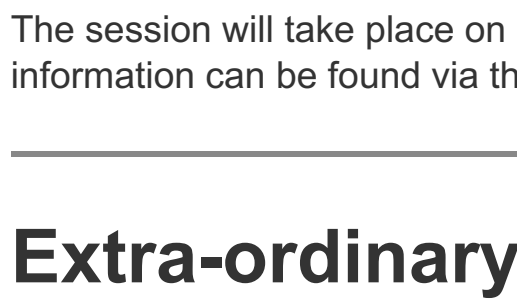




## Newsletter March 2019

### EAN to elaborate its LTC2030 vision



**The European Ageing Network, gathering in Utrecht on 12 April in Utrecht, will elaborate its LTC 2030 vision and identify policy pointers.**

A special study group of EAN members has drafted a vision on the provision of long-term care in 2030. This group has delivered a report that has been endorsed by the members and the Board. EAN members are now invited to participate in a session to elaborate on the document and to formulate more concrete recommendations for policy and decision makers on both national as well as a European level, especially with a view on the upcoming European elections and the constitution of a new European Commission.

The session will take place on next 12 April after the EAN meetings in Utrecht (NL). More information can be found via the [EAN website](#).

### Extra-ordinary General Assembly of EAHSA and EAN General Assembly meeting

**On 12 April 2019, all EAHSA-members are convened for the extra-ordinary General Assembly in Utrecht (NL) to decide about the dissolution of the Association. The extra-ordinary General Assembly will be held along the EAN General Assembly.**

The extra-ordinary General Assembly is called following the merger of EAHSA and EDE into the European Ageing Network. The EAHSA General Assembly of December 2017 unanimously voted for the creation of the European Ageing Network (EAN) and, as a consequence, the formal dissolution of EAHSA. The new association formalises the informal co-operation with EDE. The European Ageing Network establishes the one and only pan-European association for housing and services providers for older persons in Europe.

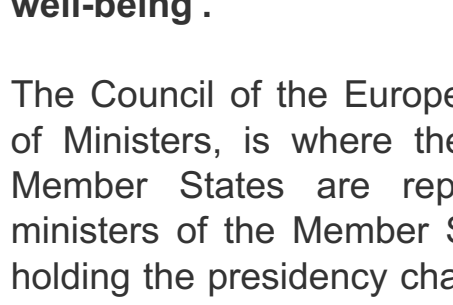
EAHSA members are a member of the European Ageing Network automatically. As a member of the European Ageing Network they will have access to all EAN activities and the EAN membership will offer them great opportunities to learn from colleagues around Europe and to strongly voice their interests at an EU level.

#### EAN General Assembly meeting

After the EAHSA extra-ordinary general meeting, EAN will organise its General Assembly meeting. Main issues on the agenda are the elections for the Board, the budget and the organisation of upcoming EAN conferences.

More information about the meetings can be found via the [EAN website](#).

### EAN welcomes SeneCura as a member

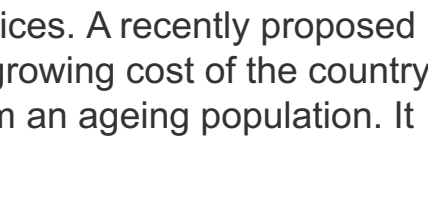


**EAN is happy to announce the affiliation of SeneCura. Austrian SeneCura Gruppe runs 81 facilities with in total 7.000 beds, and some additional 14 residences in the Czech Republic.**

SeneCura counts to one of the market and innovation leaders in the Austrian market. Apart from managing care and elderly homes, SeneCura runs also rehab facilities under the OptimaMed label. Since 2015, SeneCura is part of the French ORPEA Group.

### Upcoming Finnish EU Presidency focuses on 'economy of well-being'

**Finland will hold its third EU Presidency period as from 1 July 2019. The presidency of the Council rotates in an established order among the EU Member States every six months. One of the Finnish EU Presidency's theme is the 'economy of well-being'.**



The Council of the European Union, i.e. the Council of Ministers, is where the governments of the EU Member States are represented by government ministers of the Member States. The Member State holding the presidency chairs meetings at every level in the Council.

#### Economy of well-being

The theme 'Economy of well-being' is being prepared as an umbrella theme for the health and social sector. The Finnish Presidency sees well-being policies and economic policies as closely intertwined and mutually reinforcing, with well-being and health of the population enhancing economic growth and stability and as a strong link with the implementation of the Agenda2030.

#### Health and social care in Finland

Finland has a decentralised system of health and social welfare programs, where much of the administration is left to local municipalities. This arrangement has led to widespread geographic variation when it comes to quality and access to health care services. A recently proposed reform was meant to address these inequalities and reduce the growing cost of the country's health care system, which has come under increasing stress from an ageing population. It included centralisation of the administration at a regional level.

