

# TRAININGS OF PUBLIC AND PRIVATE SECTOR OF CARE MODELS AND DEVELOPED TOOLS

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Output O.T.4.3

Final version

06 2022

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## 1. Overview of the trainings

In the course of O.T4.3 Trainings of public and private sector of care models and developed tools, a total of 14 training courses should be organised by all project partners. These are described in both D.T4.2.1 and D.T4.2.2. Before the individual output factsheets for the individual training sessions are listed, the table below summarizes the most important data for each training course:

| Responsible for the training | Date                     | Location (NUTS 3 Region)                       | Involved target groups (number of attendees)  | Chapter number in O.T.4.3 | Chapter number in Deliverable |
|------------------------------|--------------------------|--|---|---------------------------|-------------------------------|
| LP                           | N/A                      |  |   |                           |                               |
| PP2                          | 22.03.2022               | Brno (NUTS 3 Region CZ064)                     | Local public authority (1); Sectoral agency (1); Hospitals (5); Research centres (2); Universities (1); Companies (4)   | 3.1                       | D.T4.2.2 (3.1)                |
| PP3                          | 20.05.2022<br>22.06.2022 | Faculty Hospital Olomouc (NUTS 3 Region CZ071) | Regional public authority (3)   | 3.2                       | D.T4.2.2 (4.1)                |
| PP4                          | 24.06.2022               | Štrbské Pleso (NUTS 3 SK0416)                  | General public (28)   | 2.2                       | D.T4.2.2 (5.1)                |
| PP5                          | 02.02.2022               | Online   | Associations of the eCare Network, social centres and Spi Cgil (in total 28 attendees)  | 4.1                       | D.T4.2.1 (6.1)                |
| PP6                          | 02.02.2022               | Online   | City council of Bologna (2); office responsible for the social networks of the neighborhoods (2); AIAS; AUSER; SPI CGIL; "IT without borders"; territorial school office; mixed advisory committees; Bocconi University; FederSanità ANCI Toscana | 4.2                       | D.T4.2.1 (7.1)                |
| PP7                          | 07.04.2022               | Online   | Local public authority (7)  | 4.3                       | D.T4.2.2 (7.1)                |



| Responsible for the training | Date       | Location (NUTS 3 Region)       | Involved target groups (number of attendees)   | Chapter number in O.T.4.3 | Chapter number in Deliverable |
|------------------------------|------------|--------------------------------|--|---------------------------|-------------------------------|
| PP8                          | 09.03.2022 | Draßburg (NUTS 3 Region AT112) | Public (3); Sectoral agency (2); Interest groups incl. NGO (2); Local public authority (1)           | 5.1                       | D.T4.2.2 (8.1)                |
|                              | 19.05.2022 | Hybrid                         | Sectoral agency (8)  | 5.2                       | D.T4.2.2 (8.2)                |
| PP9                          | 25.05.2022 | Online                         | Social care home(8)  | 6.1                       | D.T4.2.2 (9.1)                |
|                              | 26.05.2022 | Online                         | Centre for Social Services “Social Warsaw“ (2), Social care home (6)                                 | 6.2                       | D.T4.2.2 (9.2)                |
| PP10                         | 12.05.2022 | Maribor (NUTS 3 Region SI012)  | health professionals, public health professionals, social scientists, IT professionals (in total 24) | 7.2                       | D.T4.2.2 (10.1)               |
|                              | 07.06.2022 | Online                         | medical doctors, graduated nurses (in total 57 attendees)  | 7.1                       | D.T4.2.2 (10.2)               |



## 2. Slovakia

### 2.1. Output Factsheet #1

|  |   |
|--|---|
| Project index number and acronym         | CE1581 niCE-life  |
| Output number and title                  | Output O.T4.3 -Training of public and private sector of care models and developed tools   |
| Responsible partner (PP name and number) | STU PP4   |
| Project website                          | <a href="https://www.interreg-central.eu/Content.Node/niCE-life.html">https://www.interreg-central.eu/Content.Node/niCE-life.html</a> |
| Delivery date                            | 27/06/2022  |

#### Summary description of the implemented training measure(s), explaining the specific goal(s), target groups and transnational added value

The training was dedicated to the AP-NURSE tool and its potential in Slovakia. It is a modular monitoring device designed for the home environment and for centers of social and health care to ease the work of caregivers. It serves to monitor of the basic interaction of patients with their environment and provides fast alerts in case of possible danger or hazardous events. This technology was designed with an emphasis on achieving a price that would allow real deployment in the future. In this training, several aspects of the implementation of this technology in the future E-health of Slovakia were discussed.

The training was organized as physical event at Hotel Patria, Štrbské Pleso, High Tatras in Slovakia on 24th June 2022. This event was attended by 28 participants from 7 institutions from Slovakia, the Czech Republic and Serbia, representing the academy, research and also private sector. Most of the participants can be seen as general public or potential users of the technology.

The following topics have been afforded and discussed with the participants:

- Current level of development of AP-NURSE and necessary steps for the future
- Potential areas of application
- Funding opportunities
- International cooperation
- Relation of AP-NURSE and other E-HEALTH platforms

The training material and content were developed in close cooperation with other members of the niCE-life project consortia where the E-health platform was defined.



### NUTS region(s) where training(s) have been conducted (relevant NUTS level)

The training was delivered in the NUTS SK0416 Poprad region of Slovakia.

### Expected impact and benefits of the trainings for the concerned territories and target groups

The training session has met its objectives. We were successful in gathering several people interested in the use and further development of the AP-NURSE technology and its use in a real environment after reaching the technology readiness level of TRL9. A discussion was held between the communication manager of STU and the participants where the most important actions, required for further development and commercialization, were identified. The listed actions can be foreseen as **follow-up** activities:

- Involvement of countries outside the central European region and institutions other than the partners of the niCE-Life project
- Identification of new centres of social care where testing can be performed
- Enhancing the cooperation and interaction between the university sector and local authorities that can help in finding resources for the finalization of the tool.

### Sustainability of the training(s) and developed training material(s) and their transferability to other territories and stakeholders

The developed training materials (e.g. presentation files) are available for further use. Based on the request, the communication manager of STU is prepared to deliver this training and presentation even after the project end. Thus, transferability to other territories is available with or without STU team members.

Stakeholders outside the consortia could naturally benefit from the training delivered due to the already familiarized elderlies with digital technologies. After the training, their perception of these kinds of tools is positive and thus can help them to accept and use new digital tools to ease their lives.

Lessons learned from the training are mainly related to identified needs to enhance the cooperation and interaction between the university sector and local authorities and the request for more sustainable governmental funding of R&D activities in this field.

References to relevant deliverables and web-links

If applicable, pictures or images to be provided as annex

The relevant deliverable of the project is D.T4.2.2 Training sessions on health and care models and technical solutions conducted. Project deliverables can be found on the project website.

