



NEWS

THE EUROPEAN ASSOCIATION
FOR DIRECTORS AND PROVIDERS
OF LONG-TERM CARE SERVICES FOR THE ELDERLY

THE EUROPEAN ASSOCIATION
OF HOMES AND SERVICES FOR THE AGEING



JUNE - JULY 2018

EAHSA adopts two new position papers

EAHSA has adopted two new position statements on socialised care and on elderly care at home. EAHSA promotes in both position papers positive and supportive care for older people in a place that they can call their true home.

The current practice in elderly care is very much focused on medical challenges of ageing, and not so much on social well-being and participation of older people. According to the EAHSA, elderly care facility residents have to be facilitated in developing a new social life concept for their end-of-life stage. There is a clear need for a more social and less medical centered approach in elderly care. A paradigm shift, co-creation and socialised care are key in response to future challenges.

Stimulating environment

In a second position paper, EAHSA states that today's elderly care residencies usually are modelled, built and run like small hospitals. This has led to an environment and culture where staff and care professionals play the leading role in determining everyday's life. But for long term care residents a nursing home is the only address they have. Older adults living with special conditions need a stimulating environment giving opportunities for meaningful activities. Staff needs working places that are well equipped, practical and do not impose long distances to get jobs done.

EAHSA calls for a new approach of elderly care residencies which address these findings and to create places that residents can call their home while care professionals experience proper work conditions and act like guests.

Today's older people living in residencies seem less lonely

Dutch research has found that today's older people (55+) feel less lonely than their contemporaries did 20 years ago. Older people nowadays have larger social networks and more older people do have a partner. Older people in residencies seem to feel less lonely.

On the other hand, the number of older people that feel lonely has risen due to ageing. Loss of partner and relatives are main causes of loneliness. Also the feeling of losing control over life is a risk factor. Older people are more dependent on professional careers and support.

According to the research, loneliness does not equal unhappiness. Only two to four percent of older people feel both lonely as well as unhappy. The findings are based on three sub-studies among 8.000 older people, run between 1996 and 2016.

Save the date – Next EAN General Assembly

As already announced on the last meeting in Bucharest, the next General assembly will take place on 15th September in Prague.

Place: TOP HOTEL Prague, Czech Republic

Date: September 15, 2018

Time: 9:30 – 13:00

EAHSA - E.D.E.
Congress

Is there a future
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CALENDAR

8-10 AUG 2018, Toronto/CAN/
14th Global IFA conference

13-14 SEP 2018, Prague /CZ/
1st joint EDE & EAHSA Congress

15 SEP 2018, Prague /CZ/
EAN GENERAL ASSEMBLY MEETING

29-31 OCT 2018, Barcelona /ESP/
28th Alzheimer Europe Conference



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New AAL Market and Investment report

The AAL Association has released the AAL Market and Investment Report. The report provides a consolidated view of the existing market and investment information in Europe for the Active and Assisted Living domain. It covers data relevant to AAL and related technologies including current status, trends and future perspective for opportunities in the European Union and where possible link those to innovation in the delivery of services.

The scope of the new report is largely limited to market developments that exclusively or predominantly focussed on ageing and the older people. The report also introduces the new and emerging business models that will shape the AAL market in the near future and provides an overview of the technologies that enabled the development of AAL solutions. While the primary goal of the report is to monitor the European market, relevant information on global markets is also included to provide context and indicate the potential for growth.

The AAL Market and Investment report serves as a guide to investors, start-ups and small and medium enterprises, mature companies, and policymakers that are interested in becoming more familiar with the market to support the independent living of older people.

On 26 June AAL also organised a breakfast debate "From Active and Healthy Ageing to the Digital Transformation of Health and Care" which was hosted by MEPs Neena Geel and Lambert Van Nistelrooij. The aim of the breakfast session was to discuss how solutions to Europe's demographic change can be addressed within the EU's Digital transformation of the Health and Care strategy and the upcoming Framework Programme 9 – 'Horizon Europe'.

The AAL Market and Investment report can be found [here](#).

ECREAS is speeding up!

The European Centre for Research and Education for Ageing Services (ECREAS) is an initiative of EAHSA and EDE (now EAN).

The primary focus is to set up a platform to exchange best practices among the 10.000 providers and directors in 30 countries that are connected through EAN and to inform the EAHSA and EAN-members about the latest developments in technology, workforce, quality management and living environments.

Therefore, ECREAS is setting up a network to set up information streams with research institutes and corporations.

