



innovAge

SOCIAL INNOVATIONS PROMOTING ACTIVE
AND HEALTHY AGEING



Synergies of organizations involved in tackling dementia



Dr Paraskevi Sakka
Neurologist - Psychiatrist

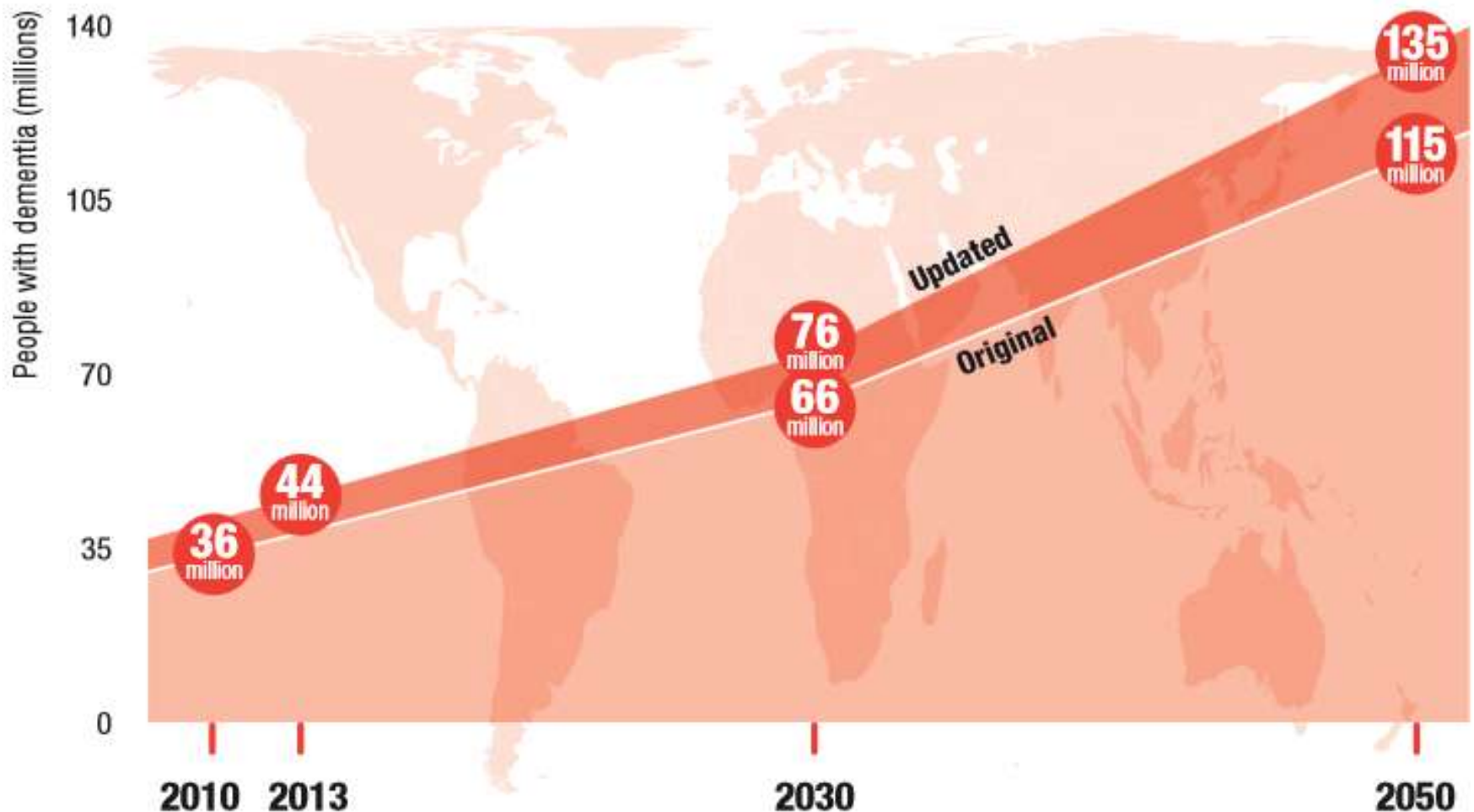
Athens Association of Alzheimer's Disease and Related Disorders
Working group for the development of the Greek Dementia Strategy
Neurodegenerative Brain Diseases Department, HYGEIA Hospital,
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3^η Συνάντηση του Ελληνικού Οικοσυστήματος Ηλεκτρονικής Υγείας

The Global Impact of Dementia 2013–2050

Increase in numbers of people with dementia worldwide (2010-2050), comparing original and updated estimates





Dementia today!

