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advantAGE
MANAGING FRAILTY

ADVANTAGE JOINT ACTION

A comprehensive approach to promote a disability-free advanced age in Europe: the
ADVANTAGE initiative





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**ADVANTAGE JA
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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 programmes. 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 32 European entities.

For more information please visit www.advantageja.eu

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ADVANTAGE JA Forum in Madrid

Taking Action on Frailty: the ADVANTAGE JA perspective

Madrid, Spain. 13th December 2018

The preliminary agenda of the Madrid ADVANTAGE JA Forum: “Taking Action on Frailty: the ADVANTAGE JA perspective” is now available.

Next 13th of December the ADVANTAGE JA forum will take place in Madrid. The Forum is an important opportunity to discuss the FPA (Frailty Prevention Approach) document with Member States health representatives and stakeholders in order to collect feedback and support for a future successful implementation in their local political, social, professional and citizens context.

There will be representatives of Santé and EU Parliamentary as well as national health and social authorities from Member States to inform them but also to gain their commitment and active participation.

[Agenda](#) (link to the agenda)



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Interviews

Early detection, prevention and management of frailty: Introducing the FrailSafe system

Sandra Degelsegger from **AGE Platform Europe** describes the **EU FrailSafe Project**, launched in 2016, as an ongoing, longitudinal study, which explores an innovative solution to detect, quantify, manage and prevent frailty.

Starting from clinical and technical data sources and real-time processing of that data via an online platform, EU FrailSafe offers individualized feedback to the patient. In EU FrailSafe, an individualized, integrated **Virtual Patient Model (VPM)** is created. A wide range of clinical data, such as the patient's medical history, cognitive status, self-care ability, nutritional status, living conditions, social life, and other parameters, are entered by the clinician. Then, using technological instruments, such as wearable technology, smartphones, GPS and other devices, the VPM is actively fed with physiological data, such as patient's body weight, blood pressure, heart and respiratory rate, postural and movement information, indoors and outdoors localization and cognitive performance. Sandra explains that EU FrailSafe promotes an integrated system to empirically assess and manage frailty and provide **real-time targeted suggestions** to the individuals, their caregivers and healthcare professionals. The goal of the system is the multimodal approach of frailty to better understand and describe the syndrome, explore its causal relations with other comorbidities and define the predictive factors which lead to the progression of the disease.

Read more about FrailSafe research project at the following link: <http://frailsafe-project.eu/>





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Frailty related actions

¡! Face up to frailty ¡!

Awareness campaign for prevention and treatment of frailty

The “¡! Face up to frailty ¡!” campaign was officially presented in the 2nd Spanish stakeholders meeting, “La atención a la fragilidad, un reto y una oportunidad para nuestra sociedad” which took place in Valencia the 19th June 2018. The objective is to make the public opinion, health policy makers, patients, informal carers, health professional, researchers aware of the relevance and necessity of taking action on the prevention and management of frailty.

The aims:

- To raise awareness within the public opinion and health policy and decision makers about the necessity to act in different scenarios to struggle against frailty and disability associated.
- To “put face” to day-to-day of old and frailty people and their carers; of health professional who care them; of researchers who work to find out answers to questions not solved; of policy makers who work to improve the organization of services to take care.
- To ensure ADVANTAGE JA recommendations are implemented and have tangible results in everyday life.

Collaborate with ADVANTAGE JA and get involved in our campaign:

- If you are a *health professional*: know the ADVANTAGE JA recommendations about prevention, screening, management of frailty. Implement them in your clinical practice. Give a set of recommendations to your patients to prevent or revert frailty.
- If you are a *health policy maker*: know the ADVANTAGE JA recommendations about policies addressed to prevent and manage frailty and disability in a society that gets old. Know consequences of frailty and disability for our social-health system and how to revert and avoid the linked costs.
- If you are *old people*, if you *take care of old people*: know the ADVANTAGE JA recommendations to prevent frailty by means of a suitable diet and being physically active.

How to get involve:

- ✓ **Take a picture** which means to you any aspect of:
 - everyday life of frail people;
 - caring of a frail person,
 - management of frail patients by a health professional;
 - researcher studying frailty.
- ✓ **Publish your picture on Twitter (@advantage_JA) and Facebook (@advantage_JA)** with hashtag **#faceuptofrailty**.
- ✓ All the provided pictures will be uploaded in the ADVANTAGE JA website (www.advantageja.eu)



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News from JA partners

"The commitment of European healthcare systems to prevent & manage the frailty challenge" 5-6 July, Ancona – Marche Region



On July 5-6, 2018, in Ancona, the workshop "The commitment of European healthcare systems to prevent and manage the frailty challenge" was organized by ProMIS with the subgroup of Regions of Campania, Marche (the leader of the initiative), Piedmont, Tuscany, and Veneto. The event had the aim of facing the challenge of the ageing of the population, with particular attention to frailty and its related clinical, psychological, social and economic dimensions. Representatives of the European Institutions, Ministry of Health, national, and regional Agencies took part in the event, which was well attended. Participants showed high interest and actively participated to the debate.

