



## CARES PRESS NO.4

The **CARES** project has now reached its halfway point! We have completed an intensive period full of inspiring activities, and the coming months will bring even more work focused on improving healthcare for the elderly. In this issue, we invite you to explore the latest initiatives and outcomes achieved during the fourth semester of the project.

This edition includes:

- **"Shaping the Future of Elderly Care: Lessons from the CARES Project in Southern Denmark"** – reflections and key insights from the Southern Denmark region's experience in shaping the future of elderly care.
- **"eHealth for Senior Care: Improving Access at Home and in Rural Areas – 2nd Tutoring Session"** – a discussion on the role of eHealth in enhancing access to home care and healthcare services in rural areas.
- **"Innovative Solutions in Action: Discover the Good Practices Shaping Regional Healthcare"** – a presentation of innovative practices that are successfully shaping regional healthcare systems.
- **"The Importance of Partner Meetings in the CARES Project: A Key to Effective Collaboration and Project Success"** – an emphasis on the importance of partner meetings for effective collaboration and overall project success.
- **"Roadmap as a Key Tool for Improving Policy Instruments in the CARES Project"** – an exploration of how the roadmap supports the improvement of policy instruments within the project.

We encourage you to read on and continue following the progress of the CARES project!

## Shaping the Future of Elderly Care: Lessons from the CARES Project in Southern Denmark



On November 13-14, 2024, the Region of Southern Denmark hosted European partners and local stakeholders of the CARES project, focusing on remote healthcare solutions for the elderly. The two-day event facilitated the exchange of experiences and showcased innovative eHealth practices aimed at enhancing senior care.

### Day One: Regional eHealth Strategies and Best Practices

The event commenced with an overview of the Region of Southern Denmark by Anja Lund, followed by insights into the region's digitization efforts presented by Kurt Espersen. Anne Friis Hansen discussed public-private collaborations and the "One Entry" initiative, highlighting the region's approach to healthcare innovation.

Partners from Poland, France, Sweden, and Spain shared their experiences, leading into presentations of regional best practices, including:

- **The Geriatric Patient & Cross-Sectoral Collaboration:** Presented by Karen A. Ranberg, this initiative emphasizes coordinated care for elderly patients across various sectors.
- **GERI Toolbox v. 2.0:** A telemedicine solution for elderly care, introduced by Alexander Eriksen, designed to enhance remote monitoring and support.
- **PATINA (Prevention of Acute Admission):** A decision-support tool aimed at monitoring older adults at risk of hospitalization, presented by Anders Fournaise.

The day concluded with a visit to the New University Hospital in Odense, where participants observed practical applications of eHealth innovations.

### Day Two: Telemedicine and Collaborative Initiatives

The second day featured additional presentations on regional best practices:

- **TeleCOPD:** A telemedicine program for patients with chronic obstructive pulmonary disease, discussed by Kuno JS Kudajewski.
- **DataDonor:** An initiative enabling citizens to contribute personal health data for public research, presented by Christian Mercado.
- **DELIVER:** A project focused on enhancing digital competencies among healthcare professionals, introduced by Linda Justi.

Partners from Croatia and Poland also shared their insights into healthcare innovation and collaborative approaches.

The event concluded with a cultural visit to the H.C. Andersen Museum and a meeting of the Project Coordination Team. This study visit fostered meaningful discussions on telemedicine, data-driven healthcare, and cross-sector collaboration, underscoring the region's dedication to improving health outcomes for the elderly through digital innovation.

For more detailed information on the best practices from the Region of Southern Denmark, please refer to the [Participant Booklet](#).

## eHealth for Senior Care: Improving Access at Home and in Rural Areas - 2nd Tutoring Session



On January 22, 2025, the CARES project hosted an online workshop focused on how eHealth solutions can improve healthcare access and well-being for seniors living at home and in rural or underserved areas. The event attracted numerous participants, including project partners and local stakeholders, all eager to explore practical approaches to implementing public health policies.

