



newsletter

IMPROVING COMPETENCES OF OLDER PEOPLE CAREGIVERS TOWARDS
HEALTHY AGEING THROUGH DIGITAL TRANSFORMATION

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PROJECT AIM

Recently, the World Health Organization (WHO) has described the plan for a Decade of Healthy Ageing 2021-2030 where caregivers including young people and family members play an important role as educators to foster healthy ageing for current and future generations and promote intergenerational solidarity. For this reason, an innovative approach based on digital transformation is needed to empower formal and informal caregivers to support older people to understand and put into practice Healthy Ageing directives.

This project aims to improve the competencies of caregivers that support older adults towards Healthy Ageing strategies based on a digital transformation of their training and daily work. In this sense, high-quality content and tools will be developed according to well-known European policies and recommendations (ICOPE WHO). Also, the national and local contexts will be considered, aiming to improve caregivers' adherence and motivation.

The EducAGE aims to contribute to the improvement of older adults' care by updating the knowledge and skills of informal and formal caregivers. In this sense, partnerships will be developed with institutions and associations that accompany and support the work of caregivers, aiming at the creation of training tools that fit their reality, challenging them to develop and

149.2 million

The European Union expects an increase of older people to around 149.2 million in 2050 that represents 28.5 % of the total population.

80%

In Europe, informal caregivers represent 80% of all long-term care.

65 years

The majority of informal caregivers are women over 65 years old, a group that generally had fewer opportunities across the life course, including unequal access to education.

consolidate their skills in preventing functional decline, managing the most common clinical age-related conditions and in the implementation of self-care strategies.

This project also intends to contribute to the improvement of caregivers' digital skills through the digital transformation of the learning context. Achieving the objectives outlined by the project will help to increase the skills of caregivers at the national and European levels.

PROJECT RESULTS

BLENDED LEARNING COURSE



In this project result, an integrated blended learning course will be developed to enhance the competences of caregivers (e-learning platform + face-to-face sessions, based on innovative pedagogical methodologies). Caregivers will be trained according to the three main modules: Module I - Declines in intrinsic capacity, including mobility loss, malnutrition, cognitive impairment, and depressive symptoms. Module II - Geriatric syndromes associated with care dependency, including the risk of falls. Module III - Interventions to support caregiving and prevent caregiver strain.

MOBILE APP FOR M-LEARNING



A mobile app will be developed for informal training of caregivers. For that, the content of the m-Learning app will consist of short videos, interactive games, tips, training exercises, and links to relevant information, among others. It aims to facilitate the construction of knowledge and develop caregivers' problem-solving skills in a flexible platform that promotes self-learning. The app will be highly compatible and user-friendly.

DIGITAL WHITE PAPER



A digital white paper with guidelines, forms/examples, resources/links, practical tools/tips etc., will be developed from and for all the partner countries. The digital book aims to be a support or theoretical basis for the caregiver's practice. To accomplish this aim, the project team will collect and review the current recommendations on older adult care to promote caregivers' best practices, allowing them to achieve optimal functional outcomes.

PROJECT PROGRESS

The project started in November 2021 and will last for 24 months. On 31st January 2022, a virtual kick-off meeting was organised where the coordinator presented project activities, the expected results and assigned tasks to partners. On 9th June 2022, a presential meeting was organised in the Portuguese town of Guarda, hosted by the Polytechnic of Guarda.

The team effort is concentrated on the digital white paper creation and the development of the m-learning app and e-learning platform mock-ups. The partners have done deep international and national research to collect and compile the most relevant information that will be converted into a digital book aiming to support caregivers' interventions toward healthy ageing. News on the digital white paper will be given in the Newsletter Nr. 2.

The Project web page was prepared and launched, and the leaflet was created in English and translated into national languages.

Project website: educage-project.eu

Link to leaflet: educage-project.eu/leaflet/



Until now, seven press reports have been released on the partner's institutions' websites and on local/regional media in national languages. Find more about the news on:

<https://educage-project.eu/news/>

PROJECT PARTNERS

POLI TÉCNICO GUARDA

The Polytechnic of Guarda is an institution of higher education oriented to the student's education, research and investigation activities, and services to the community, including cultural, scientific and technical exchanges. It is forming students in a diversity of fields, ranging from technology to tourism, education, sports, and health areas, such as nursing and gerontology professionals. The Polytechnic of Guarda has been developing several international research projects and community programs on active and healthy ageing by involving different community sectors. Within this framework, several collaboration protocols have been established with public bodies (municipality and health care centres) and nonprofit organisations dedicated to older adults' care and assistance (associations, residential care and social centres). The most recent projects were dedicated to health literacy, social inclusion and promotion of health-enhancing physical and cognitive activities through an inter-sectorial approach.

