

OUTPUT FACT SHEET

Strategies and action plans

Version 2

Project index number and acronym	CE1581 niCE-life
Output number and title	O.T4.1 Local action plans for the introduction of technical solutions and health and care models
Responsible partner (PP name and number)	Petržalka Municipal District of Bratislava - Capital city of Slovakia (LP)
Project website	https://www.interreg-central.eu/Content.Node/niCE-life.html
Delivery date	06-2022

Summary description of the strategy/action plan (developed and/or implemented), explaining its main objectives and transnational added value

The local action plan of the Bratislava-Petržalka Municipality was based on the data that the demographic aging of the population is observed in the territory of the Bratislava region, i.e. j. reduction of the share of the productive population and increase in the number of residents aged 65 and over. According to the forecast, by 2035, or 2040 the number of inhabitants aged 65 and over will reach up to 25% on average. For comparisons with the present, the number of residents over the age of 65 in the Bratislava region is approximately 110,000. persons, while the number of seniors may increase to more than 190,000 by 2040. persons. A related problem will also be the growing demand for services in the field of social care and healthcare. With the gradual aging of the population, problems are identified that may be associated with the lack of preparedness of the provided social services for the increase in clients, as well as with the unpreparedness to work with new technologies that would contribute to improving the quality of life of seniors in their home environment. A non-existent information linkage between social service providers and medical personnel was identified. There is a lack of proper legislation, as well as better enforceability of already existing legislative options. In the case of storing the patient's personal data in the database, this data must be protected according to Act 69/2018 on cyber security and on the amendment of certain laws, etc. it is not possible to connect the health and care systems.

Data on a person's state of health that would be used in developed applications are considered to be so-called in accordance with § 13 GDPR. special categories of personal data. They are subject to higher protection and stricter processing rules. The protection of personal data from health documentation is usually fulfilled by determining the methods, procedures and range of entities that can handle this data. For the use of developed technologies, an amendment to the given law would be sufficient, which would expand the range of users with the handling of the given information.

NUTS region(s) concerned by the strategy/action plan (relevant NUTS level)

Slovak Republic, Bratislava self-governing region, Bratislava-Petržalka urban district (NUTS 2 Region SK01)

Expected impact and benefits of the strategy/action plan for the concerned territories and target groups

Fulfillment and implementation of the local action plan is possible only in the case of digital connection and overall streamlining of communication between healthcare providers and elderly patients, as well as increasing the quality of healthcare provided, mainly through the sharing of medical documentation between healthcare providers and the patient himself. In practice, this means that the health care provider will write down the examination record and it will be seen by the special health care provider and the patient. The digital literacy of seniors is also important for fulfillment, without which such a connection between the health care provider and the senior or with the people who care for the senior is difficult to implement.

Sustainability of the developed and/or implemented strategy/action plan and its transferability to other territories and stakeholders

After the end of the project, work will continue with the action plan regarding sustainability and bridging the idea of the project into the care system. There will be an effort to work at the levels of the city districts and the Bratislava region and gain support for greater coordination between institutional actors, regarding the expansion of legislative frameworks, which will bring the possibility of applying niCE-life know-how from partner regions and developed technologies through our joint project..

References to relevant deliverables and web-links If applicable, pictures or images to be provided as annex

The main relevant related project deliverables are:

- D.T4.1.1 Concept of regional action plans in partner regions for the introduction of the health and care model
- D.T4.1.2 Draft version of the local action plans
- D.T4.1.3 Thematic meetings with stakeholders
- D.T4.1.4 Final version of the local action plans

OUTPUT FACT SHEET

Strategies and action plans

Version 2

Project index number and acronym	niCE-life CE1581
Output number and title	O.T4.1 Local action plans for the introduction of technical solutions and health and care models
Responsible partner (PP name and number)	BUT - PP2
Project website	https://www.interreg-central.eu/Content.Node/niCE-life.html
Delivery date	04/2022

Summary description of the strategy/action plan (developed and/or implemented), explaining its main objectives and transnational added value

Considering the current demographic trend, an increased in the number of patients with Parkinson disease (PD) is expected. It is associated with high costs due to the treatment of the disease. The early diagnosis of PD can reduce these costs and also improve the patient's quality of life. One of the early biomarkers of PD is sleep disorder. The developed Intelligent Monitoring Tool (IMT) is a tool that leverages the use of smart wearables, digital signal processing and state-of-the-art machine learning algorithms to help neurologists to identify PD early, easily, inexpensively, and thus contribute to cost reductions.