5.2. Annex



The flyer features the Interreg Central Europe niCE-life logo on the left. In the center, there is a circular logo for 'APCOM 2022' with the text 'APPLIED PHYSICS OF CONDENSED MATTER'. To the right is a scenic photograph of a lake and mountains. Below these is a dark grey box with the title 'AP-NURSE and its potential in Slovakia'. Underneath, the word 'Program:' is followed by a bulleted list: 'Introduction of the AP-NURSE technology', 'Development', 'Results of testing', and 'Application in Slovakia in the futures'. To the right of the list is the slogan 'TAKING COOPERATION FORWARD' and a map of Europe with Slovakia highlighted in green. On the left side, there is an icon of a red and white AP-NURSE device. At the bottom left, a location pin icon is followed by 'Hotel Patria, Štrbské Pleso, High Tatras, Slovakia', and a clock icon is followed by '24<sup>th</sup> June 2022, 08:00 CET'.





## 3. Czech Republic

### 3.1. Output Factsheet #1

|   |   |
|---|---|
| <b>Project index number and acronym</b>         | niCE-life CE1581  |
| <b>Output number and title</b>                  | O.T4.3.1 Trainings of public and private sector of care models and developed tools  |
| <b>Responsible partner (PP name and number)</b> | BUT - PP2   |
| <b>Project website</b>                          | <a href="https://www.interreg-central.eu/Content.Node/niCE-life.html">https://www.interreg-central.eu/Content.Node/niCE-life.html</a> |
| <b>Delivery date</b>                            | 30/06/2022  |

#### Summary description of the implemented training measure(s), explaining the specific goal(s), target groups and transnational added value

During the realization of the niCE-life project, a total of 6 digital tools were developed. Their main objective is to actively respond to the challenges related to ageing of the population in Central Europe. It is associated with an increasing incidence of chronic and neurodegenerative diseases leading to a high burden on health and social care system.

One of the developed tools presented in the training session is the Intelligent Monitoring Tool (IMT) used for online sleep monitoring. Physicians can make early diagnoses of diseases such as Parkinson's based on analyzed data acquired during a patient's sleep.

The main goal of the training session is to enhance awareness of the designed approach and the benefits that IMT provides. A further goal is the active promotion of the IMT with the aim of increasing the number of institutions where it will be used. This would increase the number of target persons who could benefit from the results of the niCE-life project.

We are aware of the mistrust that some people may have towards modern technology in relation to healthcare. Therefore, the main focus of the training is to provide a detailed description of the IMT functionality (model use-case, technical implementation, used AI algorithms, description of the dataset and achieved results). The defined actions and the format of the Local Action Plan are presented to facilitate the deployment of the IMT to institutions that did not participate (directly or indirectly) in the project. Given the uncertainty of the pandemic situation, the training was designed to be held online if necessary.

The training session was attended by people from local public authorities, regional public authorities, sector agencies, hospitals, research centres, health insurance companies, universities and private companies.





### NUTS region(s) where training(s) have been conducted (relevant NUTS level)

The training session was held at the Brno City Municipality (CZ064 NUTS level 3).

### Expected impact and benefits of the trainings for the concerned territories and target groups

The expected benefit is the introduction to the outputs of the niCE-life project. The project reacts to the challenges related to the demographic changes in the population in Central Europe by introducing measures averting social exclusion of the elderly, facilitating interaction between patients and health care providers, and support citizen empowerment and independent living of frail elderly. Participants are introduced to all aspects related to the IMT in detail.

The benefits of participating the training are individual to each target group. The fundamental link is the improvement of the quality of health and social care and the expected positive economic benefits. The local and regional public authorities can present an improvement of the care in the health and social facilities which they operate. Health insurance may benefit from the lower costs associated with early treatment. Research centers and universities have defined the approach on which they can build further research.

### Sustainability of the training(s) and developed training material(s) and their transferability to other territories and stakeholders

The training was designed to be sustainable. It is expected that the training session will not need to be modified after the end of the niCE-life project. The one exception is the section presenting the Local Action Plan and the actions defined in it. This section has to be adapted with regard to the organisation that is interested in organising the training and to adapt it in accordance with the institution with which it is planned to sign some form of partnership, for example in the form of a Memorandum of Understanding or a Memorandum of Cooperation.

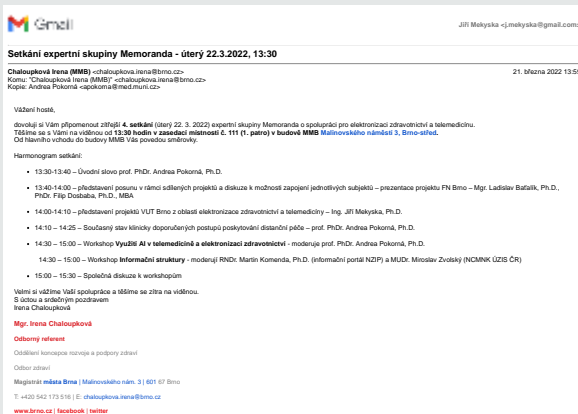
The sustainability of the training is designed as a consequence:

- the materials are in English (if necessary, they can be easily translated by the appropriate organisation into the official language of the country),
- the information in the materials is constant (except for the Local Action Plan),
- the materials contain an example of the Local Action Plan and the actions defined (for the inspiration of the appropriate organisation).

## References to relevant deliverables and web-links

If applicable, pictures or images to be provided as annex

The main deliverable related to this output fact sheet is D.T4.2.2 Training sessions on health and care models and technical solutions.



| Indikator | Opis | Podrobný popis | Podle | Podle | Podle | Podle | Podle |
|-----------|------|----------------|-------|-------|-------|-------|-------|
| 1         | ...  | ...            | ...   | ...   | ...   | ...   | ...   |
| 2         | ...  | ...            | ...   | ...   | ...   | ...   | ...   |
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| 4         | ...  | ...            | ...   | ...   | ...   | ...   | ...   |
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| 8         | ...  | ...            | ...   | ...   | ...   | ...   | ...   |
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| 17        | ...  | ...            | ...   | ...   | ...   | ...   | ...   |
| 18        | ...  | ...            | ...   | ...   | ...   | ...   | ...   |
| 19        | ...  | ...            | ...   | ...   | ...   | ...   | ...   |



### 3.2. Output Factsheet #2

|   |   |
|---|---|
| <b>Project index number and acronym</b>         | CE 1581   |
| <b>Output number and title</b>                  | O.T4.3 Trainings of public and private sector of care models and developed tools  |
| <b>Responsible partner (PP name and number)</b> | University Hospital Olomouc (PP3)   |
| <b>Project website</b>                          | <a href="https://www.interreg-central.eu/Content.Node/niCE-life.html">https://www.interreg-central.eu/Content.Node/niCE-life.html</a> |
| <b>Delivery date</b>                            | 30.06.2022 (Training session took place on 20.05. and 22.6.2022)  |



### Summary description of the implemented training measure(s), explaining the specific goal(s), target groups and transnational added value

The biggest challenge of the trainings was to contact and recruit for the trainings people who have a real influence on the change in the field of home care and the inclusion of technical solutions in the area of overlapping social and health care, which is strictly separated in the Czech environment.

Unlike other partner countries, such as Bologna in Italy, whose good practice is the inspiration for the whole niCE-life project, in the Czech Republic the region does not have such powers to make any structural changes in the organisation of home care, but we need just such a change so that our tool developed in the niCE-life project can be implemented, as well as the whole model of care. We therefore approached stakeholders at national level and managed to organise a presentation of the project and subsequent training for high level national representatives from the Ministry of Labour and Social Affairs and the Ministry of Health - National Centre for Nursing and Non-Medical Health Professions. As part of the local plan, we are developing Care For Frail for further use at the University Hospital Olomouc and also strengthening interdisciplinary collaboration - involving social service providers at the local level. At the national level we are developing how we can use the project beyond the local level, for us it is national level.