- Increased life expectancy
(In Greece by 2050, elderly people will account for more than 30% of the general population)
- At present 8% of people above 65 suffer from dementia
- 40.000.000 people with dementia worldwide
- 10.000.000 people with dementia in Europe
- 200.000 people with dementia in Greece
- Currently the annual global cost for dementia worldwide is estimated to be 604 billion dollars (including direct and indirect costs). This cost has risen by 34% since 2005.
- Annual cost for dementia in Greece 6 billion euros

G8 DEMENTIA SUMMIT COMMUNIQUE

Introduction

1. We, the G8 Health Ministers, met at the G8 Dementia Summit in London on 11 December 2013 to discuss how to shape an effective international response to dementia.
2. We acknowledge the on-going work occurring in our countries and globally to identify dementia as a major disease burden and to address issues related to ageing and mental health, including the World Health Organisation's 2012 report, *Dementia – A Public Health Priority*. Building upon the significant research collaborations that exist between our countries and our multilateral partners will strengthen our efforts and allow us to better meet the challenges that dementia presents society.

**Dementia (Including Alzheimer's Disease) can be Prevented:
Statement Supported by International Experts**



Dementia in Greece

- **89% of patients cared for at home - 400.000 caregivers**
- **Dementia of the most pressing medical, social and economic challenges**
- **Few services operated by Alzheimer's Associations and funded by the State – woefully inadequate**
- **November 2013: Greek working group for the development of a National Dementia Strategy**
- **26 September 2014: launching of the first draft of the Strategy**

Greek Dementia Strategy- 2014

The key priorities of the strategy's action plan are to raise public and professional awareness, promote early diagnosis and intervention and improve the quality of life of people with dementia and their caregivers. The recommended actions are listed below:

- Improve public awareness and reduce stigma
- Improve (early) diagnosis and treatment
- Improve support and care available at home
- Create support services for carers and families
- Improve residential/institutional care
- Improve integration of care pathways and coordination of social and medical care
- Improve training for healthcare professionals
- Establish research programmes that embrace innovative technologies
- Create legislation to support patients' rights

Synergies of organizations involved in tackling dementia

Singular Logic



TRONDHEIM
KOMMUNE



TELEKOM AUSTRIA

Alcatel



SOCIABLE

Motivating Platform for elderly networking, mental reinforcement and social interaction

LLM

Long Lasting Memories

ISISEMD

Intelligent System for Independent Living and Selfcare of seniors with cognitive problems of Mild Dementia

HOPE

Smart Home for elderly people

HERA assisted living

InnovAge

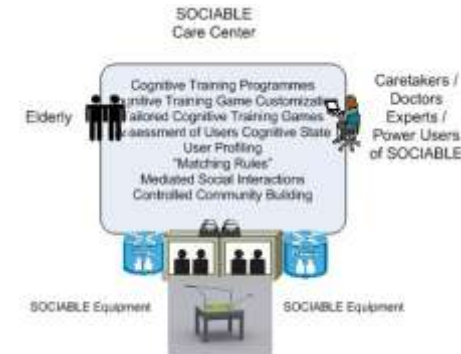
ALCOVE

We are family

Set Care

Δήμος Αθηναίων

Δήμος Αμαρουσίου





SOCIABLE programme

- SOCIABLE is an ICT based programme aiming at:
 - Training and improving the cognitive functions of healthy elderly, elderly with MCI and patients with mild AD, using:
 - A set of ICT supported Cognitive Training Sessions that are performed in a care center with the support of a medical expert or a specialised care center employee
 - Individual Cognitive Training Activities that are performed at the homes of the elderly with (or without) the support of a formal (or informal) carer
 - Improving quality of life of both the elderly and their families through:
 - A set of ICT supported activities in order to enhance mood and social activation of the elderly



SOCIABLE partners

- SingularLogic S.A - Greece
- CEDAF - Italy
- University of Valencia - Spain
- AIJU - Spain

