



S O C I A L E N G A G E M E N T F R A M E W O R K F O R A D D R E S S I N G T H E C H R O N I C D I S E A S E C H A L L E N G E

N E W S L E T T E R 1

Introduction

This is the first newsletter of the “SEFAC” project. In this newsletter we’ve interviewed for the coordination of the project Mrs Siok Swan Tan, PhD - Department of Public Health, Erasmus MC. She helped us understand what this project is about and where we are regarding its objectives.

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E N J O Y T H E R E A D !

INTERVIEW WITH PROJECT COORDINATOR

Interview with Mrs Siok Swan Tan, PhD - Department of Public Health, Erasmus MC

Siok Swan, what is the project about and what is the challenge?

It is estimated that around 35% of women and 29% of men are affected by a chronic condition. Although numerous interventions to support the self-management of these citizens have proven to be effective, most of them focus on a specific chronic condition. Furthermore, cost-efficiency data regarding self-management programs are lacking and cross country comparisons of the effectiveness of these programs are required. To address these needs, we developed the Social Engagement Framework for Addressing the Chronic-disease-challenge (SEFAC) program.



The program aims to support the self-management of people who are around 50 years old and older who have a major chronic disease or who want to prevent chronic disease.

The program aims to support the self-management of people who are around 50 years old and older who have a major chronic disease or who want to prevent chronic disease. The program is based on the Newquay Pathfinder Program run by Age UK Cornwall and NHS England, which is one of the most effective and efficient models for dealing with the chronic disease challenge by offering people-centred, community services. The program was adapted to address training mind and body for health and wellbeing, healthy habits and a healthy mindset. Using mindfulness and compassion-based interventions integrated with change behavior practices, citizens with a chronic condition will have the opportunity to change for good and to develop self-efficacy and positive attitudes towards health.

A unique feature of the SEFAC program is the application of the SEFAC app. Participants will be asked to download the SEFAC app on their mobile phone and use it as ICT support. The SEFAC app aims to improve behavioral change in lifestyle, making citizens healthier and at the same time more aware of the community as a resource, a target and an agent to adopt positive behaviors and a healthy life pattern.

Where will the project be implemented?

The program will be implemented in Rijeka (Croatia), Treviso (Italy), Rotterdam (The Netherlands) and Camborne/Redruth (The United Kingdom). Using the learnings of this project, we hope to provide policy makers and public authorities with key points for action. The ultimate aim is to empower everyone to live the healthiest and most fulfilling lives possible.

A BRIEF DESCRIPTION OF THE PROJECT PARTNERS

Erasmus University Medical Centre (EMC) (Coordinating institution)



The Erasmus University Medical Centre is the largest university medical center in the Netherlands. In addition to having the largest number of university hospital disciplines in the country, it includes excellent health science and basic research departments. The Department of Public Health is a top medical research institute in Europe and in the world. Its research is conducted in close collaboration with local, national and international public health and health care organizations, and is organized in two main programs: Determinants and primary prevention, and Secondary prevention and care. In particular, the latter contributes to population health by evaluating the process, effects, and cost-effectiveness of health care interventions.

Istituto per Servizi di Ricovero e Assistenza Anziani (I.S.R.A.A.)

Istituto per Servizi di Ricovero e Assistenza Anziani (I.S.R.A.A.) is an Italian public elderly care provider based in Treviso. I.S.R.A.A. covers a wide range of the possible needs of the elderly:

- Four nursing homes for people suffering from various physical and psychological impairments, totally there are 850 residents. Seven Units and two Day Care Centre completely dedicated to elderly suffering from different types and level of dementia;
- C.S.D (Specialized Dementia Centre): in partnership with Treviso City Health Care System, I.S.R.A.A. has created a network of services aimed to deliver families/caregivers care skills for looking after elderly at home;
- A living home for autonomous elderly with good cognitive and functional abilities;
- 32 small apartments for active and autonomous elderly. Residents of the mini housing can be taken advantage of social and educational services organized by I.S.R.A.A. in its services centers.

The aim of I.S.R.A.A. is to take care of the person's needs firstly, tackling the diseases secondly. In regards to this, I.S.R.A.A. identifies all the solutions that let people, despite of their functional and cognitive limitations to remain as independent as possible. I.S.R.A.A. takes advantage of a multi-professional staff to carry out a multidimensional evaluation of each person, in order to customize the interventions.





VIDAVO S.A.

