

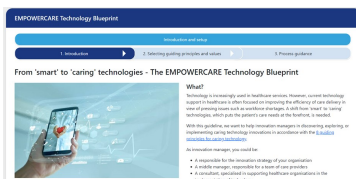
Top stories in this newsletter...



Digitaal Thuis in Zeeland demonstrate how tech aids promote independence.



Holy Heart holds EMPOWERCARE focus groups.



Vito's Caring Technology Blueprint Tool!

EMPOWERCARE Held 2nd Annual Event

EMPOWERCARE held its **2nd Annual Event** virtually on the 14th September 2022. Over 60 representatives from all 13 project partner regions in the UK, Belgium, Netherlands and France attended. The event was targeted at Local Government representatives, Health professionals, Care Organisations and Tech Developers.

THE EMPOWERCARE PROJECT - ANNUAL EVENT

The EMPOWERCARE Project is a EU funded project, that looks to address the current gaps in the care of people aged 65+, or 50+ with at least one chronic health condition. We aim to empower people to take more responsibility for their care using technology and local services to keep them healthy and motivated.

A key output of the project was the creation of a Technology Blueprint Tool (designed by partners VITO and University of Brighton) which will help the Health and Care workforce to evaluate and identify how digital solutions to care can support their services.



EMPOWERCARE ANNUAL EVENT, SEPT 14TH 2022

Kent County Council—Technology for Independent Living Facilitators survey

As part of Kent County Council's EMPOWERCARE Project, two Technology for Independent Living Facilitators were employed to support the Adult Social Care and Health workforce. The aim of these roles is to raise awareness of digital solutions to care, to empower individuals to become more independent, improve wellbeing and reduce loneliness and social isolation. In order to ascertain the impact the tech facilitators have had on the workforce, and therefore in social care, a survey has been circulated among the workforce and a report will be created from the results.

Kent Virtual Tour during Brighton Visit

As part of a partner visit to Brighton last month, Kent County Council offered a tour of the Digital Innovation Centre and an update on the ESTHER philosophy of care. This was an opportunity for partners to ask any questions about ESTHER before the project ends and share the innovative and exciting training and development facilities at the [Digital Innovation Centre](#) in Kent. The Centre is a physical and virtual space to utilise in teaching, learning, training, research, solutions focused workshops and more for the Adult Social Care and Health Workforce.



Familiehulp - Awarding contributions to Empowering people

On Thursday 13 October, Familiehulp held the official opening of the PRoF 6.0 as the meeting place of the future. At the event, several awards were received for individuals contribution to Empowering people in Flanders.

Holy Hart presents their Pilot

H.Hart are still running their pilot programme even though the final evaluation has been completed, those who are interested in signing-up are still able to participate and use the facilities which are offered by the EMPOWERCARE project. Recently, the participants were invited to the focus group meeting where they completed questionnaires. They are looking forward to the results and reviewing the success of the pilot so far!

Participants take part in the EMPOWERCARE focus group:



Holy Heart is also moving forward on their website preparations and delivering content for the online skills lab. The online Skills Lab will be part of the EMPOWERCARE partnerships final outputs to provide resources for the workforce and will contain useful tools and publications. The education tools which have been developed by Holy Heart, will be provided through booklets on assistive aids.

VITO presents their health innovation strategy at the EMPOWERCARE Annual Event

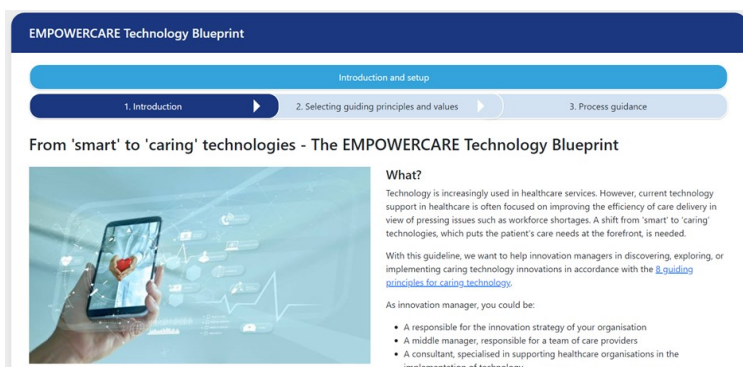
On the 14th of September, VITO co-hosted EMPOWERCARE's Virtual Annual Event. Prof. Dr. Jef Hooyberghs from VITO and UHasselt kicked off the event with a presentation of the institution's current health innovation strategy, which is focused on creating a citizen-driven ecosystem for [personal health data](#). In line with this strategy, the second speaker Tinne Vandensande introduced the 8 [Caring Technology Principles](#) developed by the King Baudouin Foundation (KBS).