Technology Providers

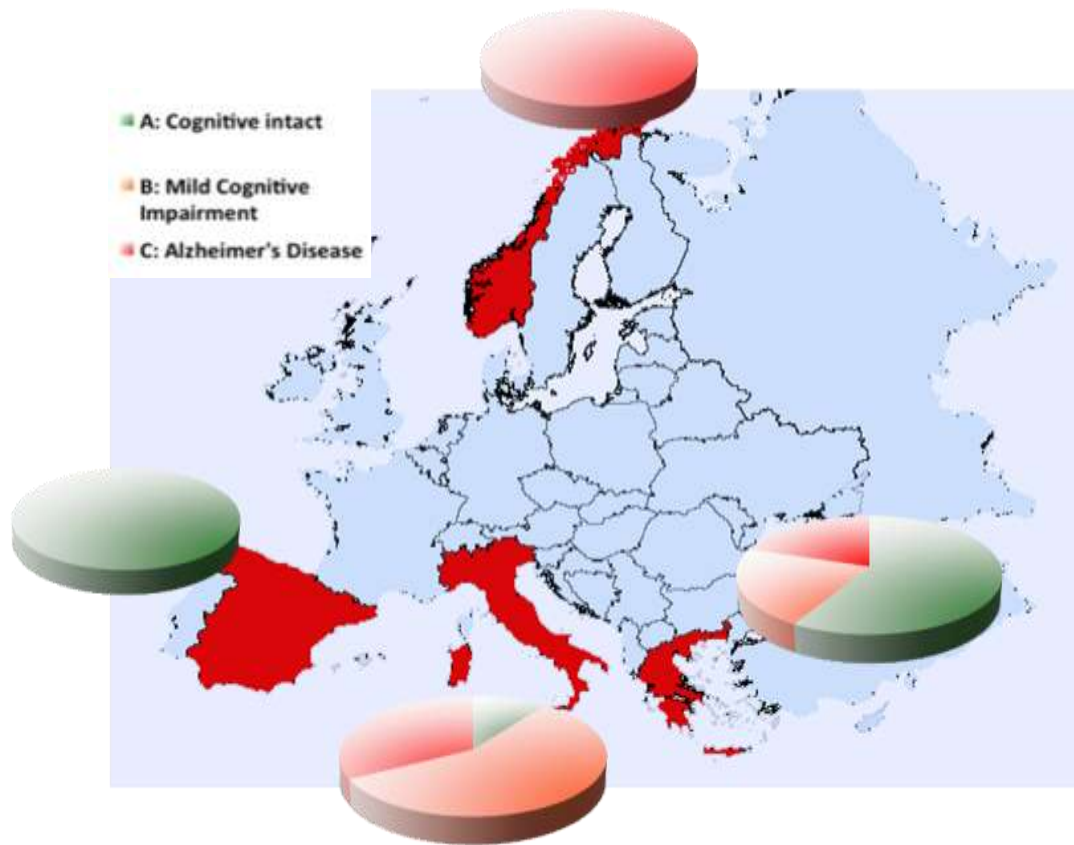
-
- Trodheim Kommune - Norway
 - Hygeia S.A. - Greece
 - Municipality of Forlì, Welfare Policies Service - Italy
 - Forlì's Local Sanitary Organization (Geriatric department) - Italy
 - KEKOIPO – Municipality of Kifissia - Greece
 - Fondazione Santa Lucia - Italy
 - PREVI S.L - Spain

Pilot Organisations & Domain Experts

- European project funded by the EC- 2009/2012
- Programme: ICT-PSP - Objective: 1.4: ICT for ageing well with cognitive problems, combining assistive and independent living technologies



Pilot Study- SOCIABLE



350 elderly 65+

Group A: cognitively healthy elderly

Group B: MCI patients
(MMSE 25-30)

Group C: Mild AD patients
(MMSE 20-24)

Very promising results!

A multilingual platform for informal carers

INRCA and **EUROCARERS** are contributing as INNOVAGE partners by developing a web platform addressing ***informal carers***' needs, which will be implemented in 27 EU member states with both common and national-specific services.