Since we were able to generate interest in the meeting and a deep understanding of the project and its outputs and how they can be further used on a national scale among senior representatives of both the Ministries of Health and Labour and Social Affairs, we were not able to do one joint training for them. However, they were willing to come directly to the NTMC and be trained in the use of our tool and the functioning of the whole model if they had meetings near Olomouc or were passing through Olomouc. For this reason, two separate training sessions were held.

### NUTS region(s) where training(s) have been conducted (relevant NUTS level)

Both training sessions were held in University Hospital Olomouc, Czech Republic (NUTS 3 Region: Olomoucký kraj CZ112).



### Expected impact and benefits of the trainings for the concerned territories and target groups

The expected effect of the training was in particular to increase awareness of the necessity and importance of digital tools in home care activities and the technical tools at the area of supporting independent living for frail elderly people in general. Especially within the framework of the Care for Frail, it was important to us to communicate that that simple steps in the field of digitalization will now make things easier and faster for professionals, who are dwindling in number, but above all, a new type of services can be built on these solutions, where the nurse will carry completely new competences and also link social and health care in the Czech Republic.

### Sustainability of the training(s) and developed training material(s) and their transferability to other territories and stakeholders

No special materials were created for the training sessions, a presentation was created so that we had a solid structure for the meeting and then the training was done by going through the tool step by step, including a description of what each step does. We then followed up with our vision of how the tool could be developed on a smaller scale - at the hospital city level, or on a larger scale - national, where digitalization would be just the first step, followed by the development and implementation of an entire telenursing area that would not only make a huge step for keeping frail seniors in their home environment for as long as possible, but would help address the current crisis of the shortage of district doctors and also kick off the real implementation of integrated care in the Czech Republic.

## References to relevant deliverables and web-links

If applicable, pictures or images to be provided as annex

The main deliverable related to this output fact sheet is D.T4.2.2 Training sessions on health and care models and technical solutions.





## 4. Italy

### 4.1. Output Factsheet #1

|   |   |
|---|---|
| <b>Project index number and acronym</b>         | CE 1581 niCE-Life   |
| <b>Output number and title</b>                  | O.T4.3 Trainings of public and private sector of care models and developed tools  |
| <b>Responsible partner (PP name and number)</b> | Lepida - PP5  |
| <b>Project website</b>                          | <a href="https://www.interreg-central.eu/Content.Node/niCE-life.html">https://www.interreg-central.eu/Content.Node/niCE-life.html</a> |
| <b>Delivery date</b>                            | 2 <sup>nd</sup> February 2022   |

#### Summary description of the implemented training measure(s), explaining the specific goal(s), target groups and transnational added value

The YouBOS platform needs a steady editorial staff made up of committed people. We are establishing an organization where the various figures shall take care of the different sections of YouBOS and schedule regularly events and meetings, upload new contents.

The associations of the e-Care network have been committed to supporting lonely and frail elderly people for more than 10 years. Their contribution was fundamental both during the pandemic and to recruit the elderly of the YouBOS trial. YouBOS is ultimately a simplified social network that needs animators to be stimulating towards the elderly. The volunteers of the associations can be skilled animators thanks to their experience. They would be able to find arguments and interests that would push the participation of the elderly in the debate. The volunteers, also elderly, can support their peers who have difficulties in using the computer/tablet. They need therefore to be trained in the different available functionalities of YouBOS in order to address any issue they could experience during its use.

#### NUTS region(s) where training(s) have been conducted (relevant NUTS level)

Italy, Emilia-Romagna Region, Bologna Metropolitan zone (ITDH5)



## Expected impact and benefits of the trainings for the concerned territories and target groups

28 participants belonging to the associations of the eCare Network, social centres and Spi Cgil, took part at the online training.

They are active collaborators and would be able to be animator of the platform in the future.

A person from the NiceLIFE staff in Lepida went through the different functionalities to show how they work and can be used.

An important question they asked is about how to classify the topics or contributions in the different the sections so that they could be easily found. Some volunteers asked for a better explanation about the difference between blogs and forums. The most attentive to the needs of the elderly proposed themes asking for confirmation of the goodness of their choices. For example, the experience of war or poverty. Others have proposed cultural themes such as movies or book reviews. Someone was worried about appearing with their own name and did not understand the possibility of registering with a pseudonym. Someone has proposed to upload short videos on the activities carried out by the association they belong to. It was a way to start real operation on the portal.

## Sustainability of the training(s) and developed training material(s) and their transferability to other territories and stakeholders

The training was an opportunity to verify the interest of associations to take charge of the promotion and communication of the initiative with their involvement and collaboration also in terms of resources (manpower) needed in the realisation of the future activities.

To continue in the future, YouBOS, needs the regular operation of editorial staff that should be composed of institutions and associations and older volunteers to identify interesting topics for our target population and promote their constant updating.

Associations are asked to use YouBOS as a showcase for their initiatives, not only by publishing events but also by facilitating the participation of the elderly. The elderly, unlike young or adult people, do not respond to a generic invitation. They need to be educated and supported to participate. Seniors participate only if they know the organizers, the place, the context, the topic. and sometimes this is not enough! Associations need to gain the trust of the elderly and convince them to participate more in social life.

In order to be easily used by interested associations and seniors the niCElife staff has developed and ad-hoc guide for the users of the platform addressed to elderly associations, volunteers, social operators and senior themselves.

Finally, the event had the aim to stimulate the institutions to invest in the follow-up of the project during the second half of 2022 and then stably in 2023.

During the Call for Ideas 2022, 20 associations has obtained their funding to implement their projects including the use of the YouBOS platform.



## References to relevant deliverables and web-links If applicable, pictures or images to be provided as annex

DT4.2.1- Trainings of the use e-health platform and innovative care solutions

YouBOS Portal: <https://www.bolognasolidale.it>

Video Tutorial on YouBOS ([link](#))

Users' Guideline on how to use YouBOS ([link](#))



The front page of the Users' Guidelines



The list of the new funded projects in the Call for Ideas 2022



## 4.2. Output Factsheet #2

|   |   |
|---|---|
| <b>Project index number and acronym</b>         | CE 1581 niCE-Life   |
| <b>Output number and title</b>                  | O.T4.3 Trainings of public and private sector of care models and developed tools  |
| <b>Responsible partner (PP name and number)</b> | LHA Bologna PP6   |
| <b>Project website</b>                          | <a href="https://www.interreg-central.eu/Content.Node/niCE-life.html">https://www.interreg-central.eu/Content.Node/niCE-life.html</a> |
| <b>Delivery date</b>                            | 9 <sup>th</sup> February 2022   |

### Summary description of the implemented training measure(s), explaining the specific goal(s), target groups and transnational added value

The training was aimed at promoting awareness in the associations that deal with the elderly that the future is entrusted to technology. Especially as regards health and social services, rapid and qualified assistance will pass through telemedicine and the digital. In this spring, infections were still on the rise in Italy and training for the elderly took place online for preventing the spread of infections. This situation favors the understanding in the elderly that knowing how to use technologies allows them to maintain contact with friends and make use of the available online services. But seniors are requested to deal with multiple messages from different agencies that all go in the same direction. Knowing how to use technology can support their life. We explained that YouBOS is an easy and fun tool to learn how to use technology together with others with the same level of competences. Using YouBOS as training approach would be a good practice that can be easily replicated all over Europe in contexts where seniors are concerned.

