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## **ADVANTAGE JA NEWSLETTER N.1**

Dear Users,

Welcome to the ADVANTAGE JOINT ACTION Newsletter.

Here you can find the main updates from the Action.

For more information please visit [www.advantageja.eu](http://www.advantageja.eu)

### **About ADVANTAGE JOINT ACTION**

ADVANTAGE is the first Joint Action (JA) on the prevention of frailty. It is co-funded by the Third European Health Programme of the European Union 2014-2020 and the Member States (MS). It will run from 2017 to 2019. This JA will contribute to a more homogeneous approach to frailty, improving screening, prevention, assessment and treatment, as well as to the reform of health systems and the identification of priorities in training and research programs. Its main objective is to establish a common European framework for addressing frailty, which is the main condition associated with the risk of developing disability. The ADVANTAGE Consortium embodies 22 Member States and over 35 European organizations. Partners representing them come from a broad range of professional backgrounds and have sound expertise in complementary areas pertinent to the issue at stake.

### **The ADVANTAGE JA website is online**

The first EU Joint Action (JA) on the prevention of frailty has developed its website: [www.advantageja.eu](http://www.advantageja.eu) to create awareness about frailty among different countries and sectors. With an attractive look, the ADVANTAGE JA website is easy and quick to navigate. It presents general information regarding the Joint Action aims, activities, and results, why it is important to tackle frailty, and the different partners of the consortium. All the ADVANTAGE JA outputs, as well as the latest activities, news and events will be uploaded on the website.

### **Frailty prevention in Europe: The ADVANTAGE JA Expert Panel meeting**

The ADVANTAGE JA Expert Panel meeting, has taken place on the 25th and 26th September 2017 in Mahón (Menorca - Spain). The Expert Panel (EP) was set-up to complement the expertise of the JA Consortium members and to peer-review the State of Art draft documents produced as deliverables of the work-packages WP4 to WP8. Participants discussed the State of Art draft reports, identify key ideas for tackling frailty from an EU policy perspective, and the ways of convincing policy makers to address frailty prevention and assessment in Europe.



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### [Webinar Integrated Care Matters Series 2 - Preventing and Managing Frailty](#)

The Coordinator of ADVANTAGE JA was one of the keynote speakers for the webinar organized by the International Foundation for Integrated Care on Wednesday, 18th October at 12 noon.

This was the launch of the second series of webinars on people-centred integrated care in practice. This series will have a particular focus on active and healthy ageing and preventing and managing frailty. The webinars will be hosted by IFIC Scotland in partnership with the University of the West of Scotland, the Institute of Research and Innovation in Social Services, the Health and Social Care Alliance, and with ADVANTAGE Joint Action on the prevention and management of Frailty, co-

Managing Frailty. A comprehensive approach to  
promote disability-free advanced age in Europe:  
the ADVANTAGE initiative  
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funded by the European Union's Health Programme. The next 2 Webinars in the series will run in November and December.

### **3rd Steering Committee meeting in Mahón**

On the 26<sup>th</sup> of September 2017, the third Steering Committee (SC) meeting of the Joint Action ADVANTAGE took place in Mahón (Menorca - Spain) following the Expert Panel meeting. The SC supports the Coordinator and it is composed by a representative for each responsible of the actions. A total of 16 participants (representing the work packages (WP) leaders and co-leaders) and 2 secretaries attended. Participants were actively involved in reporting progress on the JA activities.

### **2nd Steering Committee meeting in Edinburgh**

On the 8th of June 2017, the second Steering Committee (SC) meeting of the Joint Action ADVANTAGE was hosted in Edinburgh by NHS Lanarkshire, the third largest NHS health board in Scotland. On the 9th of June a Study visit to learn about models of care for older people in Scotland and to share lessons from the coordination of the JA on Dementia was organized.



The SC supports the Coordinator and it is composed by a representative for each responsible of the actions. A total of 12 participants (representing the work packages (WP) leaders and co-leaders) and 2 secretaries attended. Participants were actively involved in reporting progress on the JA activities. The work done towards the State of Art document was discussed. The drafts will be reviewed by the Expert Panel (EP) and discussed during the meeting in Mao on 25-26 September.

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The study visit was attended by SC members as well as other health and care professionals from organizations in Scotland interested and involved in frailty prevention and management. The main themes of the event were: living well in later life (physical activity; community connections; reducing falls and loneliness); coordinated care and support at home (anticipatory care planning and management; identifying complexity / frailty in primary care; support for caregivers); managing transitions; (including polypharmacy reviews); managing frailty in hospital and care homes; and. Technology Enabled Care.

The study visit was a fruitful occasion for collecting ideas and gathering new concepts for the future deployment of the ADVANTAGE JA.

### **Stakeholder meetings around Europe**

A number of events, organized by participant organizations of the ADVANTAGE Joint Action (JA) took place in different MSs in June to present the JA to Stakeholder groups and establish potential ways of cooperation with them. Health and Social local, regional and national authorities, as well as NGOs and Institutions representing older citizens attended the meetings.

The main topics addressed were:

- presentation of ADVANTAGE and the potential role of stakeholders;
- frailty and its consequences at individual and population level;
- current examples of frailty related activities;

Time for debate was allocated after each section and at the end of the meetings.

Attendance and participation was high, with attendees coming from different areas of the regions and the events met the expectations of the audience. Stakeholders showed great interest in the JA activities and aims and most of the attendees are willing to collaborate by disseminating ADVANTAGE JA results, adopting future recommendations stemming from it and participating in future Stakeholder meetings. The feedback and the suggestions made will help each MS, as well as the JA as a whole to improve future work of the JA and aspects related to the stakeholders' role in ADVANTAGE to foster closer collaboration.