Two additional sections of the platform will be prepared for a certain number of countries for other target groups:

- ***Employers of working carers***
- ***Care professionals***

Information units

- Information on illnesses and care management
 - Available care and support services
 - Psychological support- consultation
 - Information on taking care of yourself
 - Work and care reconciliation
 - Family and care reconciliation
 - Legal aspects
 - Financial aspects
 - Good Practices
 - Emergency services
- Caring for the elderly***
- Your own needs***
- Support by the state***
- Get Help***
-
- ```
graph LR; subgraph "Caring for the elderly"; I1[Information on illnesses and care management]; I2[Available care and support services]; end; subgraph "Your own needs"; I3[Psychological support- consultation]; I4[Information on taking care of yourself]; I5[Work and care reconciliation]; I6[Family and care reconciliation]; end; subgraph "Support by the state"; I7[Legal aspects]; I8[Financial aspects]; end; subgraph "Get Help"; I9[Good Practices]; I10[Emergency services]; end;
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[Default](#)[Large](#)[Largest](#)[English](#)[Exit](#)[Caring for the elderly](#)[Your own needs](#)[Support by the state](#)[Get help](#)[Interactive services](#)[GO TO INTERACTIVE SERVICES](#)

## Latest posts from the social network



Areti Efthymiou has just signed up.

Say hello!

September 5, 2013 - [Like](#) - [Comment](#) - [Delete](#)



### Coping with caregiving

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Fusce euismod commodo ante. Suspendisse potenti. Nunc pellentesque quam vel pede. Ut a lorem non urna molestie euismod.

[More ›](#)

### Family reconciliation

When you are a carer, sometimes you find yourself in a position where you try to combine different family roles: as a parent, as a spouse, as a child and as carer. Reconciliation between family relationships and caregiving is a difficult task.

[More ›](#)

### Test Yourself

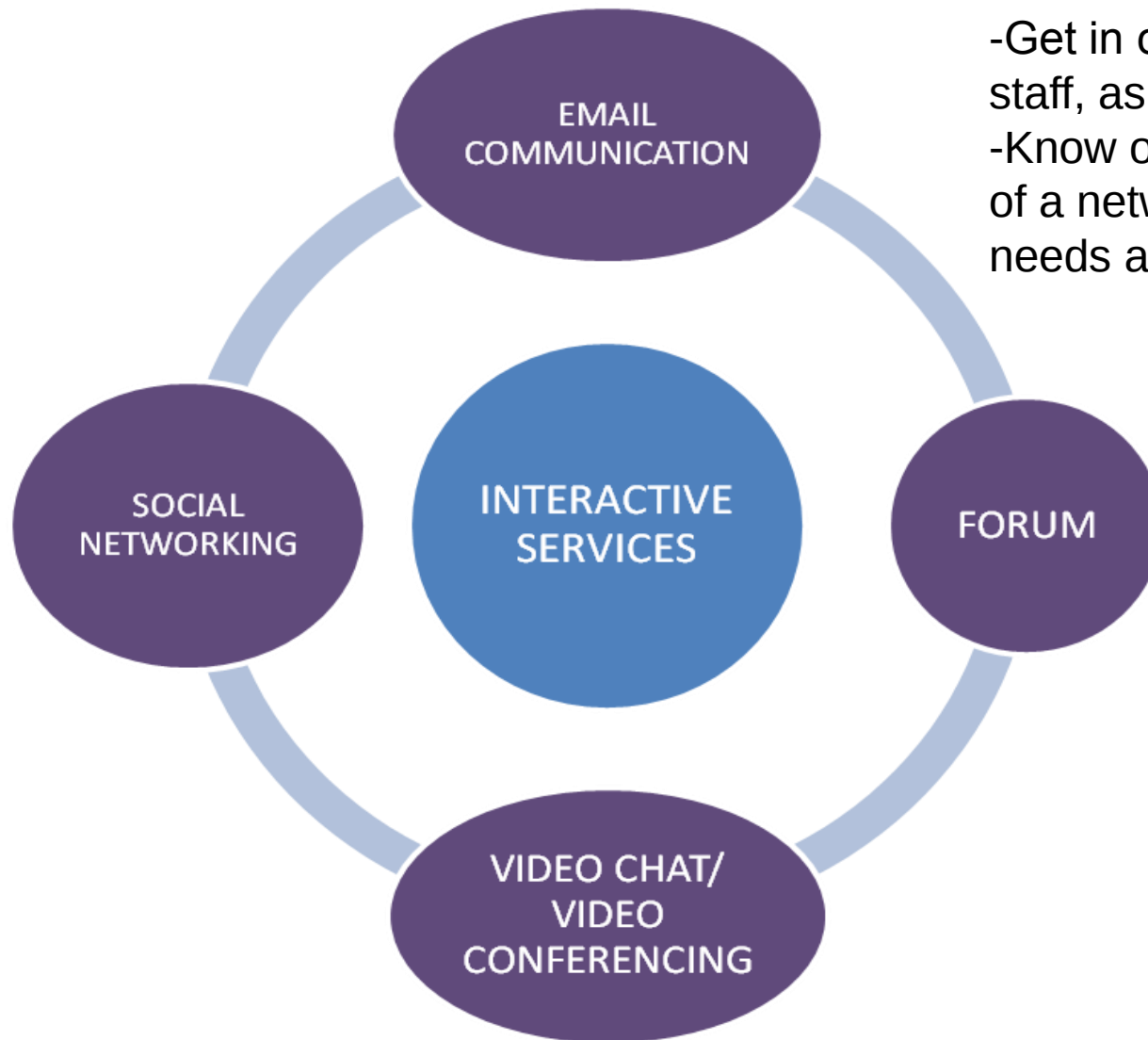
Lorem ipsum dolor sit amet, consectetur adipiscing elit. Fusce euismod commodo ante. Suspendisse potenti. Nunc pellentesque quam vel pede. Ut a lorem non urna molestie euismod.

[More ›](#)

# Organizations Involved

| COUNTRY               | ORGANISATION (SHORT NAME)                                                            |
|-----------------------|--------------------------------------------------------------------------------------|
| <b>Austria</b>        | European Centre for Social Welfare Policy and Research (European Centre)             |
| <b>Belgium</b>        | Thomas More Kempen vzw (Thomas More)                                                 |
| <b>Bulgaria</b>       | Alzheimer Association in Bulgaria                                                    |
