interventions to prevent the occurrence and management of falls.**

The Action Group strives to raise awareness for falls prevention across the EU: the last three years on the 1st October, "International Day of Older Persons", a press statement is communicated in different member states to promote the work of A2. Manchester University

does a good job to facilitate this. The impact of awareness raising become each year bigger. We're very happy that the Dutch Red Cross supported us with this endeavour and broadcasted a primetime promotion campaign on television for the second year. NHS executive director Simon Stevens started a door-to-door screening program to identify frail seniors with a risk for falling in different regions based on the VVVS approach (more on this in the PDF). It's a typical example of how we transfer knowledge among the partners.

To further strengthen the European knowledge infrastructure on frailty, falls prevention and active ageing Nandu Goswami applied a proposal to formalise a new Austrian knowledge institute with an inclusive European scope: Ludwig Boltzmann Institute. LBI will address unmet needs to improve autonomy and (re-) mobility in older people in a social context leading to restoration and/or maintenance of a healthy aging trajectory and reducing the necessity of hospitalization.

The European Falls Festival which took place in March this year was a really big success. We created an alliance with key figures on falls prevention in Australia, US and Canada. I'm also very pleased that increasingly countries from Eastern Europe are engaging with us where among Poland with an impressive number new projects. Also we'd the final meeting of the project I-Don't-Fall a fantastic futuristic concept which combines integrated care, 'internet of things' and robotics. E-NO-FALLS is another program (thematic network) dedicated to technology for the prevention and management of falls.

I would also add that Action Group A3 and A2 took a new initiative on collaboration.

It's such a pleasure and privilege to work with a dedicated coordination team and great partners. So we've a range of [important initiatives \(PDF\)](#) running in the Action Group.

Two projects on fall prevention: Farseeing and Wiisel



Interview with Dr Helen Hawley-Hague, Scientific Coordinator of the FARSEEING project

Could you present in a few words what the FARSEEING project had set up to do? FARSEEING was a collaborative European Commission funded research project with 10 partners

distributed in 5 EU countries. It aimed to focus on the issue of promoting healthy, independent living for older adults. More specifically, FARSEEING aimed to promote better prediction, identification and prevention of falls with a focus on ICT devices and the unique proactive opportunities they can provide to older adults to support them in their own environment. Key to this was the FARSEEING falls repository (real-world falls) and a broad range of FARSEEING technologies which include the use of smartphone, smarthome, wearable sensors and exergames.

What are now the results now that the project is completed?

The complete FARSEEING technological infrastructure includes smartphones, smartshoes, a smart home system, a dedicated wearable unit for high-risk subjects, and a telemedical service model. These technologies have all been designed to promote usability and acceptability with both health professionals and users (see [guidelines](#)). FARSEEING's Fall

Repository is the world's richest and largest sensor-based fall repository. Data collected from hundreds of subjects has allowed the identification of clinically relevant features in the user motor profile and functional level, which are predictive of future falls.

Read the [full interview](#)



*Interview with Fanny Breuil,
Coordinator of the WIISEL project*

What is WIISEL?

WIISEL (Wireless Insole for Independent and safe elderly

Living) is a research project. Coordinated by Cetemmsa-EURECAT, WIISEL is co-funded by the European Commission (FP7-ICT), with 3.9 M€ budget and 8 partners from 6 different countries.

The main goal of WIISEL is to develop a flexible research tool to collect and analyze gait data from real users and correlate parameters related with the risk of falls from the elderly population.

The WIISEL system can be useful as a research tool for studying fall risk and as a clinical tool for long-term monitoring of fall risk in the home and community setting.

How does it work?

The developed tool consists of a combination of a flexible software platform together with wearable insole device collecting data related with gait.

Elderly people wear a pair of insoles not only in clinical settings, but also at home and during daily activities. Thanks to a wireless system and several sensors embedded into the insole, the data captured by the movement of the foot are sent first to a mobile device and later to a server, so that the evolution of a patient can be monitored remotely in terms of gait, fall risk, activity and mobility.

In the evening, elderly people take the insoles from their shoes can charge them easily using the inductive charging station (see picture).

Risk of falls is assessed based on multiple gait parameters and gait pattern recognition. WIISEL allows quantifying activity, assessing the quality of gait under real life conditions and enable researchers to evaluate and monitor fall risk in elderly patients, in the home and community environment, mostly reflecting everyday life behavior.



Read the [full interview](#)

REMINDER: European funding available in support of the EIP on AHA

The **Work Programme 2016-2017 for Societal Challenge 1** (SC1 - related to Health Demographic Change and Wellbeing) of the Horizon 2020 programme will be published on 14 October but a [draft version](#) is already available. The [videos and presentations](#) of the Info day of 18 September in Brussels are online. You can also contact your Horizon 2020 'Health'

[National Contact Point](#) to learn about national info days and other information sources in your country.