Vidavo specializes on designing, developing and providing connected health and healthy ageing solutions (mobile apps & web platforms) for supporting chronic disease, nutrition and weight management. In addition Vidavo maintains a consultancy unit that focuses on eHealth business models assessment and feasibility reviews, as well as strategic planning studies for large scale adoption and implementation of eHealth installations Vidavo is pioneering EU awarded innovative solutions for ICT supported integrated care services and has extensive experience in implementing multi-national R&D projects in the development of sound business cases concerning the provision of novel services, based on ICT. To this end, it brings forward experience in project management and most importantly in electronic services implementations, in terms of business potential and user satisfaction and acceptance, with particular expertise on developing EHR systems. Driven by research and commercializing novel outcomes, Vidavo early attracted venture capital seed funds and entered THERMI incubator on 2005. Today, is a successful graduate, listed at the Alternative Market of Athens Stock Exchange (OASIS: BINTA), is a pioneer in the fields of standardization and policy formation on integrated care in European level, whereas it provides sustainable mhealth services. During its eighteen years presence in the field of ehealth, has received three patents for its innovative products, and several distinctions and awards.



University of Rijeka, Faculty of Medicine (MEDRI)

The University of Rijeka, Faculty of Medicine (MEDRI) was established in 1955 as a non-profit public higher education institution. It is the largest faculty within the University of Rijeka. It offers undergraduate and vocational studies, postgraduate education and life-long learning, and conducts research in the area of biomedicine and health. It has 42 departments and the Centre for Proteomics, comprising in total 400 researchers and 170 technical and administrative personnel. The departments of MEDRI involved in life science research have been internationally recognized in numerous fields, particularly in immunology and transplantation, virology, microbiology, pathology and molecular and developmental biology. The Department of Social Medicine and Epidemiology delivers courses for all profiles of health care professionals who are educated at the Faculty of Medicine. Developmental vision of the Department is that with its human potential continuously improve the educational process, and to be keep up with contemporary trends in the broader area of public health through its professional and scientific activities.



European local inclusion and social action network (ELISAN)



Elisan (www.elisan.eu) "European local inclusion and social action network" was set up in 2008 at the premises of the Committee of the Regions, ELISAN is an international non-profit organization that enjoys participatory status at the Council of Europe. Local and Regional Stakeholders are strongly involved and responsible for social cohesion in most European Member States. They have an essential role to play in the building of a Social Europe that respects national models. Elisan is aiming at bringing the voice of Local elected representatives of Social Affairs at European level. It is a strong network of municipalities and their public institutions including representatives of other levels of local authorities active in social issues coming from 8 Member States thus representing more than 30 million citizens. Elisan is a place for reflection, analysis, proposals and exchange of experiences. Its members share the common will to promote local social action among the European Institutions.

University of Valencia, research institute Polibienestar (UVEG)



POLIBIENESTAR is a Public Research Institute belonging to the University of Valencia (Spain) led by Jordi Garcés, Prince of Asturias Distinguished Visiting Professor at Georgetown University, with more than thirty years of experience in training and research. Polibienestar consists of an interdisciplinary team with 24 senior and 18 junior researchers with national and European experience in health and social policies combining researchers from various disciplines such as medicine, psychology, economics, sociology, social work, political science and law among others. This diverse range of disciplines allows us to carry out interdisciplinary research, innovation and social technology, technical advice for public administrations and private entities and training in the field of public policies and assessment in issues regarding: social inclusion; social and health systems; informal caregivers; healthcare, tele-monitoring and home care, social welfare, assistive technologies for dependent elderly, sustainability, ICT, efficiency and quality of long-term care systems and accessibility.



Age UK Cornwall & Isles of Scilly (AGE UK)



Age UK Cornwall & Isles of Scilly is the largest charity in Cornwall and the Isles of Scilly, committed to the support of people over the age of 50. Founded in 1972, it has become a leader in the field of older people's services and is involved in various projects designed to enable people to live independently for as long as is practically possible. The Newquay Pathfinder project, started in 2011, has become the flagship of its further work in Penrith and East Cornwall, under the banner of Living Well - an approach that has now received national and international recognition. Age UK Cornwall is a brand partner of AGE UK, a national charity committed to being the voice of older people to the government, statutory health and social care providers, and various influential institutions.

INTERVIEW WITH ANTONELLA BURANELLO

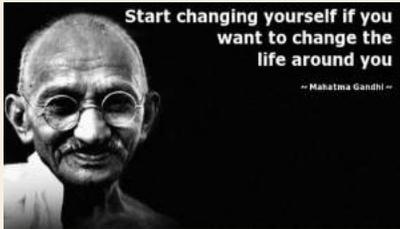
Healthy lifestyles: the Mindfulness approach



The World Health Organization highlights how wrong lifestyles such as inadequate nutrition, smoking, physical inactivity, excessive alcohol use and stress are the main causes of the spread of chronic diseases, like cardiovascular problems, strokes, and type 2 diabetes. The promotion of changing unhealthy habits could reduce the incidence and prevent the onset up to 80% of cases.