| <b>Cyprus</b>         | Cyprus Alzheimer Association                                                         |
| <b>Czech Republic</b> | Gerontologické centrum                                                               |
| <b>Denmark</b>        | Carers Association Denmark                                                           |
| <b>Estonia</b>        | Estonian Carers                                                                      |
| <b>Finland</b>        | The Central Association of Carers in Finland                                         |
| <b>France</b>         | Association Francaise des Aidants                                                    |
| <b>Germany</b>        | Wir pflegen                                                                          |
| <b>Greece</b>         | <b>Athens Association of Alzheimer's Disease and Related Disorders</b>               |
| <b>Hungary</b>        | Magyar Máltai Szeretetszolgálat Egyesület - Hungarian Maltese Charity Service (MMSZ) |
| <b>Ireland</b>        | Care Alliance Ireland                                                                |
| <b>Italy</b>          | Italian National Institute on Health and Science of Ageing                           |

# Interactive services



- Get in contact with organisations' staff, asking for support;
- Know other carers and being part of a network of persons with same needs and experiences.



# SET CARE training program

- SET CARE is a transfer of innovation in Greece and Bulgaria of ASPASIA project developed by Italian partners, Anziani e non solo
- ASPASIA provides training on elderly care making use of e-learning and has been translated in 7 languages (Italian, English, French, Spanish, Russian and Arabic) .
- 20% of the persons that take care of older people are immigrants
- The paid caregivers because of their difficulty in Greek language and their lack of time and money don't have the opportunity to get trained

The program aims at improving and indicating the professional skills that paid carers in Greece and Bulgaria should develop in order to provide the appropriate care to the frail elderly.

# **UNITS OF SET CARE**

## **UNITS BASIC CATEGORY**

- 1) Structure of the educational programme
- 2) Understanding the role of the caregiver
- 3) Relate and communicate
- 4) Pathologies in elderly people
- 5) Assisting People with Alzheimer's Disease

- a) Understanding Memory function
- b) Getting to know about Dementia and Alzheimer's Disease
- c) Getting to know about behavioural Disorders in Dementia
- d) Care management of people with Dementia
- e) Cognitive Stimulation and other recreational activities at Home
- f) The burden of caregivers

# **РАЗДЕЛИ НА SET CARE**

## **ОСНОВНА КАТЕГОРИЯ НА РАЗДЕЛИТЕ**



- 1) Структура на обучителната програма
- 2) Разбиране ролята на лицето, което предоставя грижи