The Investment Plan for Europe is now operational. The Regulation on the European Fund for Strategic Investments (EFSI - a key component of the Plan) was adopted in July 2015.

The EFSI fund is managed by the European Investment Bank (EIB) and intends to serve as incentive for investments. It makes available €21 billion as a guarantee against first losses, with the goal to mobilise €315 billion of total investments over the next 3 years.

EFSI can be considered as a mechanism for facilitating investments for the development and scaling up of innovations in active and healthy ageing. [More on the Investment Plan for Europe](#)

A Selection of News from the Marketplace

[**Vote now on which challenge to be tackled with the first Social Innovation Horizon Prize**](#)

The European Commission in cooperation with the European Investment Bank Institute will award a prize of €2 million to whoever can offer the best breakthrough that will help meet a problem facing the society. But which particular problem this will be is yet to be decided - by popular vote.

Between 16 September and 21 October 2015, citizens will be able to choose among five different challenges facing our society that they would like to see tackled in the coming years. Based on the outcome of the online voting, the Commission, in cooperation with the European Investment Bank Institute, will launch a Horizon Prize an inducement prize that rewards whoever comes up with the best solution on the challenge that received the most votes. The prize contest is expected to be launched in early 2016. The team that best meets the challenge will receive €2 million from Horizon 2020, the EU's research and innovation funding programme.

An ageing population is one of the five challenges up for vote.

[**Europeans are living longer, but can it last? the WHO Regional Office for Europe's health report 2015**](#)

The latest European health report shows a Europe that has achieved striking successes and is on track to hit several targets, such as reducing premature mortality and setting further national targets for health. The report, which is the WHO Regional Office for Europe's analytical account of the health of the European Region and its progress towards the targets set by Health 2020, WHO's overarching health policy, also reveals a need to find and examine new kinds of evidence to understand the complex relationship between health, well-being and culture.

[**The Basque Country adopts a strategy for active and healthy ageing**](#)

The Basque Country adopted on 18 September a quinquenal strategy for active and healthy ageing. The strategy is divided into three major areas:

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- Area I. The adaptation of a society, a new model of governance
 - Area II The anticipation and prevention for better ageing
 - Area III An Age-Friendly and participative society of well-being

P.M. In 2013 the Basque Country became a three star reference site of the European Innovation Partnership on Active and Healthy Ageing in recognition of its Strategy for Chronic conditions.

EIT Health appoints Sylvie Bove as new CEO

The new CEO of EIT Health needs to bring in a broad range of skills such as experience in the life sciences, academia, business development and public private partnerships, said Koenraad Debackere, Chair of EIT Health's Supervisory Board. Sylvie Bove's expertise, multinational background and well established network make her ideally suited to this task.

Call for Papers Now Open for the 16th International Conference on Integrated Care

The 16th International Conference on Integrated Care will take place in Barcelona from 23-25 May 2016. The conference is co-hosted with PIAISS of the Catalan Government, Hospital Clinic Barcelona (HCB), Forum ITESSS and the Tic Salut Foundation.

Paper submissions relating to the conference themes will be accepted until Friday, 30 October. The paper should take the form of an abstract of not more than 750 words. Abstracts of good practice, projects, development of policy, research, concepts and theory, lost and found and network/thematic discussions or workshops are welcome!

Basque Country and Scotland sign a cooperation agreement on health and care policies

The Basque and the Scottish governments have signed a cooperation agreement on health and care policies. The aim is to jointly develop new models of care with regards to an increasingly ageing population.

With this memorandum of understanding the Basque and the Scottish wish to consolidate a continuous exchange of good practices initiated in the context of the European Innovation Partnership on Active and Healthy Ageing.

Free assistance for the start-up and implementation of innovation procurements

The European Commission is supporting public organisations to sign more and better innovation procurements for ICT (Information and Communication Technologies) based solutions across the EU, thanks to a new three-year initiative. Innovation procurement empowers public authorities to procure pioneering, state-of-the-art solutions customised to their specific needs, and helps local and central governments to provide tax payers with the best possible quality services.

The European Assistance for Innovation Procurement (eafip) initiative will assist public procurers (ministries, local authorities, universities, hospitals, public utility companies, etc.) to implement innovation procurements for ICT based solutions across the European Union. Assistance will take the form of helping procurers in the design and implementation of their procurement process and providing a toolkit to assist them with the procedure. The initiative

also offers training in the form of nine workshops across Europe specifically targeted at providing procurers and using good practice approaches and hands-on support. eafip will also promote innovation procurement to a wide audience through three major events. The first major event will take place at the 27th and 28th October in the City Hall of Paris.