### NUTS region(s) where training(s) have been conducted (relevant NUTS level)

Italy, Emilia-Romagna Region, Bologna Metropolitan zone (ITDH5)



## Expected impact and benefits of the trainings for the concerned territories and target groups

Several associations and institutions participated in the training. The Green University received funding to promote the digital competence of the elderly who contact the regional health service. They are very motivated to intercept the need of the elderly and direct it to personal training measured by the abilities of the individual person. At the same time the institutions are encouraged to activate many listening and training points on this type of need. The digital divide today risks being the strongest point of inequality among citizens. Seniors cannot learn alone but must be accompanied to learning in a gentle and affordable way. We believe that operators should be expected to become digital facilitators or tutors.

## Sustainability of the training(s) and developed training material(s) and their transferability to other territories and stakeholders

The concept of inequality is known in health care and brings serious health problems because it prevents access to care. Often populations who suffer with inequalities do not even understand their needs and therefore do not seek for solutions. This happens to immigrants, prisoners, people with low literacy and the elderly. All nations and advanced societies have a duty to tackle inequalities.

YouBOS is an interactive portal that deals with topics of social and health interest in a simple way and implements strategies to use it. Institutions should promote the collaboration of subjects who would be able to keep the portal, and the topics that populate it, alive. Seniors would need to understand by themselves and gradually that acquiring digital competences is an advantage for them and they would need to boost their motivation otherwise they risk giving up on the first difficulty.

Finally the Green University has submitting its proposal to the Call for Ideas 2022 and has obtained funding to implement its project also using the YouBOS platform.

## References to relevant deliverables and web-links If applicable, pictures or images to be provided as annex

D.T4.2.1- Trainings of the use e-health platform and innovative care solutions

YouBOS Portal: <https://www.bolognasolidale.it/>

Video Tutorial on YouBOS ([link](#))

Users' Guideline on how to use YouBOS ([link](#))

Università Verde - Centro Antartide ([link](#))



Home page of the YouBOS portal



The front page of the Users' Guidelines



### 4.3. Output Factsheet #3

|   |   |
|---|---|
| <b>Project index number and acronym</b>         | CE1581 - niCE-life  |
| <b>Output number and title</b>                  | Output O.T4.3 Trainings of public and private sector of care models and developed tools   |
| <b>Responsible partner (PP name and number)</b> | 7 - Istituto per Servizi di Ricovero e Assistenza agli Anziani  |
| <b>Project website</b>                          | <a href="https://www.interreg-central.eu/Content.Node/niCE-life.html">https://www.interreg-central.eu/Content.Node/niCE-life.html</a> |
| <b>Delivery date</b>                            | 06-2022   |

#### Summary description of the implemented training measure(s), explaining the specific goal(s), target groups and transnational added value

The training, delivered by ISRAA, was developed in response to a very significant challenge, namely the low skills about care models and innovative technologies that characterize the staff of organizations responsible for delivering care to older people. In addition, the training took into consideration the high fragmentation of the sector and the different ways in which municipalities deliver technology-mediated care services.

Multiple were the objectives of the training. First, the project team through this activity wanted to share the characteristics of the care model developed by the niCE-life project. Second, a major part of the training concerned the features of the gps-tracking technology implemented at the Treviso pilot site. The intention of the training was to give the know-how on how to integrate this technology into their specific care activities. In addition, the local action plan implemented by ISRAA in the context of the Veneto Region was also presented during the training. The sharing of this deliverable was aimed to offer a practical tool that has the ability to support the coordination between the various actors involved in care activities.

The training was delivered online to ensure maximum participation by employees of the invited municipalities. In fact, the target group of participants consisted mainly of Social Workers who work for the municipalities and who are responsible for the SAD (Home Assistance Service) service. Finally, regarding the transnational added value, it can be identified in two aspects. First, the construction of the training that started from the know-how developed by the various project partners. Secondly, the added value is related to the replicability of the training in all those contexts where municipalities are responsible for providing elderly care services.

#### NUTS region(s) where training(s) have been conducted (relevant NUTS level)

The training was implemented in the Veneto Region (ITH3).



## Expected impact and benefits of the trainings for the concerned territories and target groups

The expected impact of the training concerns two central elements. First, an increase in awareness about the potential of the model and technology developed by the niCE-life project in supporting senior citizens is expected. Second, it is expected that as a result of the training received, participants have learned useful tools for developing innovative projects consistent with niCE-life. The target groups involved in the training were social workers of some municipalities based in the Veneto Region. The choice of these beneficiaries is related to the great potential that gps tracking technology has shown in the homecare implementation scenario during the pilot phase of the project. The training is part of a broader collaboration between ISRAA and the municipalities involved, aimed at offering homecare services to a large number of citizens and integrating technological innovations into innovative models of care.

## Sustainability of the training(s) and developed training material(s) and their transferability to other territories and stakeholders

The sustainability of the training must be considered both from local and transnational perspective. Regarding the first perspective, the training will be useful both in the framework of the local action plan developed by the project (presented during the training) and as know-how and a starting point for developing new projects. In particular, the knowledge shared will be crucial for the implementation of a new project with a provincial dimension, funded by Mission 5 of the National Recovery and Resilience Plan. In addition, the idea of developing further training on the same topic in the framework of the Erasmus Plus programme was shared with local participants. Finally, with a view to sustainability, more meetings will be organised during 2022. Regarding the transnational dimension, the training material available in English can be useful in all those contexts where there is a need to develop projects on innovative models of assistance.

In addition to municipal employees, the training can be useful for other stakeholders, such as care providers and all organizations responsible for setting policy in the social and health care field.



## References to relevant deliverables and web-links If applicable, pictures or images to be provided as annex

The main deliverables related to this output are:

- Deliverable D.T4.2.2 Training sessions on health and care models and technical solutions conducted
- Deliverable D.T4.2.1 Trainings of the use of e-health platform and innovative care solutions
- Deliverable D.T4.1.5 Guidebook for local authorities for introduction of technical solutions and health and care models
- Deliverable D.T4.1.4 Final version of the local action plans

Deliverables are available on the project website: <https://www.interreg-central.eu/Content.Node/niCE-life.html>



## 5. Austria

### 5.1. Output factsheet #1

|   |   |
|---|---|
| <b>Project index number and acronym</b>         | CE 1581   |
| <b>Output number and title</b>                  | O.T4.3 Trainings of public and private sector of care models and developed tools  |
| <b>Responsible partner (PP name and number)</b> | Samaritan Burgenland Department of Home Care (PP8)  |
| <b>Project website</b>                          | <a href="https://www.interreg-central.eu/Content.Node/niCE-life.html">https://www.interreg-central.eu/Content.Node/niCE-life.html</a> |
| <b>Delivery date</b>                            | 30.06.2022 (Training session took place on 09.03.2022)  |

#### Summary description of the implemented training measure(s), explaining the specific goal(s), target groups and transnational added value

The biggest challenge addressed during the training was to raise awareness of the importance of technical tools. Many professional groups and individuals are still skeptical about technological developments. In order to counteract the skepticism of as many people as possible, we decided to invite a wide audience. As a result, the following target groups in particular were invited:

- Local and regional public authorities
- Public, especially elderlies
- Organizations that are active in the health and social sector
- Sectoral agencies

They were contacted both by email and by telephone. The training was designed to be interactive and consisted of the following content:

- Presentation of the project and digital tools
- Presentation of the local action plan
- Joint development of the necessary skills to be able to implement the local action plan and to understand and use the developed technologies

The aim of this content was to increase awareness of the importance and necessity of introducing the Monitoring Grid in Austria and, of course, that the people present develop the necessary skills and competences to understand the functioning and objectives of the Monitoring Grid.