- 3) Свържете се и общувайте
- 4) Болести при възрастните хора
- 5) Асистирането на хора, които страдат от болестта на Алцхаймер

- a) Да разберем как функционира паметта
- b) Запознаване с деменцията и болестта на Алцхаймер
- c) Запознаване с поведенческите нарушения при деменция
- d) Управление на грижите за хора с деменция
- e) Стимулиране на когнициите и други развлекателни дейности в домашни условия
- f) Бремето на хората, които предоставят грижи

# **UNITS OF SET CARE UNITS BASIC CATEGORY**



## **6) Take Care and Assist elderly and people with dementia**

- a) Physical mobility
- b) Personal hygiene
- c) Nutrition
- d) Nutrition for the Elderly
- e) Food Safety
- f) Management of Emergencies
- g) Avoiding Back pain
- h) Housekeeping

# **РАЗДЕЛИ НА SET CARE ОСНОВНА КАТЕГОРИЯ НА РАЗДЕЛИТЕ**

## **6) Полагане на грижа и асистирание на възрастните хора и дементно болните**

- a) Физическа мобилност
- b) Лична хигиена
- c) Хранене
- d) Хранене при възрастните хора
- e) Безопасност на храните
- f) Управление при извънредни ситуации
- g) Избягване на болките в гърба
- h) Практични съвети за домашните задължения

Ενότητα 4

## Οι νόσοι της τρίτης ηλικίας

- Οι νόσοι της τρίτης ηλικίας
- Τα γηρατειά
  - Η τρίτη ηλικία συνοδεύεται
  - Ο ηλικιωμένος έχει ανάγκη
- Η νόσος Parkinson
- Προβλήματα που προκαλεί
- Η νόσος Alzheimer
  - Η νόσος Alzheimer είναι μ
  - Στο πρώτο στάδιο συναντάμ
  - Στο μεσαίο στάδιο παρατηρ
  - Στο τελευταίο στάδιο παρατη
- Η φροντίδα του ηλικιωμένου
- Αρθρικές Παθήσεις
  - Ρευματοειδής αρθρίτιδα:
  - Ιδιαίτερα χρήσιμη για την αν
  - Αρθροπάθεια:
- Τι άλλο θα σας ενοχλή

1 / 55

[Κατεβάστε την παρουσίαση](#)  
[Κατεβάστε το κείμενο της παρουσίασης](#)

## Застаряване

- Заболявания на третата възраст
- Застаряване
  - Третата възраст се придружава с редица проблеми:
  - физиологично намаляване на нормалните функции и възможности
  - съществуването на хронични заболявания
- Третата възраст се придружава с редица проблеми:
  - физиологично намаляване на нормалните функции и възможности
  - съществуването на хронични заболявания



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## Η νόσος

- Οι νόσοι της τρίτης ηλικίας
- Τα γηρατειά
  - Η τρίτη ηλικία συνοδεύεται
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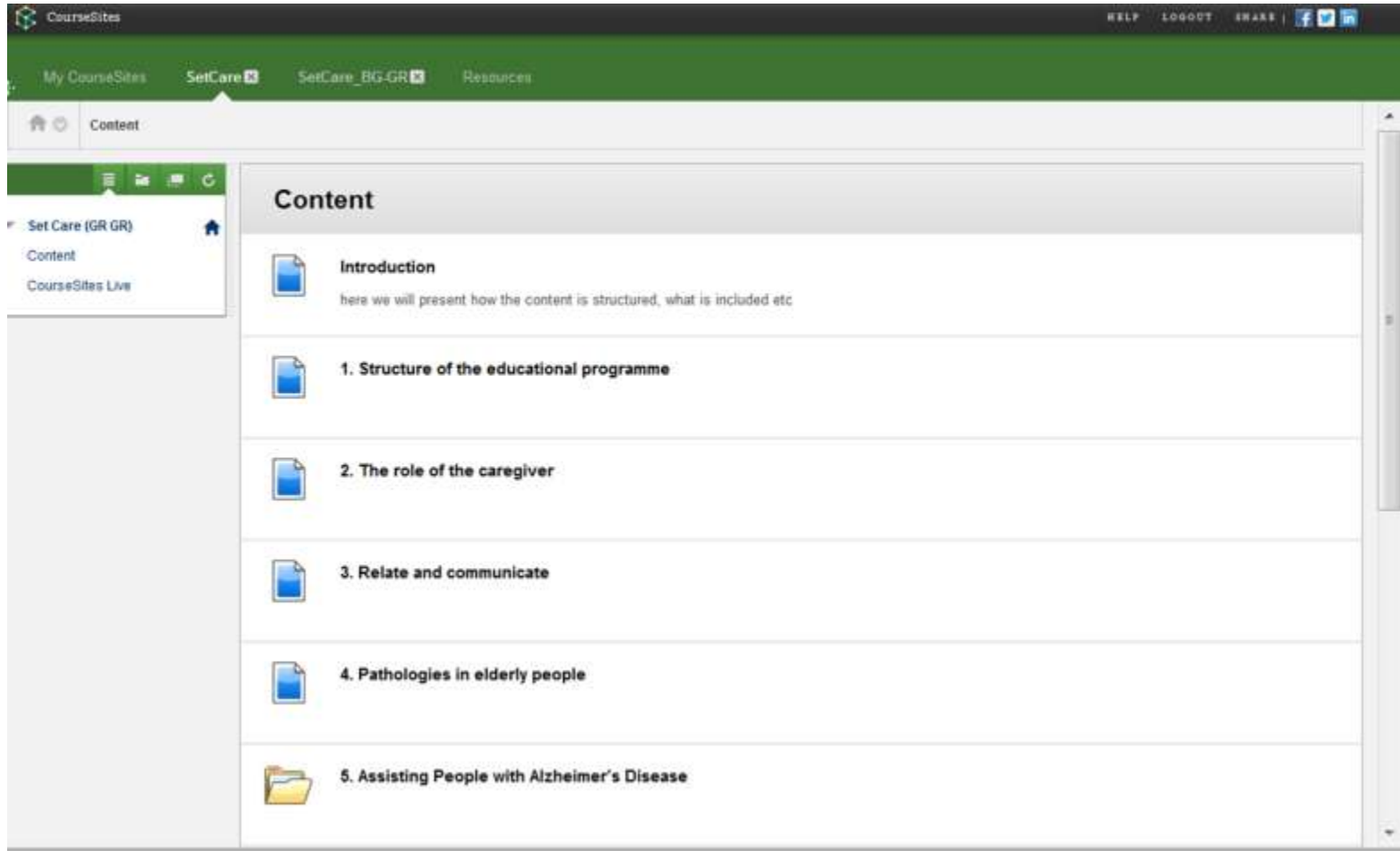
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[Download the presentation](#)  
[Download the text of the presentation](#)

- Η άνοια είναι μία πάθηση που προκαλεί την έκπτωση των νοητικών μας λειτουργιών και κυρίως της μνημονικής μας ικανότητας



Registration through our website [www.setcare.eu](http://www.setcare.eu)  
Web platform [www.coursesites.com](http://www.coursesites.com)