This all needs proper funding so ECREAS is looking for sponsors and donors. If you have any suggestions, please email to: info@ecreas.eu

Finally, ECREAS has developed a training programme with two day training sessions focusing on quality management, living environments and technology.

This training programme will be offered for a relatively low price to EAHSA and EAN members. The programme will be available at the EAHSA/EAN conference in Prague in September and on the ECREAS website: www.ecreas.eu



European Centre
for Research and Education
in Ageing Services

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with people in mind

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Dutch government to invest €340 mln in promoting “living longer at home”

To promote a more local, integrated and persons-oriented care for older people, the Dutch government has announced a new program called “Living longer at home”. The €340 mln program focuses on care and support at home, informal care and volunteering, and living environments.

The program will bridge the different domains that promote the quality of life of older people. It also fosters the role of local authorities and agencies to support older people in their wish to stay longer at their own homes. It includes a specific funding scheme for innovative and clustered living environments that should focus on the needs of older persons and adaptations of their current housing circumstances.

Future health policies funded through new European Social Fund (2021-2027)

For the next long-term EU budget, the European Commission proposes to further strengthen the Union's social dimension with a renewed European Social Fund, the 'European Social Fund Plus' (ESF+), and a strengthened and more effective European Globalisation Adjustment Fund (EGF).

For the period 2021-2027, the European Social Fund Plus would be worth €101.2 billion, and the Globalisation Adjustment Fund €1.6 billion. Both are geared to invest in people: ensuring they are equipped with the right skills needed to deal with challenges and changes on the labour market, following up on the European Pillar of Social Rights.

The health strand of the ESF+ Programme shall support public health policies and access to medical products. It shall fulfil this objective by ensuring a high level of health protection in the Union including through the reduction of inequalities in public health capacity among and within Member States and, in complement to other ESF+ actions, addressing the health challenges identified in the European Semester. Integrating health in ESF+ will lead to new synergies with the other building blocks of the European Pillar of Social Rights.

For the next long-term EU budget 2021-2027, the Commission also proposes €100 billion for research and innovation. A new programme – Horizon Europe – will build on the achievements of the previous research and innovation programme (Horizon 2020) and keep the EU at the forefront of global research and innovation. Horizon Europe is the most ambitious research and innovation programme ever.

More information about the European Social Fund can be found [here](#).

A meditative approach to active and healthy ageing

EU-funded research is exploring how meditation training and other preventive programmes can help Europe's ageing society stay mentally active and physically healthy for longer. The findings can help shape a variety of programmes and policies.

Researchers in the EU-funded MEDIT-AGEING project are working with the public, patients and meditation experts to learn more about how to improve mental health in later life. Their results will help safeguard quality of life and reduce the cost and care burden on health services caused by age-associated diseases. The project team is investigating various approaches to healthy ageing, with a focus on mental health including cognitive decline caused by ageing, from early-stage dementia to full-blown Alzheimer's. The project builds on evidence that lifestyle factors and meditation have potentially positive impacts on mental and neurological conditions. Previous studies on meditation and cognitive decline among the elderly reported some positive effects on attention, memory, executive function, processing speed and general cognition. MEDIT-AGEING is now working to develop preventive strategies for at-risk people and better therapies targeting those already affected. The strategy targets cognitive function and brain regions known to be sensitive to ageing and Alzheimer's, and targets known risk factors for further deterioration such as depression, stress, anxiety, sleep disorders and social exclusion. Researchers are developing meditation regimes to address these concerns, and indirectly, the chronic health problems exacerbated by advancing age and related mental health conditions. MEDIT-AGEING is the first comprehensive, all-in-one study of the short- and long-term cognitive, emotional and biological links to ageing, and the effectiveness of meditation in dealing with these.

More information about the research project can be found [here](#).



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Social Agenda 50 – The new social dimension

Things are moving fast as employment and social affairs make up a decisive part of the roadmap to a more united and democratic EU by June 2019, announced by European Commission President Jean-Claude Juncker in September 2017: the Commission proposals to make it happen must be on the table of the European Parliament and Council by May 2018 at the latest.

We explain how the European Pillar of Social Rights, proclaimed by EU leaders last November, serves as a framework for preparing them and is strengthening the social dimension of EU economic governance.

We also review proposals for an EU framework to raise the quality of apprenticeships, report on evidence of an urgent need to take on intergenerational inequality and show how social innovation is a must to ensure sustainable economic growth.