## **Key Insights and Discussions**

The workshop opened with a broad discussion on the challenges and opportunities of using digital health solutions to support elderly care outside traditional medical facilities. Participants agreed that eHealth plays a crucial role in bridging healthcare gaps, especially in regions where access to medical services is limited.

Presentations showcased various regional strategies demonstrating how eHealth tools can enhance care delivery, reduce hospital admissions, and support independent living among seniors. From telemedicine services to data-driven care models, the examples highlighted how digital innovations can effectively respond to the needs of aging populations.

## **Collaborative Learning and Shared Experiences**

The interactive format of the workshop allowed participants to engage in open discussions, exchanging knowledge and best practices. These conversations revealed that, despite regional differences, many areas face similar challenges, including limited healthcare resources and fragmented digital infrastructures.

A recurring theme was the importance of tailoring eHealth solutions to the specific needs of elderly users. Participants emphasized that involving caregivers and healthcare professionals in the design and implementation of digital tools is essential for ensuring their practicality and widespread adoption.

## **Key Takeaways**

The workshop underscored the need for a holistic approach to eHealth, combining technological advancements with social and organizational considerations. Long-term, flexible planning emerged as a critical factor in successfully integrating eHealth solutions into healthcare systems.

Additionally, strengthening digital competencies among healthcare workers and fostering cross-sector collaboration were identified as essential components for overcoming barriers in healthcare delivery, especially in rural areas.

Overall, the workshop was well-received, with participants expressing optimism about the potential of eHealth to transform elderly care. The discussions highlighted a shared

commitment to developing inclusive, user-friendly digital health solutions that can improve the quality of life for seniors, regardless of where they live.

## Innovative Solutions in Action: Discover the Good Practices Shaping Regional Healthcare



In the realm of interregional cooperation, the exchange of good practices stands as a cornerstone for fostering innovation and enhancing policy implementation. Interreg Europe, a program dedicated to improving regional development policies, emphasizes the pivotal role of identifying and sharing successful initiatives across regions.

The Interreg Europe Programme Manual underscores that institutions at various governmental levels can significantly boost their effectiveness by integrating validated good practices into their policies. This collaborative approach not only streamlines policy implementation but also ensures that regions benefit from each other's experiences, leading to more cohesive and efficient development strategies.

A shining example of this collaborative spirit is the CARES project, which focuses on enhancing healthcare services through shared knowledge and innovative solutions. The CARES project has curated a collection of good practices, each exemplifying successful interventions in the healthcare sector.

Highlighted below are some of the notable practices featured on the CARES platform:

- **Personal Recovery Plans (PRP) in Community Resources for Severe Mental Disorders (SMD):** This initiative introduces a collaborative integrated care platform that combines healthcare and social services. Managed through Electronic Health Records (EHR), it ensures continuous support for individuals with severe mental disorders, promoting their social and economic inclusion.

- **Teleictus Aragón Interconsultation Videoconference Platform:** Addressing the challenges of providing timely stroke care in remote areas, this telemedicine service enables real-time consultations and rapid initiation of reperfusion therapy, ensuring patients receive critical care within standard guideline times.
- **GRYDSEN – A Tool for Preventing Cognitive Decline Through VR Cognitive-Motor Training:** Embracing cutting-edge technology, GRYDSEN offers an innovative virtual reality system designed to support seniors' cognitive and motor functions. By enhancing coordination and mental fitness, it significantly improves the quality of life for the elderly.

These examples underscore the transformative impact of sharing and implementing good practices across regions. By leveraging the insights and successes of others, regions can tailor and adopt strategies that address their unique challenges, leading to improved public services and policy outcomes.

For those interested in exploring more about these initiatives or seeking inspiration for their regional policies, the CARES project's repository of [good practices serves as a valuable resource](#). Engaging with these examples can pave the way for innovative solutions and collaborative success in regional development.