There has been general agreement among political parties of the need to reform the system. However, the parties differ when it comes to the finer details, which has led to the resignation of the current government. Finland's government resigned in early March after ditching plans to reform the healthcare system. The country's president, Sauli Niinistö, approved Prime Minister Juha Sipilä's resignation and asked his government to continue as a care-taker government until a new cabinet has been appointed.

### EC presents European Semester Winter Package

**In its annual assessment of the economic and social situation in the Member States, the European Commission stresses the need to promote investment, pursue responsible fiscal policies and implement well-designed reforms.**

Challenges vary significantly across countries and call for appropriate and determined policy action. This review of country-specific challenges comes against the backdrop of a European economy that is expected to grow for the seventh consecutive year in 2019, but at a more moderate pace. Employment is at a record high and unemployment at a record low.

As a novelty of the new package, the Commission launches a discussion on investment challenges and priorities in the Member States and sets out first ideas as to how EU funds, in particular EU Cohesion Policy funds, can help in the forthcoming programming period 2021-2027. Marijn Thiessen, Commissioner for Employment, Social Affairs, Skills and Labour Mobility, stated that demographic change and new technologies are reshaping the labour market, while skills shortages are on the rise in many Member States. We need to shift up a gear. Investing in people's skills, especially lifting the skill levels of the low-skilled, should be a top priority to maintain current living standards.

#### Country reports

The [Country Reports](#) assess Member States' progress in implementing the Country-Specific Recommendations of July 2018. Overall, Member States have achieved some or more progress with the implementation of more than two-thirds of the recommendations issued since the introduction of the European Semester in 2011. Sound progress has also been achieved with regard to reforms facilitating job creation on permanent contracts and addressing labour market segmentation.

#### Stocktaking Report on Member States' training and retraining strategies

The Commission also released a [report](#) on the Council Recommendation on "Upskilling Pathways", which is part of the new [Skills Agenda for Europe](#) put forward by the Commission in June 2016. Currently, there are 61 million adults in the EU who have at best lower secondary education. Through this Recommendation, Member States committed to offer adults with low levels of skills and qualifications new and improved opportunities to boost their basic literacy, numeracy and digital skills, and to progress towards higher qualifications. This report reviews the measures carried out by Member States, which differ in size and level of ambition. A lot of them are supported by the European Social Fund.

### US Seniors ageing in place turn to devices and helpers, but unmet needs are still common

**About 25 million Americans who are ageing in place rely on help from other people and devices such as canes, raised toilets or shower seats to perform essential daily activities, according to a new study of the Commonwealth Fund documenting how older adults adapt to their changing physical abilities.**

But a substantial number don't get adequate assistance. Nearly 60 percent of older persons with seriously compromised mobility reported staying inside their homes or apartments instead of getting out of the house. Twenty-five percent said they often remained in bed. Of older adults who had significant difficulty putting on a shirt or pulling on undergarments or pants, 20 percent went without getting dressed. Of those who required assistance with toileting issues, 27.9 percent had an accident or soiled themselves.

The study, by researchers from Johns Hopkins University, focuses on how older adults respond to changes in physical function — a little-studied and poorly understood topic. It shows that about one-third of older adults who live in the community — nearly 13 million seniors — have a substantial need for assistance with daily activities such as bathing, eating, getting dressed, using the toilet, transferring in and out of bed or moving around their homes; about one-third have relatively few needs; and another third get along well on their own with no notable difficulty.

Previous reports have examined the need for paid or unpaid help in the older population and the extent to which those needs go unmet. Notably, in 2017, the same group of Johns Hopkins researchers found that 42 percent of older adults with probable dementia or difficulty performing daily activities didn't get assistance from family, friends or paid caregivers — an eye-opening figure. Of seniors with at least three chronic conditions and high needs, 21 percent lacked any kind of assistance.

### WHO national policy experts call for bold action for healthy ageing in European Region

**National policy experts on healthy ageing have called for bold action to promote healthy ageing and to invest in a future where all older people have the freedom to live an active and healthy life that allows them to continue doing what they value. The call was made during a meeting from 26–27 February 2019 in Moscow, Russian Federation, where participants from more than 30 countries of the WHO European Region came together to take stock of the policies and strategies across the Region.**

WHO supports countries in leading the way towards a world for all ages. In the next 10 years, healthy ageing will be high on the global health agenda, with plans to launch a Decade of Healthy Ageing from 2020 to 2030. The population in the Region is ageing rapidly. By 2050, 27% of the population of the WHO European Region is expected to be 65 years and older. The Region is facing health issues commonly affecting older people such as multiple chronic conditions, mental and cognitive disorders, injuries and violence. In addition, ageist stereotypes are still widespread. To tackle these challenges, a vast majority of countries in Europe have been mainstreaming healthy ageing in their national policies and strategies.

