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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](http://www.advantageja.eu)

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## **Advantage JA Forum in Madrid**

### **The Frailty Prevention Approach (FPA) at the Madrid ADVANTAGE JA Forum Madrid, Spain, 13th December 2018**



On the 13th of December 2018, the draft of the Frailty Prevention Approach (FPA) was presented during the Madrid ADVANTAGE JA Forum: “Taking Action on Frailty: the ADVANTAGE JA perspective”. The FPA is a common European model to tackle frailty on which to base a common prevention and management approach of older people who are frail or at risk of developing frailty in the European Union (EU). The FPA also indicates what should be prioritized in the next years at European, National and Regional level.

The forum was also the occasion to launch, at European level, the campaign “Face up to frailty”, building on the success the activities linked to this campaign had in Spain. This initiative aims to make aware the public, policy-makers, health managers and professionals, patients, researchers and carers about the significance of taking action on frailty.

Please stay tuned on [www.advantageja.eu](http://www.advantageja.eu)



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## Interviews

### ***Empowerment of citizens and frailty: the point of view of the 'Active Citizenship' Association***

**Monia Mancini** from '**CittadinanzAttiva**' (Active Citizenship) - an association dealing with the promotion and protection of citizens' and consumers' rights - describes the perspective of the association on empowerment of citizens and frailty.

**Q:** Active Citizenship is part of a European network dealing with the protection of citizens and the services provided to them, as well as being active in patient empowerment. What is the role of Active Citizenship in the European negotiations on citizens' empowerment?

**A:** Our association is the leader of the Active Citizenship Network, based in Italy and recently with a representative office to the EU in Brussels. It is a European network of civic organizations with the aim of developing an active citizenship and promoting participation in the areas of consumption, of corporate social responsibility, and of healthcare. The empowerment of citizens is the base and the purpose of our association. A self-aware and informed citizen takes better care of himself/herself, thus resulting in benefits for the healthcare system.

To date, Active Citizenship Network has carried out many activities in this field. The first achievement was the approval, in 2002, of the European Charter of Patients' Rights. Then, since 2007, it has been established the European Day of Patients' Rights. Another important initiative concerns the Second edition of the European Civic Award on the fight against chronic pain, a project that rewards good practices at European level on the management of chronic pain, with a specific section dedicated to the empowerment of citizens.

**Q:** Would dedicating a section of the Erasmus+ programme to the beneficiaries of empowerment services set an example?

**A:** At European level, the Erasmus+ programme offers good opportunities, for example with adult education among its objectives.

**Q:** From the Stakeholder's point of view, what are the new needs related to frailty?

**A:** Frailty has various levels and areas, such as social, economic, geographical, in which the citizen/patient has an important role. Empowerment is a tool that cannot be ignored, for example to achieve therapeutic adherence, and therefore it constitutes a tool for preventing frailty.

**Q:** Is there a need to create new services to meet the needs of a population with an increasing life expectancy?

**A:** The management of frailty, outlined at European level, is then implemented, through specific interventions, at local level. This is possible through a network of organizations and processes, such as, for example, social areas, Mayors, district directors. The participation of citizens in these processes is very important, as it is the promotion of specific initiatives suggested by the citizens themselves.

Read more about the activities of the Active Citizenship Network [here](#).



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## **Frailty related actions**

### ***Face Up to Frailty***

#### ***Awareness campaign for prevention and treatment of frailty***

The European “Face up to frailty” campaign was officially presented in the Madrid ADVANTAGE JA Forum, which took place in Madrid on the 13th December 2018. The objective is to make the public opinion, health policy makers, patients, informal carers, health professional and researchers aware of the relevance and need 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 need 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.

As an example, read the story of Ines and Antonio (Italy), who shared with us what they think about frailty ([link](#)).

#### **Collaborate with ADVANTAGE JA and get involved in our campaign:**

- If you are a *health professional*: read about 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*: read about 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 an *old person, if you take care of old people*: read about the ADVANTAGE JA recommendations to prevent frailty by means of a suitable diet and being physically active.

#### **How to get involved:**

- **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 and your stories on Twitter (@Advantage\_JA) and Facebook (@Advantage\_JA) with hashtag #faceuptofrailty, , or send them to us at the address [info@advantageja.eu](mailto:info@advantageja.eu).**
- All the pictures and stories will be uploaded in the ADVANTAGE JA website (<http://advantageja.eu/index.php/about-us/more-on-frailty>).



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## **News from JA partners**

### **Update from UK and Ireland**



Frailty, falls and ADVANTAGE JA have been hot topics at a series of events over the autumn. *Northern Ireland* - in collaboration with the British Geriatrics Society and the Public Health Agency, the national conference on Frailty on October 8th built on the Rethinking Frailty Symposium in March 2018 and participation in the Sunfrail project. The next steps are to establish a system wide Frailty Network in Northern Ireland in 2019, aligned with ADVANTAGE JA Frailty Prevention Approach.