## The Importance of Partner Meetings in the CARES Project: A Key to Effective Collaboration and Project Success



In partnership projects such as the CARES project, regular partner meetings play a crucial role in ensuring effective collaboration and achieving set goals. From the fourth semester, CARES project partners decided to hold monthly online meetings. What benefits do these meetings bring, and how do they support project activities?

### Building a Shared Understanding of Project Goals



Regular meetings allow partners to better understand common goals and tasks. In the CARES project, partners can continuously discuss progress, challenges, and expectations, which helps avoid misunderstandings and increases the engagement of all participants.

### **Solving Problems and Clarifying Doubts**

During the monthly online meetings, partners have the opportunity to respond quickly to emerging problems. They discuss project issues that require clarification, which accelerates decision-making and enables efficient project management. This type of communication also fosters the exchange of best practices and experiences.

### **Strengthening Relationships and Collaboration Among Partners**

Online meetings build relationships between partners, even when they are located in different places. Regular contact fosters mutual trust, which is key to carrying out joint activities. In the case of the CARES project, such meetings also help maintain consistency in the approach to activities related to senior care.

### **Monitoring Progress and Planning Activities**

Monthly meetings enable real-time monitoring of project progress. Partners can track whether the activity schedule is being implemented as planned and, if necessary, adjust strategies. Such coordination is essential to ensure timely completion of all project stages.

### **Example of a CARES Partners Meeting**

A summary of one such meeting, available [here](#), shows how important it is to discuss current activities and exchange insights among partners. This meeting allowed key project issues to be discussed and outlined further steps in achieving goals related to senior care.

### **Conclusion**

Regular project partner meetings, such as those held within the CARES project, are the foundation of successful collaboration. They not only bring greater transparency in task implementation but also contribute to the development of innovative solutions through the shared exchange of knowledge and experiences. In the digital age, online meetings prove to be a convenient and effective tool that supports project activities at every stage of implementation.

## Roadmap as a Key Tool for Improving Policy Instruments in the CARES Project



In international projects such as CARES, improving policy instruments in partner regions is a crucial part of the activities. One of the tools that enables effective planning and implementation of such improvements is the Roadmap Template (RM). This practical tool translates acquired knowledge and experience exchange into concrete actions tailored to local needs.

### **What is a Roadmap in the CARES Project?**

The roadmap within the CARES project is a document that identifies the scope and plan for implementing actions aimed at improving the policy instrument (PI) in partner regions. Created based on mutual learning processes, analysis of good practices (GPs), study visits (SVs), and technical support (TSs), it becomes a tangible step towards implementing real changes in regional policies.

### **Why is the Roadmap so Important?**

The roadmap is not only an action plan – it also serves as a space for reflection on what changes are needed and how to implement them effectively. Thanks to it, each CARES project partner can adapt solutions to local needs while drawing on the experiences of other European regions.

### **Key Elements of the Roadmap in the CARES Project**

When developing the roadmap, it is essential to address the following questions:

1. **Engaging Decision Makers** – How does the partner plan to engage decision-makers to achieve the expected improvement of the policy instrument? Identifying effective methods of collaboration with decision-makers is key to ensuring the sustainability of implemented changes.
2. **Cooperation with Stakeholders** – How does the partner plan to involve key stakeholders in the process of improving the policy instrument? Active participation of stakeholders increases the effectiveness of actions and their social acceptance.



3. **Utilizing Good Practices** – Which good practices and experiences from other regions are planned to be used to improve the policy instrument? Analyzing proven solutions helps avoid mistakes and shortens the time needed for implementation.
4. **Impact on the Target Group** – How will the planned improvements to the instrument affect the project's target group? Assessing the impact is crucial to ensuring that changes bring the expected benefits.
5. **Timeline for Implementation** – What is the timeline for implementation, covering the stages of planning, execution, and monitoring? A clear schedule allows for effective process management and progress tracking.

### **The Roadmap as an Open Document**

It is worth emphasizing that the roadmap in the CARES project is an open document. This means that during the project implementation – especially in semesters 5 and 6 – there is an opportunity to include additional solutions and good practices that emerge from further experience exchanges.