The screenshot displays the CourseSites web platform interface. At the top, a green navigation bar contains the 'CourseSites' logo, a search bar, and links for 'My CourseSites', 'SetCare', 'SetCare\_BG-GR', and 'Resources'. Below this, a secondary navigation bar shows 'Content' as the active section. On the left, a sidebar menu lists 'Set Care (GR GR)', 'Content', and 'CourseSites Live'. The main content area, titled 'Content', lists five items: 'Introduction' (with a description: 'here we will present how the content is structured, what is included etc'), '1. Structure of the educational programme', '2. The role of the caregiver', '3. Relate and communicate', '4. Pathologies in elderly people', and '5. Assisting People with Alzheimer's Disease' (marked with a folder icon). The top right corner of the interface includes links for 'HELP', 'LOGOUT', and 'ENRIS', along with social media icons for Facebook, Twitter, and LinkedIn.

# EUROPEAN JOINT ACTION ON DEMENTIA

- Impact of dementia on social & health systems (ageing population, social and medical cost, burden for caregivers and for active people...)
- Increase of the economical constraints in Europe
- Dementia is a priority for the European decision makers

>> ALCOVE was born out of a need to share knowledge and experiences between European Member States in order to make health policy recommendations to improve care for dementia in Europe

>> ALCOVE collaborates and exchanges data with other European projects and networks existing

# ALCOVE PARTNERS

## 16 Associated Partners

## 14 Collaborating Partners



HAS, France, [WPL1](#)  
 KBF, Belgium, [WPL7](#)  
 THL, Finland, [WPL6](#)  
 EEAPHP, France  
 INSERM U897, France  
 AA ADRD, Greece  
 ISS, Italy, [WPL4](#)  
 MINSAL, Italy  
 UNIBS, Italy  
 RPNC Latvia  
 KMU, Lithuania  
 NIU SAV, Slovakia, [WPL3](#)  
 BIOEF, Spain  
 ISCIII, Spain, [WPL2](#)  
 IKarolinska, Sweden  
 DoH, United Kingdom, [WPL5](#)

MoH, Cyprus  
 AA, Hungary  
 MoH, Lithuania  
 Vilnius University, Lithuania  
 MoH, Luxemburg,  
 MoF, Luxemburg,  
 MoH, Malte  
 MoH, Norway  
 MoH, Portugal  
 Ac.of Sciences, Slovakia  
 Sterling University, UKingdom  
 AA, Czech Republic  
 MoH, Spain  
 MoH, Netherlands

- 19 countries committed in this joint action
- 30 organizations nominated by their government
- 7 countries serving as leaders of 7 workpackages

*\*Collaborative partners, voluntary basis participation; others are associated partners with financial support from the European Commission*

# ALCOVE'S OBJECTIVES

*ALCOVE aims to capitalize on the work conducted during previous European studies and through working with other networks in order to meet its 3 main objectives:*

1. The establishment of a sustainable European network for the exchange of experiences and knowledge (19 countries, 30 partners)
2. Informing and advising decision-makers, health care professionals, care-givers, and citizens (recommendations)