politecnicoguarda.pt



Charles University – it is the oldest and biggest university in the Czech Republic, teaching approximately 49 th. Students. The university consists of 17 faculties and provides about 164 study programmes. The Faculty of Medicine in Hradec Kralove was founded in 1945. Faculty offers these study programmes: General Medicine and Dentistry (both are taught in Czech and English Language) and Nursing. There are approx. 1500 pregrad. Students (300 of them in the English language). Moreover, the faculty holds about 22 accredited doctoral degree programmes with more than 230 PhD students studying there.

Regarding research performance, the faculty has 190 (FET) scientists and its production is about 300 original scientific papers yearly. Research concentrates on diseases of affluence (focus is given to the cardiovascular and gastrointestinal system, diabetes mellitus, etc.), all aspects of population ageing including studies of regeneration and nutrition, oncology and hemato-oncology and personalized medicine including new diagnostic procedures.

lfhk.cuni.cz



Centro de Cirugía de Mínima Invasión
Minimally Invasive Surgery Centre
Jesús Usón

The Fundación Centro de Cirugía de Mínima Invasión Jesús Usón (CCMIJU) is a multidisciplinary institution devoted to excellence in research and training in minimally invasive surgical techniques. It is committed to technological development and innovation in healthcare. It aims to improve the quality of healthcare delivered to patients by providing surgeons and other health professionals with innovative solutions and training. CCMIJU has participated in over 200 competitive projects; has over 300 scientific papers in journals indexed in JCR and over 50 books and book chapters.

The CCMIJU has experience in two relevant areas of this project: 1) it has vast experience in training health professionals and surgeons, developing new training material and learning tools such as mobile apps; 2) CCMIJU has worked on two projects to promote the active ageing through the design of new tools and systems to allow the physical and cognitive training of the elderly.

ccmijesususon.com

PROJECT PARTNERS



With an over 250-year-old tradition of academic excellence, Semmelweis University is widely recognised as one of Europe's leading centres of healthcare. Ranking among the most prestigious Hungarian research institutions, more than 1.300 of its staff members are actively involved in ongoing research activities, and education at gradual and postgraduate levels and also make a significant contribution to adult education within vocational and continuing training. The Department of Surgical Research has been involved in 6 European Union projects in the field of adult education. The Institution of Mental Health has long-term experience in research of active ageing including long-term care, family carers, ageing and ICT, elder-friendly environment, migrant care workers, intergenerational relations, volunteers, ageing and the labour market and social policy.

Also involved in several projects - 1. Happy Ageing (JP AAL program, 2009-2011), 2. Skype and Care I (2010-2011). 3. Skype Care II (2013-2014). 4. CARICT. (2011).

semmelweis.hu



The MORE Collaborative Lab is a private non-profit association that aims to be a link between the scientific knowledge produced in academic and scientific institutions and the business community. MORE prioritizes transferring knowledge and technology from research and innovation centres in mountain areas to companies to create economic, social and cultural value. MORE focus on the enhancement of by-products of the agroindustry, promotes sustainable agriculture and forestry, stimulates the preservation of cultural heritage and territorial enhancement and develops clean, efficient energy and intelligent technology. More is currently establishing strategic partnerships with industrial partners focusing on closing the gap between research results and companies.

morecolab.pt



The University of Hradec Králové (UHK) was founded in 1959. Since then, it has provided high-quality tertiary education within a large scope of study fields. The spectrum of educational activities includes the fields of economics, informatics and management (Faculty of Informatics and Management), teaching, artistic and linguistic disciplines (Faculty of Education), natural sciences and engineering fields (Faculty of Science), and social sciences and humanities (Philosophical Faculty). The mission of the University of Hradec Králové concerns three essential tasks: to set up opportunities for the full development of the abilities of all interested applicants; to enable this development through the provision of high-quality educational programs; and to contribute to the competitiveness of the region as well as to the quality of its citizen's lives. University-wide research themes are Healthy Aging and Quality of Life, Security and Sustainable Development in the Digital Society, and New Challenges in Education. UHK has currently 424 academicians (of which 193 are women) and 74 researchers (of which 16 are women).

uhk.cz