Above all, transnational added value is the increase in awareness of the added value of digital developments. The project has shown that the awareness of digital development is not yet fully developed in the partner countries either.





## NUTS region(s) where training(s) have been conducted (relevant NUTS level)

The training session was held in Draßburg, Northern Burgenland, Austria (NUTS 3 Region: AT 112).

## Expected impact and benefits of the trainings for the concerned territories and target groups

The expected effect of the training was in particular to increase awareness of the necessity and importance of digital tools in nursing activities. Especially within the framework of the Monitoring Grid, it was important to us to communicate that the care and attention to older people should not only begin when the first serious illnesses and cognitive decline appear, but when the older people are still able to live alone and independently in their own home.

This was one of the main messages that was conveyed during the training and this also represented the benefit of the participants present. The participants were enthusiastic about the basic idea and the functionality of the Monitoring Grid and implementation options for Burgenland were worked out together.

## Sustainability of the training(s) and developed training material(s) and their transferability to other territories and stakeholders

Since the goals of the training session mentioned above will continue to play an enormous and perhaps even more important role in the years to come, the output of the training is inherently sustainable. In order to be able to use the information later, a report was written on the content and a powerpoint presentation was created. Since the contents of this training session also address challenges in other countries, these documents can also be used very easily in other countries after appropriate translation.

Stakeholders who benefit from the contents of this training session are all professional groups that have something to do with the health and social fields and in particular with older people, these can come from both the private and public professional field.

What we learned from organizing the training session is that the invitation itself should address the scope and objectives in order to involve as many stakeholders as possible. When conducting the training session, it was particularly important to respond flexibly to the suggestions of the participants. A rigid program cannot be reconciled with the idea of interactivity.

## References to relevant deliverables and web-links If applicable, pictures or images to be provided as annex

The main deliverable related to this output fact sheet is D.T4.2.2 Training sessions on health and care models and technical solutions.



### PERSPEKTIVEN DES GELINGENS

| Wer waren die wesentlichen Akteure für eine erfolgreiche Umsetzung? | Welche Ressourcen/Kompetenzen haben sie eingebracht?   | Welche Bedenken bestanden anfangs und wie konnten sie "ausbreut" werden?   | Was war letztlich die Motivation, die Umsetzung voranzutreiben und welche ersten Schritte wurden gesetzt?              |
|---|--|--|--|
| FH  | Technisches Know How<br>Datenschutzkenntnisse  |  |  |
| Ehrenamtliche MitarbeiterInnen                                      |  |  |  |
| Land, Burgenland Gemeinden  | Case and Care Management bereits vorhanden - Selektion der Personengruppen, Information/ Kommunikation der älteren Personen (Zusatz) | Kosten, Skepsis über Wirksamkeit und Nützlichkeit -> Nutzer selbst sprechen lassen (emotionaler Bezug), Daten und Fakten, Gegenüberstellung Kosten PH, Personalmangel, Verringerung Spitalsaufenthalte, Mitfinanzierung durch Anwender (zB Teil des Pflegegeldes), Notwendigkeit | Stellenplan, Organisationsabläufe, Organigramm, Richtlinien, Träger (zB Samariterbund), Datenschutzrichtlinie/-rahmen, |



## 5.2. Output Factsheet #2

|   |   |
|---|---|
| <b>Project index number and acronym</b>         | CE 1584 niCE-life   |
| <b>Output number and title</b>                  | O.T4.3.1<br>Trainings of public and private sector of care models and developed tools   |
| <b>Responsible partner (PP name and number)</b> | Samaritan Burgenland Department of Home Care, PP8   |
| <b>Project website</b>                          | <a href="https://www.interreg-central.eu/Content.Node/niCE-life.html">https://www.interreg-central.eu/Content.Node/niCE-life.html</a> |
| <b>Delivery date</b>                            | 30.06.2022 (Training took place on 19.05.2022)  |

### Summary description of the implemented training measure(s), explaining the specific goal(s), target groups and transnational added value

The training described here was specifically addressed to employees of the Austrian National Public Health Institute (Gesundheit Österreich GmbH). At the time the training was organized, the Austrian National Public Health Institute was working on the introduction of community nurses in Austria and were therefore still looking for a monitoring instrument that would support the community nurses in their daily work. At the end of the project, however, due to the fact that community nurses were still being introduced, no decision was made as to whether the monitoring grid could become an accompanying instrument for community nurses.

The main challenge in this training was to convince the Austrian National Public Health Institute of the Monitoring Grid. The content of the training included:

- Presentation of the project and digital tools
- Presentation of the Monitoring Grid and its potentials
- Presentation of the implementation options defined in the local action plan

The contact with the Austrian National Public Health Institute was made via the operational management of the nursing division of the Samaritan Burgenland and the external expert. Parallel to this training, the representatives of this organization were also invited to a thematic meeting in order to know the implementation plans for Austria and to have the opportunity to help shape them.

By providing English presentation material, this output can of course also be used in other regions as part of a possible implementation of the Monitoring Grid.

### NUTS region(s) where training(s) have been conducted (relevant NUTS level)

The training was organized in a hybrid form, which means that some participants attended the training in person and others were connected online. The participants came from the following NUTS regions:

Northern Burgenland, Austria, NUTS 3: AT112  
Vienna, Austria: NUTS 3: AT130



## Expected impact and benefits of the trainings for the concerned territories and target groups

Expected effect of this training was to inform the Austrian National Public Health Institute about the possibilities, functionality and added value of the Monitoring Grid and other tools developed in the niCE-life project. This was also one of the most important benefits for the invited target group. In addition, the Austrian National Public Health Institute was able to get an idea of the current state of development and research in the context of digital solutions for frail elderlies. As part of the thematic meetings, they were also able to have a say about possible implementation measures.

Since this training was tailored to the goals of the Austrian National Public Health Institute, this training cannot be integrated in institutional capacity building or into curriculum development.