3. Reducing the risks associated with psychotropic drugs in individuals living with dementia (antipsychotics)

## ALCOVE PROJECT

Healthy life expectancy has dramatically increased in Europe over the past 50 years. At the same time, there has been a corresponding increase in diseases linked to aging, particularly dementia. Alzheimer's disease and related dementias are an EU public health priority given their high prevalence and cost as well as the profound impact they have on society. The ALCOVE project was co-financed by the European Commission and over the past two years it has built a sustainable network which includes 30 partners from 19 EU Member States. Through its work, ALCOVE has aimed to improve knowledge and to promote the exchange of information on dementia in order to preserve the health, quality of life, autonomy, and dignity of people living with dementia and their carers in EU Member States.

[GENERAL PRESENTATION OF ALCOVE >](#)[KEY MESSAGES >>](#)

### (WP4) Epidemiological data on dementia

For a better knowledge on dementia: prevalence in Europe, available data & best practices for data collection

### (WP5) Timely diagnosis of Dementia

Operational criteria for dementia timely diagnosis & health care systems for dementia diagnosis in ambulatory and nursing home

### (WP7) Rights, Autonomy & Dignity of People living with Dementia

Improving the rights, autonomy & dignity of people living with dementia, with a focus

### (WP6) Support Systems for BPSD

For better knowledge on their availability & efficacy for BPSD management at home, in hospitals & care homes

## REGISTERED USERS

[Alcove Documentation](#)[Project Management ▾](#)[Alcove Position Papers](#)[Questionnaires ▾](#)[Glossary](#)[TOOLBOX](#)

## LOGIN

☒ Remember Me[LOG IN](#)[Forgot your password?](#)

# We are family!

This project was funded by the Lifelong Learning Program “Grundtvig” (2011-2013)

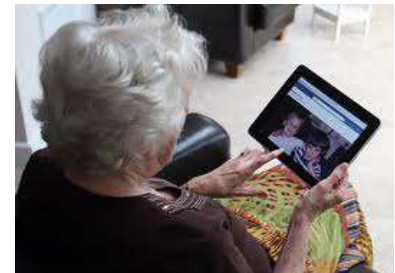
Partners: Germany, Austria, Greece, Denmark

## Aim

- To discover the needs, desires, obstacles and the reasons for avoiding this technology among elderly populations
- To establish a profile about the attitude and behaviour in using and general knowledge about mobile media of seniors as perspective users
- To analyze:
  - ✓ the use of mobile technologies by seniors to communicate with their families
  - ✓ the influence of mobile media on intergenerational communication
  - ✓ whether mobile media could be part of new approaches in non pharmacological treatment



<http://family.platinic.net/index.cgi>





Πανελλήνια  
Ομοσπονδία  
Νόσου  
Alzheimer &  
Συναφών  
Διαταραχών



Εταιρεία  
Νόσου  
Alzheimer &  
Συναφών  
Διαταραχών  
Αθηνών

## Εθνικό Σχέδιο Δράσης για τη νόσο Αλτσχάιμερ

[www.alzheimer-drasi.gr](http://www.alzheimer-drasi.gr)

**200.000 άνθρωποι**

με νόσο Αλτσχάιμερ ζουν ανάμεσά μας...