### Events were held in:

#### **SPAIN**

The conference "Prevention of frailty, a challenge for the welfare system" took place in Madrid, at the headquarters of Imserso (Institute of older people and social services) on the 15th of June 2017. Health regional and national authorities opened and closed the meeting. Main topics addressed were frailty and its consequences at individual and population level; presentation of ADVANTAGE and the potential role of stakeholders and current examples of frailty related activities undertaken by NGOs. Time for debate was allocated after each section. The result was an interesting program which met the expectations of the audience. Attendance and participation was high, with attendees





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coming from different autonomous regions. The conference had a high number of presence and results as a big success.

## **ROMANIA**

The main purpose of the stakeholder meeting organized in Cluj-Napoca at the Public Health Authority in Cluj County, on 29 June 2017, by Babes-Bolyai University was to disseminate the ADVANTAGE Joint Action at local level. The presentation was structured in 4 main parts: 1) situation at European level regarding frailty and definition of frailty; 2) technical information about the ADVANTAGE Joint Action; 3) objectives and target groups; 4) expected results and outcomes. Participation was active and a number of suggestions have been received from the participants, during the discussion session, which will be very useful for future JA activities and to improve collaboration with stakeholders. All in all the meeting was successful and the goals of creating awareness on frailty and presenting ADVANTAGE JA were thoroughly achieved.

## **ITALY**

The Italian Minister of Health was contacted in previous occasions and a formal meeting with the Health Ministry Secretariat took place on the 15th of June 2017. The Ministry of health showed great interest about the ADVANTAGE Joint Action (JA) activities and aims. It is willing to collaborate by disseminating ADVANTAGE JA results, in particular with a dedicated section on the Ministry website. It is willing to adopt future recommendations stemming from the JA and participate in future Stakeholder meetings.

The 1st regional Stakeholder meeting organised by Regione Marche-ARS and INRCA took place in Ancona, at the headquarters of Marche Region on the 27th of June 2017. The aim of this event was to present JA to Italian local and regional stakeholders in order to establish potential ways of cooperation with them. The event was attended by Health and Social local and regional authorities, as well as NGOs and Institutions representing older citizens. Attendance and participation was high, with attendees coming from different areas of the regions and the events met the expectations of the audience. The feedback and the suggestions made will help the Marche Region, as well as the JA as a whole, to improve future work of the JA and aspects related to the stakeholders' role in ADVANTAGE to foster closer collaboration.

On the 5th of July 2017 the ADVANTAGE JA was presented and discussed at the Health Committee of the State-Regions National Commission, the body where the political negotiations in the field of health between the national government and the regional autonomy system takes place. Among its many activities, it promotes the national and regional programming coordination, including the healthcare programming, thus endorsing National Guidelines or Mandatory Documents for Regional Health Systems.

ADVANTAGE JA was also presented at local events by the Marche region Affiliated entities, for



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example at the continuous education course for healthcare professionals “Pro...Muoviamoci” about physical activity in the ageing population, which took place in Piemonte on the 10th of July. Advantage’s main objectives and information have been illustrated. All the meetings were successful and the goals of creating awareness on frailty and presenting ADVANTAGE JA were thoroughly achieved.

## **SLOVENIA**

ADVANTAGE JA was presented by NIJZ on the 30th of March 2017 to the Public Health Directorate of the Ministry of Health in Slovenia. NIJZ presented the concept of frailty and focused on the ADVANTAGE JA activities and aims. The whole application process as well as kick-off meeting and WP6 meeting (held in Athens) were presented with an emphasis of JA timeline and WP6 deliverables, in which National Institute of Public Health (NIJZ) acts like a work package leader. NIJZ’s role in ADVANTAGE JA was presented as well as leadership of the WP6. Further on the discussion was focused on the potential for cooperation between NIJZ and MoH, and finally the support for implementation of JA outputs was agreed.

## **IRELAND**

Ireland, led by the HSE social care division, had its first JA stakeholder meeting on the 21st of June 2017 in Dublin as a parallel session part of a wider event, the Integrated Care (Older People, ICPOP/NCPOP). Key stakeholders were in attendance and a Pioneer Sites Networking Forum took place.

## **SCOTLAND**

Scotland, led by the NHS Lanarkshire, the third largest NHS health board in Scotland, has had a series of virtual meetings and exchanges of information by email and phone with JA local, regional and national stakeholders since March. Key stakeholders showed great interest in the ADVANTAGE JA activities and aims.

## **GREECE**

Greece has concluded the first part of the virtual meeting for ADVANTAGE. More than a 100 local, Regional and national Stakeholders stakeholders have been informed via email with a letter outlining the main activities and aims of the Joint Action. It was a team effort between the two Greek partners: UPAT and EPSEP.

The 1st Scientific Meeting «Prevention and Management of Frailty: a new challenge for individuals and society» has taken place in Ioannina, Region of Epirus, in the Regional Council Room on the 28th of September 2017. The 1st Scientific Meeting, organized by the Society of Psychosocial Research and Interevention (SPRI ) involved the Regional level, Region of Epirus in Greece.

On the 20th Oct 2017 within the 7th Panhellenic Congress of Health Care providers for chronic patients "Care of the elders: The necessity of promoting a healthy aging", ADVANTAGE JA partner UPAT has organized a round table titled "Frailty a new clinical reality. From theory to practice"



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which was life streamed.

## **AUSTRIA**

The 1st National Meeting organized in cooperation with the Ministry of Health will take place on 1st of December 2017 in Vienna.