The main aim of the presented Local Action Plan for Brno Municipality and surrounding is to strengthen/establish links with local stakeholders so that IMT can be more integrated into practice, to have a positive impact on as many patients as possible, and to bring (not only economic) benefits to the city of Brno Municipality and surroundings.

An indisputable advantage of a Local Action Plan is the definition of concrete steps for the deployment of the developed tool in social and health care facilities in a specific location (Brno Municipality and surrounding). The plan can be used as a basis for facilitating the deployment of the IMT in other regions of other European countries.

As a result of the Local Action Plan, a Memorandum of Cooperation was signed between Brno University of Technology and Brno Municipality. It ensures the sustainability of the IMT.

NUTS region(s) concerned by the strategy/action plan (relevant NUTS level)

Brno Municipality and surroundings (CZ064 NUTS level 3).

Expected impact and benefits of the strategy/action plan for the concerned territories and target groups

The expected effect of the Local Action Plan is to strengthen or establish links to local stakeholders so that IMT 1) can be integrated into other health care facilities; 2) could have a positive impact on as many patients as possible; 3) could bring (not only economic) benefits to the city of Brno.

The following entities can benefit from the Local Action Plan: 1) patients with neurodegenerative diseases (potential early detection of the disease); 2) Brno Municipality (increasing prestige); 3) social and health care facilities and 4) health insurance companies (reducing the cost of treating an early diagnosed patient).

This Local Action Plan contributes positively (not only) to regional development in the health sector. From a national perspective, the Local Action Plan contributes to the “Strategic framework for the development of health care in the Czech Republic until 2030”.

Sustainability of the developed and/or implemented strategy/action plan and its transferability to other territories and stakeholders

The sustainability of the developed IMT is ensured by the Local Action Plan in the following ways.

- Strengthening the interdisciplinary cooperation of stakeholders through activities organized by Brno Municipality, through the Memorandum of Cooperation for the electronization of health care and telemedicine. Expected results include:
 - presentation of the IMT,
 - feedbacks on functionality,
 - create link to new stakeholders.
- Support for the integration and further development of the IMT tool through cooperation with the Statutory City of Brno. Expected results include:
 - deployment of the tool in other social and health facilities,
 - help with the use of IMT for other diseases associated with sleep disorders.

The costs associated with sustainability will be covered by the niCE-life project or other BUT funds. The proposed Local Action Plan can be used as an example for use of the IMT in other European countries. It is designed to be non-territorial.

References to relevant deliverables and web-links
If applicable, pictures or images to be provided as annex

The relevant document is D.T4.2.3 Signing of memorandum of understanding that including signed Memorandum of Cooperation between Brno University of Technology and Brno Municipality.
D.T4.1.4 Final version of local action plans.

OUTPUT FACT SHEET

Strategies and action plans

Version 2

Project index number and acronym	niCE-life CE1581
Output number and title	O.T4.1 Local action plans for the introduction of technical solutions and health and care models
Responsible partner (PP name and number)	UHO - PP3
Project website	https://www.interreg-central.eu/Content.Node/niCE-life.html
Delivery date	06/2022

Summary description of the strategy/action plan (developed and/or implemented), explaining its main objectives and transnational added value

The local action plan concerns the implementation of the model and tools developed.