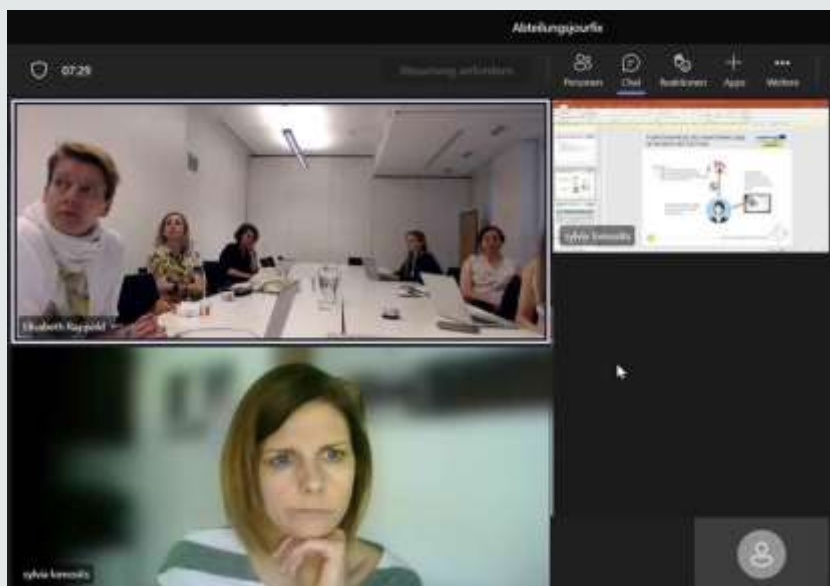
## Sustainability of the training(s) and developed training material(s) and their transferability to other territories and stakeholders

In addition to presenting the Monitoring Grid, it was also important for us to get feedback on the Monitoring Grid from this very important target group. The contributions obtained were included both in the local action plans and as important potential for improvement for a possible further development of the Monitoring Grid. This ensures the sustainability of the training output. By providing English presentation material, this output can of course also be used in other regions as part of a possible implementation of the Monitoring Grid. Overall, all stakeholders can benefit from this training, which would like to enable older people to live in their own homes for as long as possible, e.g. care providers and other organizations in the health and social sector.

The main thing we learned in organizing the training is that it is very important to address the target groups directly and in a goal-oriented manner. As part of the implementation of the training, it was particularly important to orientate oneself only to the previously defined program and not to strictly adhere to it. It is important to respond to the suggestions and comments of the participants and to follow the schedule flexibly.

## References to relevant deliverables and web-links If applicable, pictures or images to be provided as annex

The main deliverable related to this output fact sheet is D.T4.2.2 Training sessions on health and care models and technical solutions.





## 6. Poland

### 6.1. Output factsheet #1

|   |   |
|---|---|
| <b>Project index number and acronym</b>         | niCE-life CE1581  |
| <b>Output number and title</b>                  | O.T4.3 Trainings of public and private sector of care models and developed tools  |
| <b>Responsible partner (PP name and number)</b> | WAW - PP9   |
| <b>Project website</b>                          | <a href="https://www.interreg-central.eu/Content.Node/niCE-life.html">https://www.interreg-central.eu/Content.Node/niCE-life.html</a> |
| <b>Delivery date</b>                            | 20/06/2022  |

#### Summary description of the implemented training measure(s), explaining the specific goal(s), target groups and transnational added value

During the realization of the niCE-life project, a total of 6 digital tools were developed. Their main objective is to actively respond to the challenges related to ageing of the population in Central Europe. It is associated with an increasing incidence of chronic and neurodegenerative diseases leading to a high burden on health and social care system.

One of the developed tools presented in the training session is the AP-Nurse, used to monitor the condition of people with neurodegenerative diseases and to alert their carers to situations that may be dangerous.

The implementation of the training will have two main effects. The first one is the increase of competences in innovative technologies in institutional care. Thanks to the training, the participants had the opportunity to experience niCE-life directly, and in particular the main difficulties encountered during its implementation. The second outcome will be the readiness of the participants' organisations to take part in new initiatives on the use of IT tools in institutional care for frail elderly people.

The training session was attended by the directors of care homes (nursing homes) in Warsaw.

It took place on Wednesday, May 25th 2022 from 11:00 a.m. to 11:30.

#### NUTS region(s) where training(s) have been conducted (relevant NUTS level)

The training session was held at the City of Warsaw (PL911 NUTS level 3).



## Expected impact and benefits of the trainings for the concerned territories and target groups

The expected benefit is the introduction to the outputs of the niCE-life project. The project reacts to the challenges related to the demographic changes in the population in Central Europe by introducing measures averting social exclusion of the elderly, facilitating interaction between patients and health care providers, and support citizen empowerment and independent living of frail elderly.

The implementation of the training will have two main effects. The first one is the increase of competences in innovative technologies in institutional care. Thanks to the training, the participants had the opportunity to experience niCE-life directly, and in particular the main difficulties encountered during its implementation. The second outcome will be the readiness of the participants' organisations to take part in new initiatives on the use of IT tools in institutional care for frail elderly people.

## Sustainability of the training(s) and developed training material(s) and their transferability to other territories and stakeholders

The training was designed to be sustainable. It is expected that the training session will not need to be modified after the end of the niCE-life project.

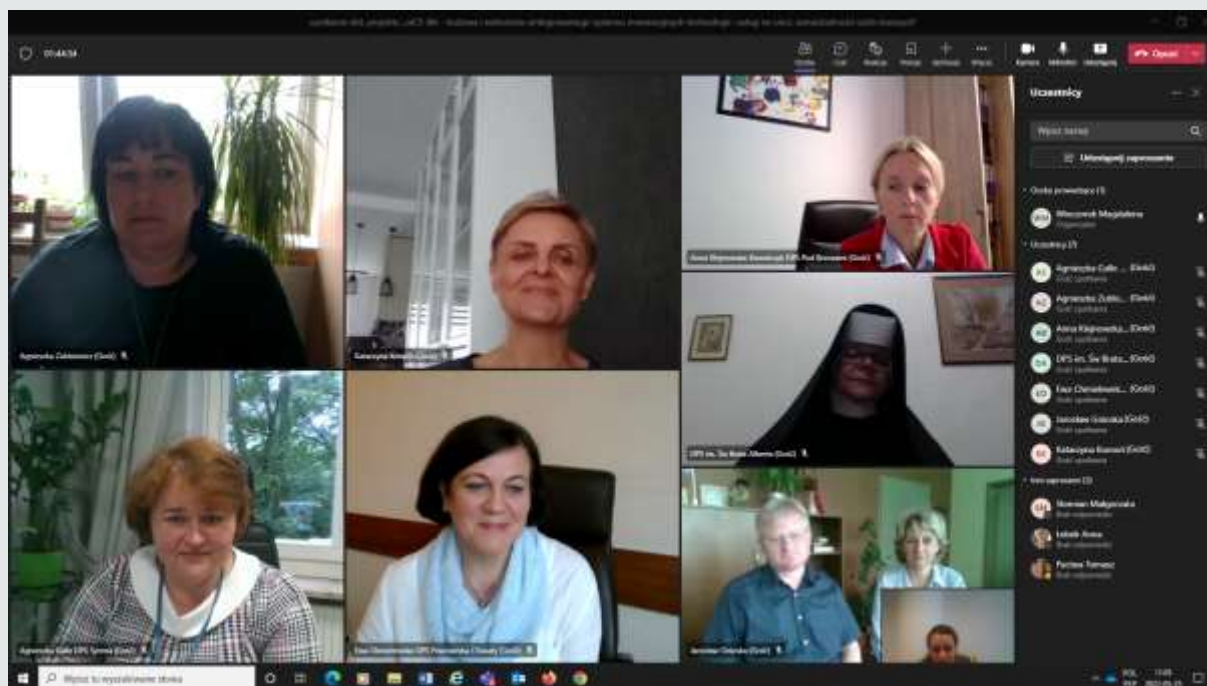
The sustainability of the training is designed as a consequence:

- the materials are in Polish,
- the information in the materials is constant (except for the Local Action Plan).