[Download here](#)

New Alzheimer Europe survey highlights barriers to timely diagnosis of dementia and access to support

In a new report of Alzheimer Europe, presented at a lunch debate hosted by MEPs Olga Sehnalová (Czech Republic) and Sirpa Pietikäinen (Finland) in the European Parliament, Alzheimer Europe highlighted significant barriers to timely diagnosis across Europe.

The findings of the five-country study were presented by the academic lead of the Bangor University in Wales, UK.

Carers reported significant delays in diagnosis as it took an average of 2.1 years to receive the diagnosis (ranging from 1.6 years in the Czech Republic and Italy to 2.5 years in Scotland). A quarter of the people with dementia had been diagnosed with another condition prior to dementia. At the time of diagnosis, around half of people were at the mild stage of dementia (53%), a third at moderate (36%) and 4% at severe stage. Almost half of the carers (47%) felt that the diagnosis would have been better earlier (ranging from 36.5% in the Netherlands to 52.1% in Italy).

Amongst the key identified barriers to earlier diagnosis, carers reported the first professional seen not considering that anything was wrong (33%) or believing it was not worth pursuing a diagnosis (6.6%) and the refusal of the person with dementia to seek help (37.9%).

Post-diagnostic support is still a major issue across Europe, the research found. 19% of the carers and 27.9% of people with dementia did not receive any information at the time of diagnosis. The need for information on coping and living well with dementia and on available services was particularly high (51.1% and 46% respectively). Carers in Finland and in the Netherlands were overall the most satisfied with the information received. Carers in Italy were less happy for all types of information received.

The full report can be found [here](#).

Global Ageing Network publishes statement on LTC for UN session

The Global Ageing Network (GAN) has released a statement providing input on the focus area of long term care and palliative care to the United Nations in preparation for the ninth session of the Open-Ended Working Group on Ageing which is scheduled to take place in July.

The statement reflects the need for a broader lens on the supports and services accessed by older people, including the consideration of the vast amount of care provided by informal caregivers. The statement also calls for a concerted focus on older people's access to affordable, person-directed care, education for families, the development of a quality workforce, consumer rights and the more widespread use of palliative care to improve the quality of life for older persons with serious illness.

The Global Ageing Network is an international community of leaders in ageing services, housing, research, technology and design. GAN brings together experts from around the world, lead education initiatives and provide a place for innovative ideas in senior care to be born. We pave the way to improve best practices in aged care so that older people everywhere can live healthier, stronger, more independent lives. GAN is closely linked to the European Ageing Network (EAN).

The Global Ageing Network statement can be found [here](#).



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Costs of care in residencies lower than staying at home

Research of a.o. the Erasmus School of Economics (Rotterdam, the Netherlands) found that total care costs of older people living in residencies are lower than the costs for those living in their own homes.

Although care for residents costs about €12.450, they spend €11.140 less on home care. Older people in residential care settings also spend €1.420 less on hospital care, as they have a lower chance of being hospitalised. The research found that the chance of hospitalisation goes down by 9 percent points when older people move to a residency. According to the researcher this indicates that residential care has positive health effects and that probably care residencies also substitute for hospitals.

The research included some 51.000 older people that requested residential care in the period 2009-2013. It is stressed that this is before substantial policy changes in the Dutch care sector came into effect, and more importantly, before more hybrid residential and care community models were developed.

The research can be found [here](#).

Call for nominations: Award 2018 Best Facility and Organization for senior care and services in Europe

Outstanding organisations and facilities: Who is the best in Europe?

EAN-ECREAS AWARDS 2018

In 2014 and 2016 EAHSA have recognised an outstanding organisation and an innovative facility throughout Europe by an EAHSA Award. This time the Award will be open to all members of the European Ageing Network, the joint organization of EAHSA and EDE and will be awarded on behalf of the EAN and the European Centre for Research and Education in Ageing Services (ECREAS).

In 2014 Seniorenzentrum Krefeld, Germany was awarded as the best facility for senior care and services in Europe and the Fédération Nationale Avenir et Qualité de Vie des Personnes Agées (FNAQPA), France, was awarded as the best provider organisation.

In 2016 the Heiveld in Gent, Belgium was awarded as the best facility for senior care and services in Europe and "Les Cèdres" in Beaux, France was awarded as best provider organisation.

The award is entitled for a period of two years and gives a lot of (international) attention to the winners of these awards.

Please send your nomination at the latest on **July 31st** to the following email address: info@ecreas.eu

More information and conditions [here](#).

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