### **Conclusion**

The roadmap in the CARES project is a practical and flexible tool that supports partners in planning and implementing improvements to policy instruments at the regional level. By addressing key questions related to engaging decision-makers, cooperating with stakeholders, utilizing good practices, assessing the impact on target groups, and having a clear implementation timeline, it becomes a real step toward effective and sustainable public policy improvements. This approach allows the CARES project to contribute to creating more efficient and locally tailored policy instruments across Europe.

## [The Power of Stakeholder Meetings in Interreg Europe Projects: Insights from the CARES Project](#)



When it comes to successful international projects, collaboration is key. In the world of Interreg Europe, stakeholder meetings are more than just calendar events—they are the

lifeblood of innovation, knowledge sharing, and regional development. These gatherings bring together diverse voices, ensuring that projects like CARES (Cooperation for Awareness, Responsibility, and Sustainability in Elderly care) are not only well-structured but also impactful.

### **Why Stakeholder Meetings Matter**

Stakeholder meetings play a pivotal role in aligning project goals with regional needs. According to the [Interreg Europe Programme Manual](#), engaging stakeholders ensures that policy improvements reflect real-world challenges and opportunities. These sessions help bridge the gap between policy makers, practitioners, and the communities they serve. They also provide an opportunity to fine-tune project activities, ensuring that each step taken delivers measurable benefits.

### **Semester 4 of the CARES Project: Spotlight on Key Stakeholder Meetings**

During Semester 4 of the CARES project, several notable stakeholder meetings took place across partner regions, fostering dynamic discussions and valuable insights:

1. **City of Zagreb:** [Stakeholder Meeting of CARES Project in City of Zagreb](#) In Zagreb, stakeholders explored strategies to enhance elderly care services by focusing on sustainable and responsible solutions. The meeting provided a platform for exchanging best practices and tailoring them to local contexts.
2. **Pomorskie Region:** [2nd LSG Meeting of CARES Project in Pomorskie Region](#) The Pomorskie region hosted its second Local Stakeholder Group (LSG) meeting, where discussions centered on regional strategies for elderly care. Participants shared lessons learned and brainstormed collaborative solutions tailored to local needs.
3. **Kujawsko-Pomorskie Region:** [CARES Project Stakeholder Meeting in Kujawsko-Pomorskie](#) In Kujawsko-Pomorskie, stakeholders examined how regional policies could better support sustainable elderly care initiatives. This meeting emphasized integrating local perspectives into broader policy frameworks.

### **What Makes These Meetings So Impactful?**

Each stakeholder meeting serves as a melting pot of ideas, experiences, and regional perspectives. By involving local stakeholders, the CARES project ensures that outcomes are relevant and adaptable. These gatherings:

- Facilitate the exchange of best practices across regions.
- Allow for real-time feedback, enhancing project relevance.
- Foster trust and cooperation among partners.

### **Looking Ahead: The Ongoing Importance of Stakeholder Engagement**

As the CARES project progresses, stakeholder engagement remains a cornerstone of its success. The insights gained during these meetings in Zagreb, Pomorskie, and Kujawsko-Pomorskie will undoubtedly shape the next stages of the project.

In the broader context of Interreg Europe, these meetings underscore a crucial lesson: meaningful stakeholder involvement transforms good projects into great ones. By fostering continuous dialogue and collaboration, projects can achieve sustainable, long-term impact.

## Conclusion

Stakeholder meetings are far from routine obligations—they are opportunities to co-create solutions, tailor policies to local realities, and build lasting partnerships. The CARES project's Semester 4 activities provide a clear example of how effective stakeholder engagement drives progress, ensuring that projects leave a legacy of positive change.

In the end, it's not just about meeting objectives; it's about creating value that lasts. And that's the true power of stakeholder meetings in Interreg Europe projects.

 Stay updated with all the latest news from the **CARES** project! 

Follow us to keep track of our progress, upcoming events, and insights on how we are shaping the future of CARES.

Don't miss out on important updates—join us on this exciting journey!

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