## References to relevant deliverables and web-links

If applicable, pictures or images to be provided as annex

The main deliverable related to this output fact sheet is D.T4.2.2 Training sessions on health and care models and technical solutions.







## 6.2. Output factsheet #2

|   |   |
|---|---|
| <b>Project index number and acronym</b>         | niCE-life CE1581  |
| <b>Output number and title</b>                  | O.T4.3 Trainings of public and private sector of care models and developed tools  |
| <b>Responsible partner (PP name and number)</b> | WAW - PP9   |
| <b>Project website</b>                          | <a href="https://www.interreg-central.eu/Content.Node/niCE-life.html">https://www.interreg-central.eu/Content.Node/niCE-life.html</a> |
| <b>Delivery date</b>                            | 20/06/2022  |

### Summary description of the implemented training measure(s), explaining the specific goal(s), target groups and transnational added value

During the realization of the niCE-life project, a total of 6 digital tools were developed. Their main objective is to actively respond to the challenges related to ageing of the population in Central Europe. It is associated with an increasing incidence of chronic and neurodegenerative diseases leading to a high burden on health and social care system.

One of the developed tools presented in the training session is the AP-Nurse, used to monitor the condition of people with neurodegenerative diseases and to alert their carers to situations that may be dangerous.

The implementation of the training will have two main effects. The first one is the increase of competences in innovative technologies in institutional care. Thanks to the training, the participants had the opportunity to experience niCE-life directly, and in particular the main difficulties encountered during its implementation. The second outcome will be the readiness of the participants' organisations to take part in new initiatives on the use of IT tools in institutional care for frail elderly people.

The training session was attended by the directors of care homes (nursing homes) in Warsaw. It took place on Thursday, May 26th 2022 from 10:30 a.m. to 11:00.

### NUTS region(s) where training(s) have been conducted (relevant NUTS level)

The training session was held at the City of Warsaw (PL911 NUTS level 3).



## Expected impact and benefits of the trainings for the concerned territories and target groups

The expected benefit is the introduction to the outputs of the niCE-life project. The project reacts to the challenges related to the demographic changes in the population in Central Europe by introducing measures averting social exclusion of the elderly, facilitating interaction between patients and health care providers, and support citizen empowerment and independent living of frail elderly.

The implementation of the training will have two main effects. The first one is the increase of competences in innovative technologies in institutional care. Thanks to the training, the participants had the opportunity to experience niCE-life directly, and in particular the main difficulties encountered during its implementation. The second outcome will be the readiness of the participants' organisations to take part in new initiatives on the use of IT tools in institutional care for frail elderly people.

## Sustainability of the training(s) and developed training material(s) and their transferability to other territories and stakeholders

The training was designed to be sustainable. It is expected that the training session will not need to be modified after the end of the niCE-life project.

The sustainability of the training is designed as a consequence:

- the materials are in Polish,
- the information in the materials is constant (except for the Local Action Plan).



References to relevant deliverables and web-links

If applicable, pictures or images to be provided as annex

The main deliverable related to this output fact sheet is D.T4.2.2 Training sessions on health and care models and technical solutions.





## 7. Slovenia

### 7.1. Output factsheet #1

|   |   |
|---|---|
| <b>Project index number and title</b>           | CE 1581 niCE-life   |
| <b>Output number and title</b>                  | O.T4.3 Trainings of public and private sector of care models and developed tools  |
| <b>Responsible partner (PP name and number)</b> | Naionalni inštitut za javno zdravje, Slovenia PP10  |
| <b>Project website</b>                          | <a href="https://www.interreg-central.eu/Content.Node/niCE-life.html">https://www.interreg-central.eu/Content.Node/niCE-life.html</a> |
| <b>Delivery date</b>                            | 12.05.2022  |



### Summary description of the implemented training measure(s), explaining the specific goal(s), target groups and transnational added value

NIJZ organized a training on health and care models and technical solutions on 12<sup>th</sup> May in Maribor. The target audiences were representatives of public authorities and care centers and private centers. The improvement of the technological competences and management skills of participants is necessary for successful implementation of modern digital technologies and evidence based tailored approaches aimed at enabling better quality of life of frail elderly. The participants gained knowledge on main objectives of the project niCE-Life, development and objectives of the local action plan and their potential role in implementation of activities. Some examples of good practice and pilot solutions from the project have also been presented, such as YouBoss approach from Bologna and Monitoring Grid from Burgenland. This is also aimed at strengthening of cross border exchange of information which could improve the cross border collaboration in future.

The main challenge of the training was to address different stakeholders from different yet complementary sectors. But the awareness of the need for better multisectoral collaboration is raised.

The purpose of the training was to raise awareness of participants concerning the multi sectoral collaboration and the use of modern digital tools tailored to the needs of elderly.

The good practice example YouBoss has been presented, since the main features of this approach are transferable to other environments. This is an example of community approach for health which connects meaningfully local authorities and voluntary organizations of elderly to the same goal- increase of social inclusion of frail elderly. The approach is based on peer education- where elderly helps elderly by using simple forms of digital tools and social media. Other example presented was a monitoring grid aimed at low-cost monitoring of elderly at their homes.

The training used a combination of didactic methods: lectures and active discussion of the participants. After each lecture there was a sufficient time left for focused discussion and exchange of experience and opinions between all participants. In this way, the participants had the opportunity to get know with new solutions, learn about experiences from other environments.

### NUTS region(s) where training(s) have been conducted (relevant NUTS level)

Municipality of Maribor

NUTS (0): SI

Region (NUTS 2): SI01, Vzhodna Slovenija

Sub-region (NUTS 3): SI 012, Podravska



### Expected impact and benefits of the trainings for the concerned territories and target groups

The main effect of the training is raising awareness of cost-effective, feasible and transferable solutions aimed at increase of quality of life of elderly. The participants had also the opportunity to express their reservations, to address potential challenges of domestic environment and possible adaptation of approaches which were presented. The participants also had the opportunity to hear the concerns of other relevant stakeholders and to explore possible common points that could lead to closer collaborations.

### Sustainability of the training(s) and developed training material(s) and their transferability to other territories and stakeholders

Certain project products may be displayed to target audiences in order to transfer good practices. Opportunities for presentations of project deliverables could be professional meetings of different sectors, such as health or social sector or events for political decision-makers.

The pilot examples from the project have already proved to be interesting and were presented at an international workshop. WPC activities are aimed at disseminating project products.

Timely involvement of end users, consideration of their wishes, and consideration of the specifics of the local environment must be taken into account from the beginning of planning. Carrying out continuous evaluation and ongoing elimination of deficiencies contributes to higher product quality.

### References to relevant deliverables and web-links

If applicable, pictures or images to be provided as annex

The training was realized for D.T4.2.2 Training on health and care models and technical solutions and contributes to O.T4.3 Trainings of public and private sector of care models and developed tools.