*Scotland* - Scotland Futures Forum discussed the Healthy Ageing in Scotland study (HAGIS [www.hagis.scot](http://www.hagis.scot)) and considered the sustainability of social care for older people. Members of the Cross Party working group on ageing will consider frailty in their workplan for 2019. In the same week, the ADVANTAGE JA and the Face up to Frailty campaign were presented at a national conference on older people involving a wide range of partners from

### **ADVANTAGE JA WEBINAR Together for frailty prevention – Joint Webinar ADVANTAGE JA & EU FrailSafe**



On October, 19th 2018, we organized a joint webinar with the EU-funded project [FrailSafe](#), where 67 participants attended the session. Both the JA and the project deal with frailty prevention, but from a different perspective. Ines García-Sánchez, deputy-coordinator of the ADVANTAGE JA, explained why frailty is important at the EU level and how 22 Member States are jointly working towards a common policy framework for frailty prevention and management at national and regional levels. Ines also invited interested stakeholders to the JA Forum on 13 December 2018, where the draft Frailty Prevention Approach was discussed. Further information can be found [here](#).

Afterwards, Kostas Deltouzos from the University of Patras and Javier Montesa from Brainstorm, both represented FrailSafe. Kostas explained how the developed IT system worked to better assess frailty at an early stage



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voluntary sector and housing.

Ireland - Ann Murray, Falls Lead for Scottish Government Active and Independent Living Programme, and Anne Hendry, ADVANTAGE JA WP 7 lead, shared work on falls and frailty in an international symposium on Falls & Bone Health in Dublin, Ireland on Oct 30th. Collaboration was a strong theme as was building on Ireland's integrated care programme for older people.

Partner events - In November, Anne Hendry also spoke about ADVANTAGE JA and Scotland's experience in Reshaping Care for Older People at the 9th national conference for case managers in France and in the 2nd national conference on frailty in Slovenia.

and therefore contribute to a preventive approach to delay the onset of frailty. Indeed, as stated by Ines, the syndrome can potentially be reversed in its early stages.

Finally, Javier went through the serious games developed in the framework of EU FrailSafe project and how the different abilities (physical or cognitive) are taken into account for the users.

The webinar can be viewed again [here](#).





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## **Irish Gerontological Society Annual conference, September 27-29, 2018**



On October 29th, during the Irish Gerontological Society Annual conference, ADVANTAGE JA WP5 partners presented the results of the systematic review and meta-analysis on frailty at population level in Europe. The theme of the conference was “Transforming Ageing Across Borders”, which reflects interaction, cooperation and collaboration beyond geographical, disciplinary and professional limitations. The event was organized in collaboration with the British Geriatrics Society and the British Society of Gerontology.

Conference proceedings : [Link](#)

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## Frailty Related conferences

### **IAGG-ER Congress 2019**



The 9th International Association of Gerontology and Geriatrics European Region Congress (IAGG-ER Congress) will take place on 23rd – 25th May 2019 in Gothenburg, Sweden.

The IAGG-ER Congress will present and share findings, ideas and innovations on multidisciplinary perspectives of ageing and the life-course.

The congress theme is ‘Towards Capability in Ageing – from cell to society’. The theme emphasizes our ability to perform actions in order to reach valued goals within the macro, meso, and micro contexts.

Deadline for stand-alone Abstracts is the 3rd December 2018.

The congress is the natural meeting place for researchers and professionals engaged in various scientific enquires and aging matters, whether in biological science, medical and health sciences, social sciences, in humanities or aging services. The main track of the congress includes sessions on multidisciplinary aspects of aging in which we can meet and learn from each other. Visit the [link](#) for more information.

### **19th International Conference on Integrated Care, San Sebastian (Spain)**



The 19th International Conference on Integrated Care (ICIC2019) will take place in San Sebastian, the Basque Region in Spain, from 1-3 April 2019. The overarching theme of the conference will be ‘Evaluating and implement models of integrated people-centred services’, and will bring together researchers, clinicians and managers from around the world who are engaged in the design and delivery of integrated health and social care.

ADVANTAGE JA has submitted a workshop proposal for the conference, where WP1, 2 and 3, building on the successful ICIC18 frailty workshop series, will introduced ADVANTAGE JA and the Face Up to Frailty concept and campaign. The aim is to explore how people can develop and share messages, stories and pictures through their frailty development to promote a positive perspective on older people and a better understanding of their wealth of experience and life skills.

For more information on the conference, please visit the [link](#).