



E.D.E. celebrates its 25th anniversary!

On 12 April, at a ceremony attended by the association's two honorary presidents and numerous guests and friends, the members of the General Board and current President Jean Bohler celebrated the 25th anniversary of the E.D.E. in the splendid Orangery of the Domaine Thermal in Mondorf-les-Bains in Luxembourg.

Honorary Presidents Wim Kok and Wilfried Schlüter each presented an overview of the E.D.E.'s activities. They highlighted the efforts and measures E.D.E. has undertaken since its founding on 6 April 1989 at both the national and European levels to promote a better quality of services for the elderly. This overview was completed by representatives of GRIPA, Luxembourg's national association which was one of the founder members of the E.D.E and celebrated its own 25th anniversary also on 12 April 2014.

Numerous guests including politicians and professionals from the field of the long-term care attended the ceremony. It was followed



The president of the E.D.E. Jean Bohler with the members of the Executive Board, honorary members and other guests on 12 April in Luxembourg

by a gala dinner which, with lively discussions and exchanged memories, brought the festivities to a close in a relaxed atmosphere.

E.D.E., member of the EU-level Support Group for Actions on Fall Prevention



ProFouND project

Prevention of Falls Network for Dissemination, ProFouND, is a Competitiveness and Innovation Framework Programme of the European Commission, funded thematic networking project that works with the European Innovation Partnership on Active and Healthy Ageing to bring about the dissemination and implementation of best practice in falls prevention across Europe.

ProFouND brings together 21 partners from 12 countries and with associate members from 10 countries. ProFouND's objective is to embed evidence based fall prevention programmes for elderly

people at risk of falls by using novel ICT and effective training programmes in at least 10 countries by 2015 and to facilitate widespread implementation.

The project aims to influence policy and to increase awareness of falls and innovative prevention programmes amongst all sectors and organisations that work with older people. Besides, it will create best practice guidance and tools for a wide range of professionals and provide a model training programme using face to face and e-learning approaches to create a cadre of accredited exercise trainers across Europe to implement exercise regimens that have been proven to reduce falls amongst older people.

Context and background

Each year, one in three adults aged 65 and older falls, mostly at home. Falls often lead to long-term physical disability, severe dependency, activity avoidance and reduction in quality of life. The associated



The Executive Board of the E.D.E. (l. to r.): Boris Koprivnikar, Angele Bajoriene, Franziska Rahmel, Jean Bohler, Pascal Champvert, Jean-Louis Zufferey, Erika Lörinczy

E.D.E. Vision 36

This is the 36th issue of the newsletter. E.D.E. VISION. It will inform you about current developments in the field of long-term care services for the elderly in Europe as well as about projects of the E.D.E. and its member associations. The E.D.E. will also give its views on current questions of European policy in the context of long-term care.

We invite you to forward this newsletter to your colleagues.

contact: info@ede-eu.org | www.ede-eu.org

costs of treatment and the 'cost' to the individual's engagement in an active and fulfilling life are considerable. Incontrovertible evidence now exists that most falls among older people are associated with identifiable and modifiable risk factors, i.e. a combination of age and disease-related conditions and the individual's interaction with their social and physical environment.

There is ample evidence to show that interventions, particularly those promoting physical activity and strength and balance training, are effective and can significantly reduce the burden of the rising epidemic of fall injuries in an ageing Europe

EU-level Support Group: Purpose and Mission

ProFouND brought together relevant stakeholders, among other the E.D.E., to consolidate roadmaps and guidelines regarding fall prevention and facilitate the communication between solution/service providers and key stakeholders (private and voluntary organisations, public authorities) at national, regional or local level to ensure effective implementation and to raise awareness and concerted actions for falls prevention among senior citizens in Europe. The work of this EU-level Support Group of ProFouND (<http://profound.eu.com/wp-content/uploads/2013/11/ProFouND-D8-3-Directory-of-EU-Stakeholder-Organisations.pdf>) is coordinated by **Dr. Wim Rogmans** from EuroSafe (European Association for Injury Prevention and Safety Promotion (www.eurosafe.eu.com)), who is also the leader of the project's Work Package 8 dealing with national and regional uptake, implementation and dissemination.

The EU-level Support Group is an action oriented platform for strategic cooperation in raising awareness and for initiatives at EU- and national level that support the translation of evidence based fall prevention solutions into practice. It works towards European institutions and promotes synergy of actions

among themselves and their own national member organisations. Target audiences will be the European institutions, national governments, EU-level media, regional/local communities and, last but not least, the national members of the umbrella organisations that participate in the ProFouND EU-level Support Group. Between the years 2013 – 2015, ProFouND will facilitate the Support Group by organising and preparing documents for consultation meetings.

Jean-Louis Zufferey (Switzerland), E.D.E.'s Executive Board member, represents the E.D.E. within the EU-level Support Group. He participated in the first meeting of the Support Group on 5 February 2014 in Brussels where actions for the realisation of the main objectives of the project have been defined. The next meeting is taking place on 20 November 2014 in Glasgow, a day after the EUPHA-EuroSafe seminar on "Maximising uptake of effective falls prevention interventions across Europe" which will be organized also in Glasgow.