SEFAC (Social Engagement Framework for Addressing the Chronic-disease-challenge) is a project funded by the Third Health Program of the European Commission, whose objective is to promote the change of behaviors and attitudes towards one's own health.

The WHO recommendations on health promotion through the construction of healthy cities and age-friendly communities aim to promote health opportunities by acting on both individual and social determinants. Starting from these premises, the SEFAC project aims to develop a training program for trainers, volunteers and citizens. The approach will be based on interventions related to the practices of Mindfulness and Compassion. Studies on the effectiveness of these practices are demonstrating their positive effect on people's well-being. The term "Mindfulness" refers to the ability to pay attention, intentionally and not judging at the present moment. It is a way of being that allows you to face the difficulties of life with openness, acceptance and awareness and to change the habitual behaviour and the unhealthy automatic choices through the mind-body training and thanks to the neuroplasticity of the brain. One of the challenges in health promotion is helping people to adopt healthy lifestyles. Through a series of actions, the SEFAC project intends to promote integrated health



promotion interventions for people at risk of illness and for people living with cardiovascular diseases and type 2 diabetes. A first action will concern the training of trainers who will subsequently have to train and support volunteers and citizens in 4 pilot sites (Rotterdam, Treviso, Rijeka and Cornwall). There will be events to raise awareness of citizenship to recruit volunteers and citizens and involve stakeholders.

Citizen training will be characterized by an alternation between moments of information on how to keep healthy and take care of oneself and others of practices based on mindfulness and compassion in order to promote the sense of self-efficacy, self-regulation emotional, stress management and awareness of the power of habits and mind autopilot. Volunteers will be trained to adopt a person-centred approach and a non-judgmental and supportive attitude to help citizens pursue their health goals. At last, the use of technology as a health coaching tool will be available to the project participants. In conclusion, the increasing awareness of the problem of chronicity and the support of the entire community will be an important element for the promotion of a healthy living environment.

THE SEFAC ADVISORY BOARD

by **Anthony Polychronakis, city of Rotterdam**

Anthony, why did the SEFAC consortium choose to set up an Advisory Board and what is the role of its members?

The project considers essential to take care of quality and ethical standards that may arise during the execution of the action. The role of the members of the advisory board is to advice on the optimal course of the project and dissemination of the results. The independent advisory board meets annually in March of 2018, 2019 and 2020.

What will be its program?

The plan of action of the Advisory Board will work on an easily transferable and implementable model for the SEFAC intervention in Europe. Furthermore, as you know, a purpose built social engagement toolkit will be produced by the project. It will include a train the trainer program, selected best practices from the pilot sites and training material. These actions will be supported by a SEFAC app on mobile phone to improve behavioral change in lifestyle. A discussion about the toolbox is scheduled to take place during a special workshop at the final conference (June 2020).



Who are its members and why did you choose them?

To have an independent and third position, the Advisory Board's members have been chosen among the highest skills experts that work in the field of seniors and have experience with EU projects. These individuals have experience and insight and can help determine whether SEFAC can break new ground for addressing the chronic disease challenge.

The members of the Advisory Board are:

- Rob van Staveren. Rotterdam, the Netherlands, consultant at 'Zorg op Noord'-Health Center
- Prof. Shanlian Hu. Shanghai, China at the Fundan University, dep. of Public Health
- Arja Peiponen. Helsinki, Finland, service district director city of Helsinki
- Prof. Vladimir Mozetic. Rijeka, Croatia, director of Community Health Center of Primorsko-goranska County
- Elena Curtopassi, Veneto Region Brussels office, ENSA network coordination, ELISAN Steering Board, European Covenant on Demographic change Board
- Kerstin Seipel. Nacka, Sweden, chair of ENSA elderly working group & Nacka Safe Elderly
- Rene van Sluijs. The Netherlands, retired, former senior policy adviser city of Rotterdam.

I am the chairman and count with the further assistance of Tessa Kuipers, junior adviser. We both come from the city of Rotterdam.