<https://www.nijz.si>

<https://www.spm.si/7-kongres/>



Picture 1 and 2: Poster presentation Monitoring Grid as a simple monitoring tool



Picture 3 and 4: Poster presentation of the Digital tool for frail people YouBos



Picture 5: Discussion of the participants of the training







## 7.2. Output Factsheet #2

|   |   |
|---|---|
| <b>Project index number and acronym</b>         | CE 1581 niCE-life   |
| <b>Output number and title</b>                  | O.T4.3. Trainings of public and private sector of care models and developed tools   |
| <b>Responsible partner (PP name and number)</b> | Naionalni inštitut za javno zdravje, Slovenia PP10  |
| <b>Project website</b>                          | <a href="https://www.interreg-central.eu/Content.Node/niCE-life.html">https://www.interreg-central.eu/Content.Node/niCE-life.html</a> |
| <b>Delivery date</b>                            | 7.6.2022  |

### Summary description of the implemented training measure(s), explaining the specific goal(s), target groups and transnational added value

NIJZ Regional Unit Murska Sobota organized an on-line training on health and care models and technical solutions for health professionals. The target audiences were medical doctors and nurses from primary health care centers and from regional hospital in Murska Sobota. The insufficient digital literacy of health professionals was identified as one of the prerequisites of the quality and professional work in modern health systems. The participants identified as one of the priority goals in health system development the urgent need of increasing digital literacy of health professionals. This was also one of the objectives of the second training on technical solutions. Two out of six pilot projects have been presented in more details. The first one was Monitoring Grid from Austria. This approach could increase access to health care services in Slovenia too. The second pilot presented was YouBos approach. Since in Slovenia already existed similar approaches in small scale, it could be interesting to implement modified approach YouBos, tailored to specific needs of local communities. It could build on previous experiences from the projects where seniors help other seniors.

The main challenge of the training was to present the pilots in sufficient details since the on-line communication limits interactions.

The training used the on-line education form, which was not as interactive as live workshops, but the broader target audience was reached.

57 participants took part at the training from all primary health care centers in region and from Regional hospital Murska Sobota.



### NUTS region(s) where training(s) have been conducted (relevant NUTS level)

Please list the NUTS region(s) where the training(s) were held.

Municipality of Murska Sobota

NUTS (0): SI

Region (NUTS 2): SI01, Vzhodna Slovenija

Sub-region (NUTS 3): SI 03, Pomurska

### Expected impact and benefits of the trainings for the concerned territories and target groups

The main effect of the training is raising awareness of cost-effective, feasible and transferable solutions aimed at increase of quality of life of elderly. The participants had also the opportunity to express their reservations, to address potential challenges of domestic environment and possible adaptation of approaches which were presented. The participants also had the opportunity to hear the concerns of other relevant stakeholders and to explore possible common points that could lead to closer collaborations.

### Sustainability of the training(s) and developed training material(s) and their transferability to other territories and stakeholders

Certain project products may be displayed to target audiences in order to transfer good practices. Opportunities for presentations of project deliverables could be professional meetings of different sectors, such as health or social sector or events for political decision-makers.

The pilot examples from the project have already proved to be interesting and were presented at an international workshop. WPC activities are aimed at disseminating project products.

Timely involvement of end users, consideration of their wishes, and consideration of the specifics of the local environment must be taken into account from the beginning of planning. Carrying out continuous evaluation and ongoing elimination of deficiencies contributes to higher product quality.

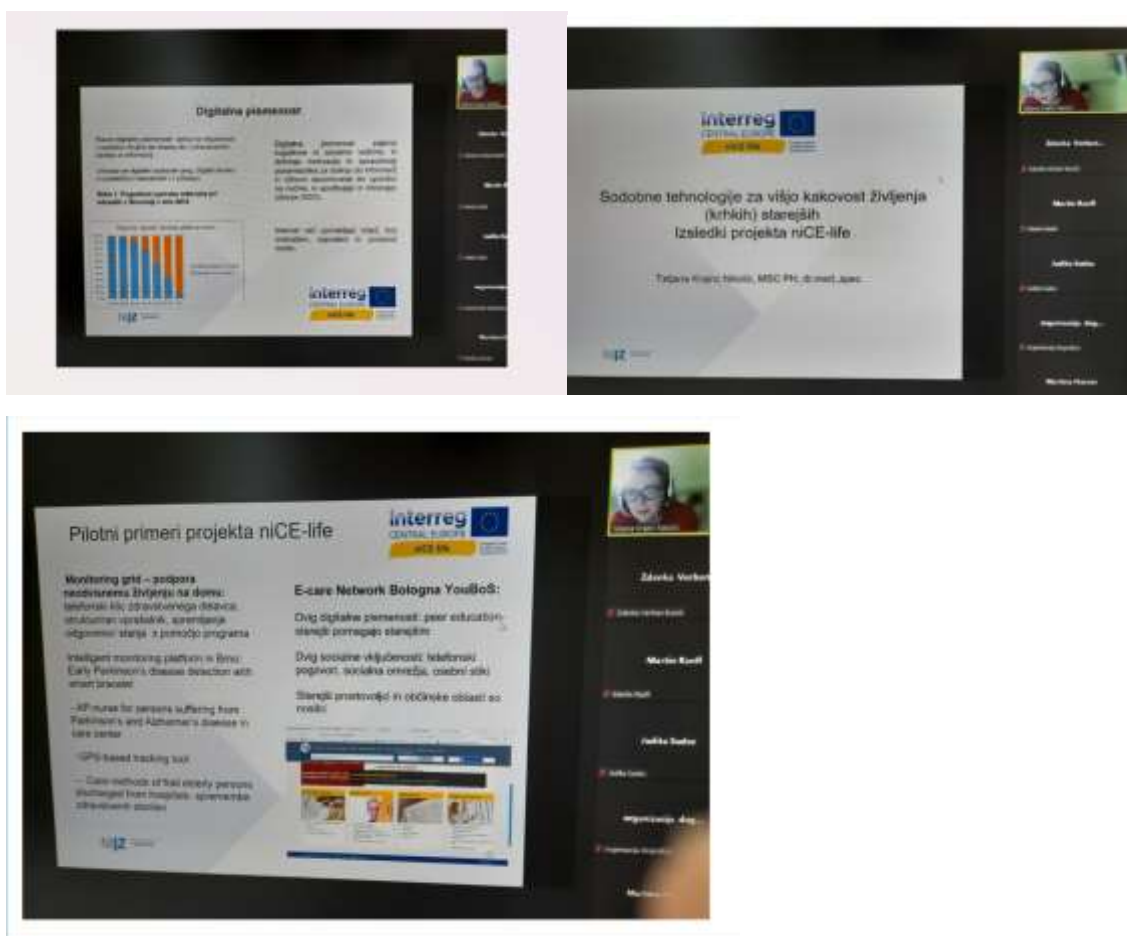


## References to relevant deliverables and web-links

If applicable, pictures or images to be provided as annex

Please describe the relevant reference documents by addressing the following guiding questions:

The training was realized for D.T4.2.2 Training on health and care models and technical solutions and contributes to O.T4.3. Trainings of public and private sector of care models and developed tools.



Picture 1-3: Slides from the lecture

Picture 4: List of the participants