Due to the current demographic trend, the number of patients leaving hospital with the need for further healthcare provided at home is expected to increase, for which home care practice in the Czech Republic is not at all prepared. Long-term institutionalised care still persists in the Czech Republic (compared to the partner regions in the project), home care is not sufficiently established and is also completely separated from other services provided in the home by social service providers. The absence of a tool to mediate, organise care and facilitate communication between the men's hospital, home care and nursing care was discussed at both municipal and regional level, with which the Local Action Plan was subsequently addressed.

The main objective of the submitted Local Action Plan for the city of Olomouc and its surroundings is to strengthen/establish links with local stakeholders so that the tool is integrated into practice, has a positive impact on as many patients as possible and benefits the city of Olomouc, its surroundings and their inhabitants.

The Local Action Plan resulted in the signing of a Memorandum of Cooperation between the University Hospital Olomouc and the Statutory City of Olomouc. This ensures the sustainability of the Care for Frail.

NUTS region(s) concerned by the strategy/action plan (relevant NUTS level)

Okres Olomouc (CZ0712 NUTS level 3).

Expected impact and benefits of the strategy/action plan for the concerned territories and target groups

The expected effect of the Local Action Plan is to strengthen or create links with local stakeholders so that Care for Frail can be used by more providers of home health and social care services.

The following stakeholders can benefit from the Local Action Plan: 1) patients discharged from hospital who need additional home health care 2) the City of Olomouc (easier organisation of care for residents without informal carers); 3) social and health care institutions (easier organisation of work, time saved, more people served).

This Local Action Plan contributes positively (not only) to regional development in the health sector. From a national perspective, the Local Action Plan contributes to the "Strategic framework for the development of health care in the Czech Republic until 2030".

Sustainability of the developed and/or implemented strategy/action plan and its transferability to other territories and stakeholders

The sustainability of the developed Care for Frail is ensured by the Local Action Plan. It contains strengthening the interdisciplinary cooperation of stakeholders through activities organized by Olomouc Municipality, including Community planning of social services.

References to relevant deliverables and web-links If applicable, pictures or images to be provided as annex

The relevant documents is D.T4.1.4 Final version of local action plan.

OUTPUT FACT SHEET

Strategies and action plans

Version 2

Project index number and acronym	CE 1581 niCE-Life
Output number and title	O.T.4.1 Local Action Plan in Bologna
Responsible partner (PP name and number)	LHA Bologna (PP6), Lepida (PP5)
Project website	https://www.interreg-central.eu/Content.Node/niCE-life.html
Delivery date	30/06/2022

Summary description of the strategy/action plan (developed and/or implemented), explaining its main objectives and transnational added value

In the province of Bologna there are about 880.0000 citizens. Over 65 seniors represent almost 30% of the population in some areas. City average is 27%. The majority of them are women (without relatives or friends living nearby); One-person households are > 51%, of which 33% are populated by people over 65 (about 10.000 men and 25.000 women). You BOS is a web platform dedicated to frail seniors and their caregiver not particularly able to the use of the digital. The objective of the web platform is to take care of the frail seniors, often isolated, and help them by using digital tools to discover new relational models.

The partners in Bologna are engaged with the renewed political leadership of the municipalities of the metropolitan city, in order to promote niCe-life's contents and the use of the YouBOS platform. At the same time, from the beginning of 2022 they involved retired workers' unions, elders' associations and caregivers' associations, with repeated standard meetings, to introduce, raise knowledge and facilitate the use of the tested platform. The main goal is the promotion of active aging acted by the elders themselves.

With the objective of promoting the use of the portal YouBOS (www.bolognasolidale.it) a series of meetings have been organized with Associations and Patronages of the elderly. The final aim was to include the use of the YouBOS portal among the criteria for evaluating the projects presented in the context of the Call for ideas and within the partnership of the submitted projects.