Being aware of the importance of the subject, the E.D.E. would like to contribute to information exchange and sharing of good practices in developing strategies and programmes for promoting of fall prevention at home and in institutions for the elderly.



Jean-Louis Zufferey

■ E.D.E.

We invite all E.D.E.'s member associations to share their experiences and best practices as well to communicate exemplary solutions and regulations applied in their countries. Furthermore, we intend to establish a falls prevention task force within our association and to present fall prevention initiatives at our General Board meetings.

More information about ProFouND project on <http://profound.eu.com>

Measures for Preventing Falls in Homes for the Elderly and Care Homes

A new dossier on the CURAVIVA Schweiz website

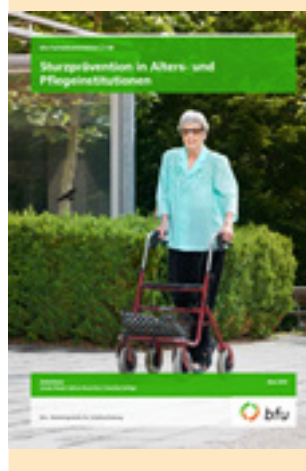
Falls are part of everyday life in long-term care homes. This is why specific measures and standards for preventing falls are important instruments for ensuring that residents are mobile and remain mobile for as long as possible. CURAVIVA Schweiz has created a new dossier on the subject of "Fall Prevention". This move was prompted by two publications written by the Swiss Advice Centre for the Prevention of Accidents (Schweizer Beratungsstelle für Unfallverhütung) in close cooperation with CURAVIVA Schweiz's Elderly Care department. The two publications aim to support care providers in their efforts to prevent falls.

"Preventing Falls in Homes for the Elderly and Care Homes"

This publication contains an analytical instrument which provides an overview of the different areas of fall prevention and formulates quality criteria. Using this instrument, the current "quality standard" of an institution's fall prevention measures can be assessed. In addition, the brochure contains specialist information for promoting effective fall prevention in all areas.

"Construction Measures for Preventing Falls in Homes for the Elderly and Care Homes"

This publication provides a guide and checklist for identifying a building's safety standard in terms of fall risks. It is aimed at planners, building contractors and builder-owner representatives as well as those responsible for care and safety in long-term care institutions. It provides a detailed description of all the safety standards for such buildings, from the entrance area to the residents' rooms, and also covers the main issues in outdoor areas.



Both brochures can be downloaded from the CURAVIVA website (<http://www.curaviva.ch/Fachinformationen/Themendossiers/PQBbv/>) and are available in German and French.





THE GLOBAL ALLIANCE
FOR THE RIGHTS OF OLDER PEOPLE

E.D.E. joined the Global Alliance for the Rights of Older People

The E.D.E. has become member of the Global Alliance for the Rights of Older People (GAROP), an informal worldwide network of organisations in order to strengthen the voice of older people at global level. Established in 2011, the Global Alliance is to support and enhance civil society's engagement at national, regional and international levels and to work towards more effective human rights instruments for older people. The Organisation seeks a world in which older persons live free from discrimination and are able to fully enjoy their rights. Its core values are partnership with, inclusion of, and the promotion of participation by older people in decisions that affect their lives. Older people themselves and civil society organisations have a pivotal role to play through educating, gathering evidence, collaborating and giving voice to their specific issues of concern.

We invite you to read more about GAROP on www.rightsofolderpeople.org.

The 5th Global Forum on Incontinence, Madrid on 8–9 April 2014 E.D.E., one of the main endorers of the Conference



The 5th Global Forum on Incontinence (GFI) *"Better care, better health – towards a framework for better continence solution"* took place in Madrid on 8-9 April 2014. Over 300 participants from more than 30 countries came to-

gether to learn more about the burden of incontinence on patients and society in today's socio-economic context, and to discuss a future framework for patient-centred, high quality and sustainable continence care (<http://www.gfiforum.com/Seminars/>). The Forum was organised by SCA TENA. The E.D.E. was one of the main endorers of this conference. **Franziska Rahmel, E.D.E.'s Executive Board, represented our association at this conference together with Prof. Wilfried Schlüter, E.D.E.'s delegate for EU affairs, who also contributed as an expert to the panel discussion "The connection between patients and policy makers".**

Over the course of two days, conference delegates discussed especially issues related to the emotional, physical and financial burden of incontinence, to incontinence in today's context of ageing societies and long term care and to the integration of health and social care services as well as to the awareness of incontinence among policy leaders, payers and the general public.

The session's presentations helped provide a better understanding of the prevalence of incontinence with approximately 400 million

people living with incontinence, the socio-demographic context of incontinence with regard to a rapidly ageing world population and rising demands for long-term care, the stigma of incontinence with many patients and carers suffering in silence, the complexities of incontinence in the elderly and the need for better integrated health and social care services. Conference delegates identified better integrated care, empowering patients through guided self-management and enhancing the knowledge and skills of nurses and other health and social care workers including informal carers as key components of a better care pathway.



