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WORKSHOP:

HEALTHY AGEING IN EUROPE.
OPPORTUNITIES AND THE
WAY AHEAD.

FOCUS PROJECT

Polibienestar HEALTH research project

Completed (recently):

Health Programme:

- ASSEHS
- UHCE

Erasmus + Programme:

- IENE4

Lifelong Learning Programme:

- MEET

Ongoing:

3rd Health Programme:

- APPCARE
- SEFAC
- EFFICHRONIC
- MIG-HEALTHCARE
- SCIROCCO

Retos Colaboración (National):

- SIMULCHRONIC

Erasmus + Programme:

- IPA+
- ALTAS
- IENE6

MINECO (National):

Desarrollo de herramientas para la mejora de la gestión y estratificación de pacientes crónicos usando las TIC. Detección del riesgo de hospitalización.

Impact of HEALTH European projects

PROJECT	OBJECTIVE	OUTCOMES/IMPACT
ASSEHS	To study the current health risk stratification strategies and tools and to undertake the challenges involved in spreading their use and application on frail elderly patients.	White paper on Deployment of Stratification Methods: knowledge on the use of stratification tools at the levels of policy making, healthcare management, clinical intervention and practice.
UHCE	To promote innovative integrated health and social care pathways, early detection of frailty, management of polypharmacy and prevention of falls for active and healthy ageing in European cities.	Evidence-based interventions to promote AHA. <i>Valencia pilot site:</i> <ul style="list-style-type: none"> - Physical exercise programme: risk of falling and frailty - Social support programme: loneliness
APPCARE	To design a proactive and comprehensive model to promote health and integrated care for frail elderly people (+75 years) with complex and co-morbid clinical situations from a preventive approach.	Evidence-based interventions to promote AHA. <i>Valencia pilot site:</i> <ul style="list-style-type: none"> - Social support programme: social support - Cognitive rehabilitation programme: mild cognitive impairment
SCIROCCO	To facilitate the implementation of good practices at local, regional or country level by recognising the maturity requirements of good practices and health and care systems in order to achieve scaling-up and knowledge transfer amongst European Member States.	A refined and tested SCIROCCO tool for facilitating the process of scaling up of and exchange of good practices.

Impact of HEALTH European projects

PROJECT	OBJECTIVE	OUTCOMES/IMPACT
SEFAC	To develop community based interventions to improve behavioural change in lifestyles of both middle-aged and older people at risk and those suffering from major chronic diseases.	<ul style="list-style-type: none"> • Self-management and empowerment ICT tool with which the participants can easily and quickly assess their health status and set of targets regarding health promotion activities and management of chronic diseases. • Interventions based on mindfulness to promote healthy lifestyles, increasing empowerment, promoting self-efficacy, and increasing self-management of participants.
EFFICHRONIC	To contribute to reduce the burden of the most common chronic diseases and increase the sustainability of health systems by providing evidence on the cost-efficiency of investments in evidenced-based prevention and management chronic disorders programmes.	Evidence-based comparative data on the positive return of the investment in preventive and management empowerment programmes in a chronic patients.
MIG-HEALTHCARE	Strengthen community based care to minimize health inequalities and improve the integration of vulnerable migrants and refugees into local communities amongst European countries.	Community based care models designed through a participatory approach .

Impact of HEALTH European projects

- Foster knowledge exchange and innovation
- Foster exchange of good practice
- Develop evidence-based interventions/programmes
- Design and validation of innovative tools
- Produce policy recommendations and concrete guidelines to contribute to the scaling up of methodologies and interventions to other regions and countries in Europe.

Final aim: to create more effective and efficient health services, and determine priority interventions at individual and population levels.



Thank you

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