NUTS region(s) concerned by the strategy/action plan (relevant NUTS level)

Italy, Emilia-Romagna Region, Bologna Metropolitan zone (ITDH5)

Expected impact and benefits of the strategy/action plan for the concerned territories and target groups

The Pilot of YouBOS has been realized in the metropolitan area of Bologna and in this territory we are consolidating the achieved results. Indeed, the main challenge of YouBOS was to demonstrate that upskilling digital competence of elderly people is possible and contributes to strength their social inclusion. With this aim we have created a virtual community to promote the creation of new relationships, to share contents, activities and events carried out by voluntary organizations on the territory, taking care of the frail seniors, often isolated, helping them by using digital tools to discover new relational models.

From the demand side all elders can use YouBOS and benefit from the services provided. However, we have identified specific target groups that can gain a real improvement of their quality of life and reduce isolation, they are: Senior citizens living alone; Range of age: 70-75; Not affected by mental disease (such as Alzheimer's disease).

From the supply size those organisations that can provide services through YouBOS and might be interested to support seniors to be included in the digital society, are: Volunteer organizations; Schools, students and teachers (Intergenerational mentoring); Social services of municipalities; Charities and churches; Retired groups (digital champions); new careers/jobs (i.e. assisting the access to the digital services); libraries and kiosksmarkets/shops.

The LAP in Bologna was supported and signed by the Director of the Bologna District of the Local Health Authority and the MoA was signed between LHABO and SPI CGIL (the syndicate of retired persons).

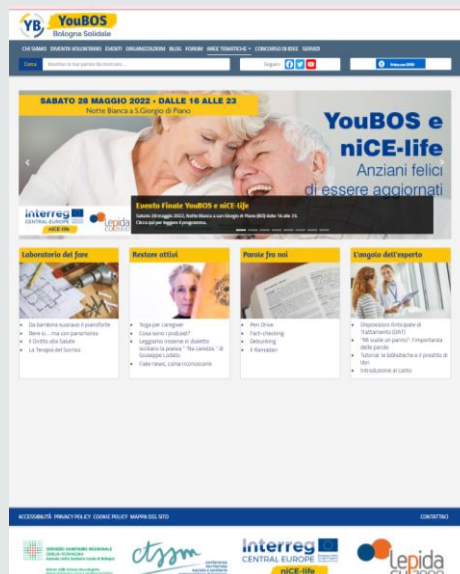
Sustainability of the developed and/or implemented strategy/action plan and its transferability to other territories and stakeholders

Starting from the idea that youBOS would be also an educational platform for vulnerable people, especially the elderly, it can become a "hub" to gather and share training videos and messages to combat disinformation in the health and social field. It could host the video lessons that different training agencies produce for their target population, for example prisoners, the elderly, immigrant workers, domestic workers or carers. The portal would become an accredited place for promoting literacy and combating inequalities, especially in terms of information and access to services.

For what concerns the lesson learned, the pandemic has shown that the elderly people are constantly at risk of isolation and inequality. It is therefore necessary to imagine new forms of relationship but also new professions that can capture the attention of the elderly and support them in a non-invasive way, by proposing the maintenance of their usual interests and at the same time providing the necessary help to keep up with the changes imposed by technology and progress.

References to relevant deliverables and web-links If applicable, pictures or images to be provided as annex

DT4.2.4- Sustainability plan of developed solutions
 DT4.2.4- Final version of the Local Action Plan in Italy
 DT4.2.3 – Signing Memorandum of understanding
 YouBOS Portal: <https://www.bolognasolidale.it/>
 Video Tutorial on YouBOS ([link](#))
 Users' Guideline on how to use YouBOS ([link](#))



Home page of the YouBOS portal



The front page of the Users' Guidelines

OUTPUT FACT SHEET

Strategies and action plans

Version 2

Project index number and acronym	CE1581 - niCE-life
Output number and title	O.T.4.1 Local Action Plan in Treviso
Responsible partner (PP name and number)	7 - Istituto per Servizi di Ricovero e Assistenza agli Anziani
Project website	https://www.interreg-central.eu/Content.Node/niCE-life.html
Delivery date	06-2022