On the 30th of January 2018 the Advisory Board Members gathered for the first exchanges under the auspices of prof. Hein Raat, Siok-Swan Tan and myself. The members had the opportunity to introduce themselves. Attending this meeting were Rob van Staveren (the Netherlands), Arja Peiponen (Finland), Professor Vladimir Mozetic (Croatia), XinYe (on behalf of Professor Shalian Hu, China), Elena Curtopassi (Italy), Professor Hein Raat, Siok-Swan Tan and Anthony Polychronakis (the Netherlands). The meeting was also an opportunity to explore synergies between the EFFICHRONIC project and the SEFAC project, both granted by the European Union's Health Programme (2014-2020).

NEWS FROM THE PROJECT PARTNERS

FLASH ON THE ROTTERDAM TRAINING WEEK (26-30 MARCH 2018) BY NIGEL CLARK, AGE UK CORNWALL AND ISRAA TEAM



The SEFAC 'Train the Trainer' week will be organized in a series of modules that provide a structured guide to develop the key skills in teaching and training SEFAC program.

It is anticipated that the skills learnt will be used to deliver training in the location sites for volunteers who will be engaged in supporting the project.

From Monday March 26th to Friday March 30th 2018 a week of training will be held at the Erasmus Institute in Rotterdam. The general goal of the training is to provide guidelines on how to implement and deliver SEFAC Citizens Training LIFESTYLE CHANGING PROGRAM and SEFAC Volunteers Training.

At the end of the program, trainees will be able to:

- Understand the key principles of the SEFAC Integrative Health Model;
- Explain the goals of SEFAC Program including Citizens Training START FROM YOURSELF, LIFESTYLE CHANGING PROGRAM and SEFAC Volunteers Training;
- Set up and deliver the SEFAC Citizens Training START FROM YOURSELF, LIFESTYLE CHANGING PROGRAM and the SEFAC Volunteers Training;
- Develop an understanding of the roles & responsibilities of being a trainer for SEFAC Training;
- Learn and recognize principles of adult learning;
- Use facilitation skills to deliver effective training.

The SEFAC 'Train the Trainer' week will be organized in a series of modules that provide a structured guide to develop the key skills in teaching and training SEFAC program. It will use a mix of theory, role-plays, practical delivery and exercises to give participants a practical toolkit to deliver training and engage people in behavioral and attitudinal change. Participants for the training will be from each of the delivery sites - Rijeka (Croatia), Treviso (Italy), Rotterdam (The Netherlands) and Camborne/Redruth (United Kingdom) - and the training will be delivered by experienced tutors in their respective fields. Although the week will be very intensive, it is anticipated that the skills learnt will be used to deliver training in the location sites for volunteers who will be engaged in supporting the project. An update on the training will be provided in a future newsletter.

POTENTIAL DISSEMINATION OF THE SEFAC MODEL IN VENETO THROUGH FABER



FABER Europe - A participative approach to scientific, cultural and technological innovation

FABER - Fabbrica Europa is founded by ISRAA to promote scientific, cultural and technological innovation in the social sphere and in line with social inclusion policies, universal design and smart community. It is a place where public and private actors can collaborate, with their own skills, on projects to improve people's quality of life. An opportunity for public organizations and private companies that want to acquire new tools to understand better Europe, develop projects, join consortia and apply for European calls. The FABER team is made of experts of European designers with training and professional experience in the field of ageing policies and by a network of over 200 European contacts: care providers, public bodies and authorities, universities and companies operating in the technological innovation applied to the social sphere.

FABER is so many thing in one:

- a COMMUNITY promoting European culture and Europe 2020 strategy;
- a COWORKING place that helps thinking about good projects, capable to intercept European funding;
- a NETWORK between many European countries that allows participants to know international experiences, lobbies and project groups;
- a KNOW HOW for companies to discover new institutional, managerial, socio-health, technology, environmental, energy and architectural solutions.

The key words of this project are TEAM, INNOVATION and SUSTAINABILITY. The idea is that working in team is the only possible way to face the complexity of reality with an innovative and sustainable approach.

For further information: <https://fabbricaeuropa.wordpress.com/>

ELISAN - “INCLUSIVE CITIES FOR SUSTAINABLE FAMILIES”, COLLABORATION WITH THE UN

On 4th and 5th April 2018 a high level meeting took place in the city of Marseille. The aim has been to invite the participants to join the project “Inclusive cities for sustainable families” and to collaborate with the UN on SDG 11.

According to the World Bank, today’s urban population of about 3.5 billion people is projected to reach 5 billion by 2030, with two-thirds of the global population living in cities. City leaders must move quickly to plan for growth. The speed and scale of urbanization brings challenges for all family members such as children, parents, youth, persons with disabilities and older persons. The capacity to tackle challenges is essential to assure a safe growth of all family members that live in the city.

