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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

**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.

**Retos Colaboración (National):**
- SIMULCHRONIC
# Impact of HEALTH European projects

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<th>PROJECT</th>
<th>OBJECTIVE</th>
<th>OUTCOMES/IMPACT</th>
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<td>ASSEHS</td>
<td>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.</td>
<td>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.</td>
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| 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. 
Valencia pilot site:
- 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. 
Valencia pilot site:
- 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

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| 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.                                                                                   | • **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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