Summary description of the strategy/action plan (developed and/or implemented), explaining its main objectives and transnational added value

The need to develop a specific local action plan for the Treviso context stems from the analysis of the population ageing trends in the Treviso province. As a matter of fact, this territory is characterised by an old age index equal to 175.3 and a structural dependency index equals to 56.8 (source: ISTAT). This requires the organisations responsible for care processes to innovate their services in order to meet the growing needs of the elderly population. In this context, the experimentation of an innovative care model supported by gps-tracking technology, implemented thanks to niCE-life, fits in. This action plan aims to make use of the wealth of knowledge developed by the project in order to address and overcome the difficulties often encountered in implementing innovative approaches in the field of elderly care. The action plan was therefore divided into two main actions. The first one, aimed at promoting greater coordination among institutional actors, involved and shared information with the Municipality of Treviso, the local health authority and the Veneto Region. The second action, aimed at sharing the model with potential beneficiaries, saw the presentation of the care model supported by the gps-tracking technology to some key stakeholders, such as the elderly and informal and formal caregivers. The added value, from a transnational point of view, is to be found in the fact that the drafting of the action plan valorised the wealth of knowledge developed by the partners in all regional contexts where the project was implemented.

The action plan was formally adopted by ISRAA and shared with the territorial partners mentioned above during specific meetings and trainings. It constitutes the basis for future collaborations in the field of care between municipalities, homes for the elderly and health authorities.

NUTS region(s) concerned by the strategy/action plan (relevant NUTS level)

The action plan was implemented in the Veneto Region (ITH3).

Expected impact and benefits of the strategy/action plan for the concerned territories and target groups

The action group had an impact on several aspects. First of all, it allowed to create a common heritage of knowledge between the Municipality of Treviso, the local health authority and ISRAA. By means of the action plan, a collaboration was established, which allowed the transmission of relevant knowledge about: the creation of an integrated care model, the training of formal and informal caregivers, and the ways of involving seniors in innovative projects. The latter target group benefited by acquiring knowledge about the gps-tracking technology, having the possibility to use the technology developed by niCElife free of charge, even after the end of the pilot. There was no formal adoption of the model by the Veneto Region, but it helped to disseminate and enhance it among other public authorities through the ENSA network.

Sustainability of the developed and/or implemented strategy/action plan and its transferability to other territories and stakeholders

The sustainability of this action plan, as far as action related to the promotion of greater coordination between institutional actors is concerned, can be seen in the fact that this document formed the basis for the design of projects consistent with niCElife and incorporating the know-how developed through this initiative. A concrete example of the value of this document, even after the conclusion of the project, is the new initiative "Autonomy for the dependent elderly", financed in the framework of the National Recovery and Resilience Plan (PNRR). Finally, this output can be used by similar organisations to define optimal ways for the integration of public organisations and the involvement of older persons in similar projects in the care sector, taking into account the important lessons learnt from niCElife, such as the difficulties that characterise the relationship between older persons and new digital tools.

References to relevant deliverables and web-links If applicable, pictures or images to be provided as annex

DT4.2.2 - Training sessions on health and care models and technical solutions conducted
DT4.1.2 - Draft version of the Local Action Plan in Italy
DT4.2.4- Sustainability plan of developed solutions
DT4.1.4- Final version of the Local Action Plan in Italy

Deliverables are available on the project website - <https://www.interreg-central.eu/Content.Node/niCE-life.html>

OUTPUT FACT SHEET

Strategies and action plans

Version 2

Project index number and acronym	CE 1581 niCE-life
Output number and title	O.T4.1 Local action plans for the introduction of technical solutions and health and care models
Responsible partner (PP name and number)	Samaritan Burgenland Department of Home Care, PP8
Project website	https://www.interreg-central.eu/Content.Node/niCE-life.html
Delivery date	30.06.2022

Summary description of the strategy/action plan (developed and/or implemented), explaining its main objectives and transnational added value

Demographic change has a significant impact on almost all areas of social life, including the stability and sustainability of existing social and health systems. If current policies are maintained, the aging of the population will put increasing pressure on public spending. It is therefore important to react to these developments as quickly and early as possible. One option to reduce costs in this area is to implement digital tools that enable older people to live longer at home and reduce or prevent dependency. Counteracting these effects was one of the **main challenges** of the digital tools developed in the project and thus also of the local action plan developed for Austria. The **key objective** of the local action plan is to create appropriate framework conditions in order to further develop, implement and establish in practice the results achieved in the niCE-life project in Burgenland.