"Despite different environments and challenges, we can see the shifting paradigm of ageing away from older age dependence to contribution," Islene Araujo de Carvalho, Senior Policy and Strategy Advisor, WHO Ageing and Life Course.

#### Integrated care key for older people

During the meeting, participants discussed an integrated care approach and agreed on priority action areas in this field. Strengthening health systems by making them more person-centred and less fragmented is key to responding to the needs of older people. The WHO Guidelines on Integrated Care for Older People (ICOPE) provide evidence-based recommendations for health care professionals that require countries to place the needs and preferences of older adults at the centre and to coordinate care.

#### Integrated care services: the experience of North Macedonia

Healthy ageing cannot be achieved without the involvement of all sectors, especially health and welfare authorities that work together to ensure that nobody is left behind. The government of North Macedonia has piloted integrated care services in two municipalities of Kočani and Resen, synergizing efforts of the Ministry of Health, the Ministry of Labour and Social Policy, local authorities, health centres and UN agencies. The pilot programme builds on services already provided by nurses predominantly working with mothers and children by expanding the services existing in the community with an additional nurse, social worker, physiotherapist and caregivers to address the needs of older people. The integrated care provided in North Macedonia encourages health promotion by addressing NCD risk factors such as smoking, malnutrition and alcohol abuse; offering screening for hypertension, diabetes, depression; supporting management of health conditions and improving treatment adherence; measuring performance in activities in daily living; providing pressure sore prevention and treatment, as well as screening for domestic and gender-based violence and other social risks. Special mobile teams complement GPs with outreach activities and work in communities, visiting older people's homes. The teams communicate with the relevant GPs and follow up on referrals to ensure that the patients went to see the doctor.

#### Age-friendly cities

Networks in cities and communities are an integral part of promoting universal health coverage (UHC) and healthy ageing. The Russian Association of Healthy Cities, Districts and Villages, a member of the WHO European Healthy Cities Network, is a rapidly growing network that strengthens pro-health policies at the local level and promotes and informs various health agendas, including healthy ageing. At the meeting, the Association highlighted successful practices from Russian cities whose residents enjoy active ageing through lifelong learning, travel, volunteering, work opportunities, and physical activity. (Source: WHO)

## Upcoming conferences and meetings

#### April 2019

- **Apr 3**  
EU FrailSafe Final Conference (Brussels, BE)
- **Apr 5-6**  
[World Hospital at Home Conference](#) (Madrid, ES)
- **Apr 12**  
EAHSA Extra-ordinary General Assembly (Utrecht, NL)
- **Apr 12**  
[EAN General Assembly](#) (Utrecht, NL)
- **Apr 16**  
[Symposium „Demenz jenseits von Medikamenten“](#) (Zürich, CH)

#### May 2019

- **May 14-15**  
[AgileAgeingAlliance Congress 2019](#), (London, UK)
- **May 20**  
[Annual Convention for Inclusive Growth](#) (Brussels, BE)
- **May 23-24**  
[ECREAS Masterclass Quality](#) (Slovenia)
- **May 28**  
Spring Meeting of the [Optimal Nutritional Care for All campaign](#) (ONCA) (Paris, FR)

#### June 2019

- **Jun 11**  
[Homes4Life Stakeholder workshop](#) (Brussels, BE)

#### September 2019

- **Sep 11-19**  
[ECREAS Study tour to Canada](#) (including 2019 Global Ageing Conference)
- **Sep 17**  
[2019 Global Ageing Conference](#) (Toronto, CAN)

#### October 2019

- **23-25 Oct**  
[29th Alzheimer Europe Conference](#) Making valuable connections (The Hague, NL)

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with people in mind



## Going further for health

### European Ageing Network (EAN)

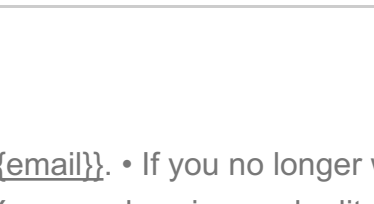
The European Ageing Network (EAN) is the new association of the European Association of Homes and Services for the Ageing (EAHSA) and the international umbrella organisation representing national associations for directors and providers of long-term care services in Europe. The European Ageing Network groups more than 10.000 care providers, is present in 28 European countries, and is servicing millions of older people in Europe.

EAN is registered in Luxembourg, has its Secretariat in Prague and a branch office in Brussels. For more information, or for a membership application, contact [info@ean-care](mailto:info@ean-care).

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