The City of Marseille, the European Local Inclusion and Social Action Network (ELISAN), the Regional Council of the Veneto Region and the International Federation for Family Development (IFFD), invited the participants and SEFAC partners to take part in the project on Inclusive Cities for Sustainable Families.

In the context of the United Nations Sustainable Development Goals, in particular SDG11 (‘Make cities and human settlements inclusive, safe, resilient and sustainable’), and the New Urban Agenda, two days discussions were held on April 4th and Thursday, 5th 2018 in the city of Marseille. They included the presentation of the project, a joint discussion and study visits to selected successful practices in the field of Urban planning and social inclusion, The event was held under the auspices of the Deputy Mayor of Marseille and President of ELISAN, Sylvie Carrega. The results of these works will be presented at the UN on World Cities Day (October 31st), in 2018 and following years.

The project · Inclusive Cities for Sustainable Families
Cf. www.familyperspective.org/InclusiveCities



EU NEWS

Adoption by the EU of the Health Programme 2014-2020 and the Work Programme for 2018



In December 2017 the Commission adopted the Health Programme's Work Programme for 2018 (WP 2018) setting out the priorities and actions to be undertaken during this year. The overall budget for 2018 is just over €62 million, with 64% being allocated to grants, 24% to procurement and 12% to other actions including prizes.

The WP 2018 will focus on priority areas such as:

- Support to the European Reference Networks for rare and complex diseases (29% of the budget);
- The promotion of health and prevention of chronic and major diseases (15%);
- Strengthening preparedness and response to serious cross-border health threats (15%);
- The implementation of EU legislation on medical devices (7%).

AAL 2018 Call for proposals of the AAL Programme: "Smart Solutions for Ageing Well"

The aim of this call is to support innovative, transnational and multi-disciplinary collaborative projects. The AAL Call 2018 has the following key features that differ from previous AAL calls:

- The AAL Call 2018 is open to collaborative projects developing ICT-based solutions by targeting any application area(s) within the AAL domain (the call document will provide information on the relevant AAL taxonomy and the specified target markets);
- The AAL Call 2018 allows for more flexibility regarding the scope, size and duration of the submitted projects by including small collaborative projects (see more info below).

"Collaborative projects" (carried out by consortia composed of at least 3 organizations from 3 different countries including an end user organizations and a business partner) will remain the main funding tool of this call.

Next to the "Collaborative projects", a new and agiler project tool will be introduced: The Small Collaborative project.

Small collaborative projects have a duration of 6 months, a maximum co-funding budget of €300.000 and leaner application and reporting procedures. The main objective of the small collaborative projects is the exploration of new ideas, concepts and approaches for ICT-based solutions for older adults.



They should reach out to new stakeholders for inclusion in (future) development of AAL solutions, build strong collaborations with end-user organisations, support community building with new customers and create shared agendas. The submission platform is also ready and should be accessed through this link: <https://ems.aal-europe.eu/>

For further information: <http://www.aal-europe.eu/>

A new cycle for the EIP on AHA (2018-2020)

The European Innovation Partnership on Active and Healthy Ageing (EIP on AHA) is now starting a new cycle of activities over the 2018-2020 time-period. The EIP on AHA is composed of a set of Action Groups and Reference Sites. Action Groups are groups of stakeholders that work together in specific thematic areas, related to the overall objectives of the EIP on AHA and its focus on scaling-up innovation. Each Action Group has an Action Plan. Participants commit to running a number of activities that contribute towards the headline targets of that action plan. Reference Sites are ecosystems comprising different players that jointly implement a comprehensive innovation-based approach to active and healthy ageing. Players include regional and/or local government authorities, cities, hospital/care organizations, industry, small- and medium-sized enterprises and/or start-ups, research and innovation organizations, and civil society.



Cross-cutting initiatives are advanced by the Partnership, and are open to any Partner to participate:

- The Blueprint on Digital Transformation of Health and Care;
- The Innovation 2 Market initiative;
- MAFEIP, Monitoring and Assessment Framework.

For further information: https://ec.europa.eu/eip/ageing/home_en

“Annual Convention for Inclusive Growth”, 27th April 2018 - Crowne Plaza Hotel, Brussels

In its third edition, the Annual Convention for Inclusive Growth (ACIG) is an action-oriented platform bringing together civil society organisations and policymakers to discuss how to achieve truly inclusive growth. In particular, the Conference focused on the implementation of the European Pillar of Social Rights that establishes a series of principles and rights to improve people's lives. The plenary debate and the workshops tackled specific issues and led to conclusions and policy recommendations pointing to concrete ways forward.



The SEFAC project has received funding from the European Union's Health Programme (2014-2020).