In order to do justice to the idea of sustainability, it was of paramount importance in the **development** of the local action plan to involve important local and regional stakeholders. As part of so-called thematic meetings (D.T4.1.3), key stakeholders were invited, a draft version (D.T4.1.2) of the respective LAP was presented, feedback was obtained and the feedback was incorporated into the final versions (D.T4.1.4).

The final version of the local action plan has been included in another project, which was subsequently presented to the Burgenland governor. The project is currently in the development phase.

NUTS region(s) concerned by the strategy/action plan (relevant NUTS level)

Since important local and regional stakeholders were involved in the development of the local action plan and it was written for the whole of Burgenland, the following NUTS region is concerned by the content of the local action plan:

NUTS 2-region: AT11 Burgenland

Expected impact and benefits of the strategy/action plan for the concerned territories and target groups

The **expected effect** of the developed local action plan is to create the framework conditions to further develop and sustainably implement the digital tools developed in the project. Older people in particular should **benefit** from this, as they should be able to live independently in their own home for as long as possible. Up to now there has been **no uptake at policy or institutional level**.

Sustainability of the developed and/or implemented strategy/action plan and its transferability to other territories and stakeholders

The final version of the local action plan was presented as part of a further project development and integrated into it. This is intended to ensure the **sustainability** of both the local action plan and the Monitoring Grid.

The measures developed as part of the local action plan were developed in such a way that they can easily be transferred to other structures and **used in other territories**. Above all, these actions focus on the importance of involving all stakeholders active in this field as well as the importance of a targeted flow of information, which is based on good interdisciplinary cooperation. As a result, stakeholders in particular who want to integrate a concept, tool or similar in an area in which success depends primarily on interdisciplinary cooperation between different stakeholders and a targeted flow of information **can benefit from the local action plan**.

As far as the **lessons learned** are concerned, the niCE-life project has shown that it is becoming increasingly important to find new ways to address the elderly in a targeted manner and as early as possible in order to counteract possible social isolation. The local action plan contains good approaches to implement the developed instruments in a region.

References to relevant deliverables and web-links
If applicable, pictures or images to be provided as annex

The main relevant related project deliverables are:

- D.T4.1.1 Concept of regional action plans in partner regions for the introduction of the health and care model
- D.T4.1.2 Draft version of the local action plans
- D.T4.1.3 Thematic meetings with stakeholders
- D.T4.1.4 Final version of the local action plans

Below are pictures of the 2 thematic meetings organized with key local and regional stakeholders.

1. Thematic meeting with “Austrian National Public Health Institute” and “Ministry of Health” (1.02.2022, online)



2. Thematic meeting with representatives of “State of Burgenland” and “Research Studio Austria” (24.02.2022, Vienna)



Deliverables are available on the project website: <https://www.interreg-central.eu/Content.Node/niCE-life.html>

OUTPUT FACT SHEET

Strategies and action plans

Version 2

Project index number and acronym	CE1581, niCE-life
Output number and title	O.T4.1 Local Action Plan in Warsaw
Responsible partner (PP name and number)	PP9 City of Warsaw
Project website	https://www.interreg-central.eu/Content.Node/niCE-life.html
Delivery date	30.06.2022

Summary description of the strategy/action plan (developed and/or implemented), explaining its main objectives and transnational added value

The niCE-life project aimed to promote social inclusion and care coordination for vulnerable older people by developing an international health and care services model, using advanced key technologies to prevent needs, improve the quality of care and support independent living for older people for as long as possible. Between 2019 and 2022, ten organisations from six different countries worked to develop the health and care services model, which consists of six digital tools. These were developed as part of the project and tested in pilot activities (some of which were international).

