

# TELECARE

## SEEKING SOLUTION FOR AN AGEING EUROPE

### We are getting older...

Surveys show that Europe is ageing. As a result, there is a growing recognition of the need for continuous care for the elderly and access to modern medical diagnostics. Additionally, we are facing the problem of loneliness among dependent people and those living in peripheral areas, which is regarded as one of the most significant challenges. To address this, we are making decisions and seeking optimal solutions in terms of medical and care services. The world is rapidly progressing, and it is even predicted that around 25% of medical activities and care services will be conducted remotely in the nearest future.

Telecare and telemedicine solutions make life more comfortable for the elderly or vulnerable individuals, helping them maintain a sense of security and independence.

### Technology in healthcare

As society continues to age, the world is increasingly seeking modern solutions to improve the lives of the elderly and provide them with a sense of care and support. Gradually, the world is moving towards a data-driven and person-centered model known as Society 5.0., which comes from Japan. The underlying principle of this model is to prioritize human well-being and address societal challenges.

This model aims to tackle social issues by seamlessly integrating digital and physical spaces. In practice, the Society 5.0 model utilizes collected data to elevate the standard of healthcare for the elderly. Through the use of smart devices, various health parameters of seniors can be monitored and subsequently analyzed by the system.

The implementation of remote care and medical services is set to promote independence among individuals. Artificial Intelligence (AI) algorithms have already proven their capability to monitor activities such as movements and sleep patterns. For more information on these advancements, you can visit: <https://www.interregeurope.eu/cares>.

Furthermore, a wide range of healthcare services can be delivered through this integrated approach, including cardiology or geriatric teleconsultations, hybrid cardiac rehabilitation, diabetology (including insulin dosing), treatment with scheduled remote video sessions, and virtual consultations based on the data collected. Ultimately, health is a priceless gift and it is important to recognize that with the ongoing innovations in medicine, we are presented with opportunities to lead longer and healthier lives.

### A Project that cares...

The CARES project (Interreg Europe) responds to the challenge by enhancing the accessibility of telecare and telemedicine services for older people in remote and hard-to-reach areas. The project aims to promote the widespread use of innovative digital tools to enable effective medical monitoring and diagnosis for older individuals.

In order to meet the requirements of new technologies, the project aims to enhance institutional capacity and provide training for medical personnel to deliver enhanced and improved medical and care services

On June 20th, 2023, the Kujawsko-Pomorskie Region (Poland) hosted the International Opening Conference of the CARES Project. The event brought together project partners from 8 European countries (France, Austria, Denmark, Sweden, Italy, Spain, and Croatia), alongside local stakeholders and experts from the medical field, social support units, associations, academia, scientific circles, social policy support units, and NGOs.

The conference served as a platform to introduce the CARES project to a broader audience, facilitating active discussions on telecare and telemedicine and allowed for the exchange of insights and experiences among participants.

Following this, the agenda included a presentation of a successful practice, spotlighting the Kujawsko-Pomorskie Telecare project, as one of the Good Practices which will be presented by the Polish partner in the project. The CARES project commenced on March 1, 2023, and is scheduled to conclude in February 2027.

### Kujawsko-Pomorskie Telecare

One of the main tasks of the Kujawsko-Pomorskie Voivodeship is to create and manage social policy, and consequently to support seniors and people with limitations. The CARES project support the implementation of the current and future editions of the system project Kujawsko-Pomorska Telecare.

Kujawsko-Pomorskie Telecare is a social care project in which modern IT technology brings many practical benefits to older people. It is an innovative, pro-social project that rebuilds in participants a sense of security and care.

The system used in Kujawsko-Pomorskie Telecare is a combination of telemedicine wristbands and the Kujawsko-Pomorskie Telecentre.

The wristbands are high-quality medical devices. They are designed to be as simple and intuitive to use as possible, which is one of the reason why they only have one button - the SOS button, which summons help when a life-threatening situation is detected. In addition, the wristband, at equal intervals, takes measurements of vital functions and the data is saved on the app and on the telecentre platform, which is staffed by qualified paramedics.

Using the wristband is very simple: pressing the SOS button alerts the Telecentre and connects to an emergency responder from within the device. In case of an emergency, medical services are dispatched or the senior's designated carer is contacted to help the casualty as quickly as possible. In the event that the senior falls and is unable to press the SOS button, the wristband automatically detects this situation and triggers an alarm.



A quick response is very important as it minimises the risk of the consequences of dangerous events and has a major impact on the senior's further life.

### Local Stakeholder Group

The Interreg Europe Programme provides several types of opportunities to take part in an international project.

One of them is become a stakeholder in a project, because it also takes part in the process of shaping/improving our reality.

Having such a stakeholder takes an active part in project activities, as well as increasing their competence by dealing with and being able to cooperate with entities from other countries.

Although stakeholders cannot be financed directly by the project (because they are, for example, profit-oriented private sector entities), they are allowed to participate in meetings whether on a local or international level. In addition, a partner that has identified group of stakeholders can create a space for them to exchange knowledge and experiences.

It should be noted that the role of stakeholder is also maintaining project's achievements after the project is completed.

For the CARES project, stakeholders are a very important part of the project ecosystem so partners meet with them at least once a semester. In May, such meetings were held in Zagreb (24 May) and Toruń (25 May). In June, a meeting took place in Bordeaux.

### Danish good practice for healthcare system

The Digital Health Center was established in 2012 as a partnership between the Southern Denmark Region and several municipalities and patient associations. Its aim is to promote health and prevention, including healthy lifestyle habits, smoking cessation, and managing various diseases. Through these initiatives, the goal is to prevent diseases on a larger scale, contributing to improving the health of the population and reducing the burden on the healthcare system. The platform meets citizens and institutions which can collaborate and utilize resources to build health and quality of life.

Follow the website if you want to find out more: <https://dtdigitalesundhedscenter.dk>