II conference between ADVANTAGE JA and Spanish stakeholders - Valencia, 19th June 2018



The conference "The assistance to frailty, a challenge and an opportunity for our society" took place in Valencia, at the old headquarters of the University of Valencia on the 19th of June 2018. The aims of this second event were the presentation of:

- the State of the Art report on the prevention and management of frailty;
- the Member State profile in Spain;
- the campaign Face up to frailty!

As the former meeting in 2017, the conference was co-organised by the ADVANTAGE JA Spanish members: Hospital University of Getafe; International Centre of Excellence in Chronicity Research, Kronikgune; Health Regional Ministry of Andalucía; Health Research Institute from Valencia, Incliva and Health Regional Ministry of Castilla La Mancha.



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Coming of Age for Frailty and Integrated Care



Over 750 delegates from 50 countries participated in the 18th International Conference on Integrated Care (ICIC18) in Utrecht May 23 -25 2018, and a further 2,000 people joined via live webstream. ADVANTAGE JA partnered with the International Foundation for Integrated Care (IFIC) for their 'coming of age' 18th conference, co-hosted by Dutch partners Vilans, Centre of Expertise for Long-Term Care in the Netherlands, and RIVM, the National Institute for Public Health and the Environment. IFIC Scotland and ADVANTAGE JA positioned frailty as a golden thread woven through the three days under the theme of integrated care for vulnerable and at risk populations.

If you missed them, presentations and topic resources are at Integrated Care Foundation website

If you would like to participate in the Special Interest Group please contact mandy.andrew@lanarkshire.scot.nhs.uk

UK and Ireland Frailty Symposium Edinburgh 22 February 2018



Policy and professional leaders from Scotland, England, Northern Ireland and the Isle of Man were joined by the Director of Integrated Care from the Republic of Ireland for a Frailty Symposium in Edinburgh on 22nd February 2018. Sixteen delegates connected face to face and virtually. They represented a broad range of disciplines including nursing, rehabilitation, allied health professionals, emergency medicine, geriatric medicine, primary care and palliative care. Their roles spanned policy, practice, quality improvement, education and research related to older people, integrated care, public health and chronic disease.

Delegates shared innovations and insights on different aspects of frailty and the knowledge exchange event was welcomed as a valuable networking opportunity.



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Frailty Related Conferences

14th International Congress of the European Union Geriatric Medicine Society, Berlin

The 14th International Congress of the European Union Geriatric Medicine Society (EuGMS) “Advancing Geriatric Medicine in a Modern World” will take place in Berlin From 10th to 12th October 2018.



Leading medical experts from all over the world will gather to attend one of the largest and most influential academic conferences and exhibitions on Geriatrics, with more than 1,500 attendees from Europe and from all over the World. This edition of the Congress will be targeted at specialists and health care professionals sharing the same interest in geriatric medicine as well at anyone taking care of older patients, in order to understand the medical, clinical and psycho-social approaches to geriatric diseases.

The experts will focus on the most relevant issues related to the main theme of the Congress, including: differentiating ageing and disease in old age; multi-morbidity; polypharmacy; new concepts of care for geriatric patients in the community. ADVANTAGE JA will actively participate in the Conference, where WP1, WP4, WP6 and WP8 partners will moderate sessions related with frailty, presenting and discussing the

11th European Public Health Conference

The 11th European Public Health Conference (EPH) “Winds of change: towards new ways of improving public health in Europe” will take place in Cankarjev Dom, Ljubljana, (Slovenia) from the 28th of November to the 1st of December 2018.

Today’s societies are faced with challenges that have an important impact on population health



in Europe. On the other hand, there are also new opportunities to improve health and wellbeing of European population. The annual EPH conferences are considered the premier European gatherings of public health professionals. Delegates include researchers, policymakers, practitioners and educators in public health and many other related fields. Over 1,500 delegates are expected to attend the Ljubljana conference. It is co-organized by EUPHA – European Public Health Association and National Institute of Public Health (NIJZ), Slovenia, leader of WP6 in ADVANTAGE JA. The 11th EPH Conference offers excellent opportunities to learn from the latest research and practice, to network with experts and colleagues and to expand professional horizons. European public health systems are varied, reflecting different societal choices. Despite organisational and financial differences, they are built on common values: universality, access to good quality care, equity



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recommendations derived from the analysis of the State of the Art, the first draft of the MS roadmaps and issues relating to training.

Website: <http://www.eugms.org/2018.html>

and solidarity. The need to make health systems financially sustainable in a way which safeguards these values into the future is also widely recognised.

The themes of the conference are the main challenges facing public health include inequalities, the economic crisis, globalization, migration and urbanization, environmental degradation and climate change. These factors all influence the lifestyles and health of the European population, resulting in changing disease patterns and new public health emergencies.

As societies and countries change, so do the public health challenges. This requires a strong public health sector that adapts and responds to societal changes and provides adequate answers to questions like:

Are public health systems adequately prepared for changing disease patterns?

How can public health practitioners be more effective in today's societal systems?

Which models of public health systems work best and at which levels?

What public health leadership is required to deal with these challenges?

Website: <https://ephconference.eu/>