Warsaw is the capital of Poland. The capital city is home to 1 794 000 people. There are 117 women for every 100 men. 57% of the population is of working age, 18.5% is of pre-working age and 24.5% are seniors.

At the regional level, in Warsaw2030 Strategy, the authorities of Warsaw noticed the challenge of the society ageing which city will need to face in a short- and a long-term perspective. One of the operational objectives - We use services close to one's home - provides access to both basic and preventative healthcare as well as social assistance services will be improved, including support for people with disabilities and for seniors.

Demographic problems will become more pronounced and the importance of care services will increase. Caring for people with reduced mobility is a demanding and increasingly socially necessary life role and service. It will also pose a growing challenge for the city's organisations and social services.

The demographic changes described above have a significant impact on almost all areas of social life, including the stability and sustainability of existing social and health care systems. If current policies are maintained, the progressive ageing of the population will put increasing pressure on public spending. It is therefore important to respond to these changes as soon and as early as possible. One way to reduce costs in this area is to implement digital tools that enable older people to live at home for longer and reduce or prevent the need for assistance. These activities are the guiding objectives of the niCE-life project.

The aim of the Local Action Plan is to create the right framework conditions for the implementation of the niCE-life project results in the city of Warsaw and their practical application. To this end, a targeted action has been developed.

NUTS region(s) concerned by the strategy/action plan (relevant NUTS level)

The action plan was implemented in City of Warsaw, NUTS 3

Expected impact and benefits of the strategy/action plan for the concerned territories and target groups

The pilot of AP-Nurse took place in a municipal unit in Warsaw, the Alzheimer's Centre social care home. Its main purpose was to test the new tool (which was developed by STU from Bratislava, one of the project partners) to see if it would work in institutional care. Due to the covid-19 pandemic, it was not possible to test in a home setting.

In order to test, the tool was installed in the Alzheimer's Centre, in residents' rooms and common areas. CA staff (nurses, caregivers) were trained to use the app. The results of the pilot were presented at meetings with the directors of the other social care homes in Warsaw, run by the city. They all expressed interest in this tool, as well as in the other tools that were tested within niCE-life. AP-Nurse can be useful not only for caregivers of people with Alzheimer's disease, but also other dementia diseases, or those simply needing care.

AP-Nurse was also presented at the Alzheimer's Centre's 10th anniversary conference. Representatives from numerous ngos and other institutions related to this disease attended. Great interest was also expressed. The target group - caregivers of people with Alzheimer's disease were very satisfied with the tool.

The LAP in Warsaw and the MoU were signed by the director of the Office of Assistance and Social Projects, City of Warsaw, which oversees the city's social welfare units, including nursing homes.

Sustainability of the developed and/or implemented strategy/action plan and its transferability to other territories and stakeholders

Directors of social care homes have expressed great interest in the AP-Nurse tool, as have representatives of ngos working with people with Alzheimer's disease. Unfortunately, at the moment further implementation of the tool on a larger scale is not possible, mainly for financial reasons and the economic crisis.

The copyright for the application is held by STU and it is necessary to buy from them. In addition, the AP-Nurse tool is only a prototype, in order for it to be commercialized it is necessary to obtain a medical license, which causes further costs.

The City of Warsaw is making efforts to raise funds to finance the above.