Prof. Dr. W. Schlüter,
E.D.E.'s delegate for EU Affairs

Finally, the GFI saw the launch of the Optimum Continence Service Specification (www.gfiforum.com/Documents/Madrid-2014/Summary%20of%20Optimum%20Continence%20Service%20Specification.pdf) providing policy makers and health managers with concrete guidance in organising the best possible care for people with incontinence. A better organization of care can facilitate the improvement of quality of life and at the same time save costs for society.

For more information about the GFI in Madrid, please read the Conference Summary Report: www.gfiforum.com/Documents/Madrid-2014/Conference%20Summary%20Report%205th%20GFI.pdf

14th Congress of the E.D.E.

Montreux, 24 – 25 September 2015

**FROM MANAGING TO NETWORKING:
Building Partner Networks
in Long-Term Care**

The Spring Baltic Conference in Estonia, 14 – 16 May 2014

Every year, the associations for care home directors and providers of social services of the Baltic countries Estonia, Latvia, Lithuania, Finland and Poland, which are also members of the E.D.E., organise a conference on current topics in the care sector. This year's conference titled "Baltic Cooperation in Diversifying Modern Social Care Services and Optimizing Cost Efficiency in National Social Care Systems" took place on 14 – 16 May in the Estonian city of Narva, located on the eastern extreme of the European Union. The patron of the conference was the Estonian Ministry of Social Affairs and it was organized by the Association of Directors of Care Homes of Estonia (Eesti Sotsiaalasutuste Juhtide Nõukoda).



Presidents of the participating associations, from the left: Petras Jurgilas (Lithuania), Rünno Lass (Estonia), Modris Karselis (Latvia), Angele Bajoriene (Lithuania), Zbigniew Polowczyk and Waclaw Kerpert (Poland) on 14 May in Narva

How to strike a balance between effectiveness and solidarity in social care? This, the most important question of the conference, the big challenge for service providers, the sciences and policymakers, was addressed among others by Jüri Kõre (PhD) of the University of Tartu's Institute of Social Sciences. Tiina Punkanen from Finland presented projects for improving healthcare services for European citizens with dementia ("Care at the right time and the right place"). Together with the speakers, social sciences and policy representatives and professionals, conference participants discussed the question of "Who can be the motor for the necessary changes?"

Sirli Viir, SCA TENA sales manager in Estonia, supplied information about the 5th Global Forum on Incontinence held in April in Madrid and provided concrete solutions for improving care for people who suffer from incontinence. The conference programme included visits to social institutions in Narva, which also provided an opportunity for personal exchange among the participants.

■ *Angele Bajoriene, Lithuania, member of the E.D.E.'s Executive Board*

We are trying to improve and optimise social care services in Latvia

An ageing society is the main medium-term and long-term challenge in the area of social services in all EU member states, including Latvia. Social care services provide support aimed at improving the quality of life and increasing the possibilities for independent living and self care for elderly persons and people with intellectual disabilities. Unlike other groups that receive social care services, elderly persons are mostly provided with alternative services at institutions, even though the demand for institutional social care is constantly high. The process of building up community-based services for the intellectually disabled is in its initial stages in Latvia.

To promote the development of social services for the intellectually disabled, the state provides financial support to care providers working on a self-administrative basis – for day care centres, for the construction and equipping of crisis centres or for the maintenance of assisted-living communities for people with special needs.

In order to provide good-quality social care services for older people and the intellectually disabled, we need not just the desire to help, but also the expertise and time. It is not always possible to offer the high quality standards we currently have at care homes. Proposals for establishing social care agencies specialised in providing multipurpose social services and financed with public funding have been made in Latvia.

It is necessary to gather information not only about the medical needs, but also the interests and the level of education of people who need assistance, in order to be able to offer them the appropriate services. One of the community-based activities on offer is caring for animals. Animals can help older and disabled people emotionally, often offering them relief from their problems and negativity. People love and help them. When people understand this, their love for animals grows even more.



Ponies are both friends and entertainers for the residents of "Ruja".

The state is focusing its attention on health care provided at social care facilities – aiming to provide health care tailored to individual needs. As a good example we can point to the recently opened health care section in one of our social care facilities, where clients are constantly monitored by medical staff, making hospital stays unnecessary.

The Latvian Association of Social Care Centres SARIDA is a member of the E.D.E., which gives us the opportunity to learn more about our colleagues' experiences in this sector. We have established good connections with other associations in the Baltic States. In particular, the president of the Lithuanian association, Angela Bajoriene, has helped us to make new contacts and to implement best practices. Moreover, with the E.D.E.'s support, members of our association have had the opportunity to attend an E-Qalin training course (E-Qalin process manager).

■ *Modris Karselis, the chairman of the Latvian Association for Social Services*