Eurocarers launches InformCare, the EU information Hub on Informal Care

According to recent research, 80% of care in Europe is provided by families and friends. The same research shows that there are more than 100 million carers in Europe today a figure that is probably underestimated given the recognition and (self-) recognition issue of carers. The contribution of these informal carers clearly constitutes a great resource for our society, even if their role is not always recognised. Delivering a wide range of support services such as personal care, housekeeping, transportation, care and financial management as well as emotional support, carers often offer the most comprehensive and desirable option for people in need of care declared Stecy Yghemonos, Executive Director, Eurocarers. Eurocarers, the European Association working for carers, has launched of the very first European web-platform for informal carers InformCare - developed in the framework of the EU-funded Innovage project.

InformCare provides informal carers from 27 EU member states with key information on their rights and entitlements as well as advice on how to best deliver and cope with their caregiving activities. Care professionals and employers from a selection of countries, are also be able to access information on how to best support carers and meet their needs. The platform also offers a variety of interactive communication tools (such as a social network, a forum and a chat) to allow carers to interact, share tips and feelings, look for ideas and suggestions, ask for help, support others or just have a chat with someone who understands what being a carer means!

European Exchange study visit Assuring quality in the reformed English NHS, 29-30 October 2015, Dartford (near London)

The English NHS has seen significant reforms in the past 5 years, with an increasing focus on the quality of care provided. This study tour is aimed at senior clinical and managerial colleagues working in key operational, policy or strategic roles in other European health systems. The two-day programme will provide delegates with a unique opportunity to meet and hear from a range of the most senior NHS leaders in England, providing a deeper knowledge of the newly reformed NHS; including how healthcare is assured and regulated from a professional, organisational, financial, quality and safety perspective. Additionally, there will be a strong focus on the largest component of the workforce in the NHS - its nurses - and how important nurses and nurse leadership is in maintaining quality.

Upcoming events

OCTOBER

12-15

[the European Week of Regions and Cities - OPEN DAYS 2015](#)

European Commission
Brussels, Belgium

13

[Integrated care summit 2015](#)

The King's Fund
London, UK

14

[European Conference on Social Innovations for Healthy and Active Life Expectancy](#)

INNOVAGE Project
Brussels, Belgium

15-17

[International Health and Wealth Conference](#)

Aventimes
Algarve, Portugal

20

[Technology Innovations: Supporting Integrated Care at home and in communities](#)

EU projects Smart Care, Care Well and Beyond Silos, and B3 Action Group
Odense, Denmark

20-22

[ICT 2015 - Innovate, Connect, Transform](#)

European Commission & Fundacao para a Ciência e a Tecnologia Portugal
Lisbon, Portugal

27

[Which priorities for a European policy on multimorbidity?](#)

European Commission
Brussels, Belgium

29-30

[4th Healthy Ageing platform](#)

Bridge2Food
Amsterdam, The Netherlands

NOVEMBER

2-3

[Age Friendly Universities Conference 2015 Engaging Ageing](#)

Dublin City University
Dublin, Ireland

5

[IET International Conference on Technologies for Active and Assisted Living](#)

The Institution of Engineering and Technology
London, UK

10

[The ERA-AGE Conference: findings from Europe's first joint programmes in ageing research](#)

ERA-AGE
London, UK

13-14

[European Symposium on Patient Adherence, Compliance and Persistence \(ESPACOMP\)](#)

ESPACOMP Scientific Committee
Prague, Czech Republic

17-19

[Sustainable Health Systems through Evidence-based Guidelines for Improving Health Literacy of the Ageing Population](#)

IROHLA Consortium
Brussels, Belgium

19-21

[3rd World Congress on Integrated Care](#)

The International Foundation of Integrated Care (IFIC)
Mexico City, Mexico

20

[EU role in protecting older citizens' social and economic rights' - AGE Platform Europe 's annual conference](#)

Age Platform
Brussels, Belgium

24

[The Future of Ageing: Care, Economics of Age, Future of Age, Health, Pensions, Quality of Life, Work and Retirement](#)

International Longevity Centre - UK
London, UK

26-28

[Elder Care Asia 2015: International Fair On Facilities & Lifestyle For Seniors](#)

Elder Care Asia
Taiwan

DECEMBER

1-2

[Our Daily Digital Health: is everyone ready?](#)

EHTEL and the EU Large Scale Telehealth Project United4Health (co-funded by CIP ICT PSP) partnering with the European Parliament Science and Technology Options Assessment (STOA).
Brussels, Belgium

7-9

[Launch of the Covenant on Demographic Change and Innovation for age-friendly environments in Europe: joint AFE-INNOVNET and AFEE workshops for policy makers](#)

AFE-INNOVNET, AFEE, European Commission
Brussels, Belgium

7-10

[7th European Innovation Summit](#)

Knowledge4Innovation
Brussels, Belgium

[More events on the Marketplace](#)

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