References to relevant deliverables and web-links

If applicable, pictures or images to be provided as annex

D.T4.2.4 – Sustainability plan of developed solutions
D.T4.1.4 – Final version of the Local Action Plan in City of Warsaw
D.T4.2.3 – Signing Memorandum of Understanding

OUTPUT FACT SHEET

Strategies and action plans

Version 2

Project index number and acronym	CE 1581 Nice-Life
Output number and title	O.T.4.1 Local Action Plan in Slovenia
Responsible partner (PP name and number)	NIJZ Slovenia (PP10)
Project website	https://www.interreg-central.eu/Content.Node/niCE-life.html
Delivery date	17/6/2022

Summary description of the strategy/action plan (developed and/or implemented), explaining its main objectives and transnational added value

The situation analysis showed that the elderly in Slovenia are exposed to the development of frailty and social exclusion. In addition, residents aged 55 years and over, have low level of digital literacy. The combination of these factors limits inclusion in the digital society and the use of services that require a sufficient level of digital literacy, appropriate technological devices and access to the Internet. In the eastern part of Slovenia, these factors are accompanied by living in the remote countryside and lower socio-economic indicators.

The goals of the local action plan are **strengthening the coherence and coordination of activities of stakeholders from the local environment** and **raising the digital and health literacy of the elderly**.

Certain activities are already being implemented in the local environment, but are **unrelated**. Therefore, it is necessary to **establish a network of stakeholders** who are already implementing activities on strengthening the health and digital literacy of the elderly, to **enable the mutual exchange** of information and experiences, and to **identify gaps** or possible duplication or overlapping. The mutual communication of the network members will enable a more efficient use of human and financial resources and the achievement of the goals.

The second goal is to **create an appropriate approach to inform and educate older people** and those who are in tight contact with older people (**caregivers, family members/relatives, social workers, volunteers**) **for the use of ICT**. At the same time, an appropriate approach is being developed to raise the health literacy of frail older people. Action plan will be implemented and monitored by the National Institute of Public Health of Slovenia.

NUTS region(s) concerned by the strategy/action plan (relevant NUTS level)

NUTS2, Zahodna Slovenia SI02

Expected impact and benefits of the strategy/action plan for the concerned territories and target groups

We expect **community cohesion and digital literacy to be strengthened**. The frail elderly should **receive services adapted to their actual needs**. In Slovenia, there is a well-functioning cooperation between municipal authorities, public institutions and non-governmental organizations, but not everywhere. The engagement of retired volunteers is worth mentioning, as retired people's associations here have a branched network through Slovenia. Through strengthening the capacity of the community, with the project outcomes we will directly **addresses the needs of the elderly in a way that is close and acceptable to them**. Network members will discuss the YouBos pilot project and other recognized examples of good practice. Taking into account the needs of the elderly in Eastern Slovenia, a **proposal for an adapted approach will be developed**, to strengthen the capacity of the community to properly guide the digital and health literacy of the frail elderly and their caregivers.

Sustainability of the developed and/or implemented strategy/action plan and its transferability to other territories and stakeholders

In Slovenia, there is a Longevity Strategy and a Resolution of the National Mental Health Program. The Longevity strategy defines the main goals in the preparation of responses to challenges due to the changed age structure of the population and provides strategic goals for action in the following areas: employment, work activity, **independent, healthy and safe living** of all generations and inclusion in society. The aim of the Resolution of the National Mental Health Program (MIRA Program) is to ensure the right to optimal mental and physical health and well-being by reducing mental health problems and mental disorders, by **increasing literacy in the field of mental health and destigmatization**, and by creating a network of services for timely recognition and treatment of mental disorders in the local environment. Considering the current situation in the field of nursing and social care, as well as the available services and capacities, the most suitable approach for Slovenia is to connect stakeholders between themselves and increase digital health literacy. The implementation of the experiences of the YouBos pilot project would contribute the most to this context.

References to relevant deliverables and web-links
If applicable, pictures or images to be provided as annex

D.T.4.1.2 - Draft version of the Local Action Plan in Slovenia
D.T.4.1.4 - Final version of the Local Action Plan in Slovenia
D.T.4.2.3 - Signing of Memorandum of Understanding

Deliverables are available on the project website - <https://www.interreg-central.eu/Content.Node/niCE-life.html>