To finish off the plenary session, Cato van Schyndel (VITO) presented the first version of the Caring Technology Blueprint web-based tool. The 60 plus attendees from the UK, Belgium, France and the Netherlands had the opportunity to test the Blueprint tool in a workshop setting and expressed the usability and added value of the tool, providing valuable feedback for its further development.

The Caring Technology Blueprint web-based tool

The Technology Blueprint tool can be tested [here](#).

After trying it out, if you could provide your feedback [here](#), it would be greatly appreciated. It only takes you two minutes, but you would help us enormously to improve the Caring Technology Blueprint Tool!



CCCU evaluation reveals interesting findings

Since their last update, the Canterbury Christ Church University (CCCU) team welcomed their new research assistant Michelle England. Michelle has helped them continue with their analysis and they are beginning to uncover some interesting findings.

Away from the evaluation work the team will be promoting the EMPOWERCARE project at the university's three upcoming Open Days. These take place at their campuses in Canterbury on the 9th of October and 12th of November and Medway on the 15th of October. This is an opportunity for the EMPOWERCARE project to be seen by 100s of prospective students and visitors.

Le Department est la Nord—Open Door

On September 30, 2022 as part of the EMPOWERCARE project, Department la Nord organised an open door for seniors involved in the recovery METHODE to present their digital solution. Their service providers demonstrated the digital application, the different tabs and the sociogram to facilitate the exchange with their family, caregiver, and with the project team.

The digital solution is a practical, easy and intuitive way of communication that allows seniors to connect with their network with a simple click. They have had very positive feedback and the seniors are happy with their digital solution.



The day was an opportunity to meet with our seniors to review the focus group and gauge their feedback and feelings at the end of the project.

Province of Antwerp's training programme promotes welfare

The Province of Antwerp, in collaboration with UCLL University of Applied Sciences, have developed within the EMPOWERCARE project, a training programme to encourage neighborhood-oriented empowerment for care and welfare professionals with the aim of empowering vulnerable individuals. The training had great success during the first testing phase! It will be developed further over the coming months and will be rolled out in four new neighborhoods in the Province.

Province of Antwerp will also develop specific training/spin offs for secondary schools. Together with 3 secondary schools, they are developing and testing a package which will introduce their future healthcare professionals to the training. This package will be included as a permanent offer for secondary education.

Focus groups pilot sites empowerment strategy

Province of Antwerp have organised, together with Thomas More University, two focus groups in their 2 pilot sites Lille and Herentals. They have been testing and implementing the empowerment strategy for 1,5 years (locally linked with the caring villages approach). Different local professionals and stakeholders participated and gave interesting and inspiring feedback for the evaluation. Some quotes:

- ◆ "The project was an incentive to work more in an outreaching way and by this to have a better knowledge of the needs of our seniors."
- ◆ "The project was an incentive to strength the collaboration and more cooperation with different services within the municipality."

Bringing neighbors together/encouraging co-creation: through such projects you get people out of their room who would otherwise never come together. This supports co-creation, with local government and gives people a voice.

Brighton University host EMPOWERCARE partners

EMPOWERCARE partners visited Brighton University on the 6th and 7th of October 2022. On the first day of the visit the partners discussed the status of the project and final deliverables, confirming excellent progress.



The partners had the opportunity to hear about the Living Labs in the Brighton & Hove area and the way these contributed to the EMPOWERCARE project. Day two included a virtual visit to the Digital Innovation Centre in Kent and an update on the ESTHER philosophy of care.

Solidarity University & SWVO EMPOWERCARE Update

Digitaal Thuis in Zeeland— Omroep Zeeland

In order to make more people aware of Digitaal Thuis in Zeeland (Digitally at Home in Zeeland) regional broadcast service Omroep Zeeland shot footage in the home of an elderly lady. Both she and a district nurse were filmed while they showed how digital aids help promote independence. You can watch the programme here (In Dutch)

[Omroep Zeeland uitzending Empowercare - YouTube](#)



After elderly people had used the digital aids for six months, professionals pay them another visit for an assessment. Aids for Personal alarms had proved most popular. Some elderly people have bought a care watch themselves, because "It gives me a safe feeling; without that thing I wouldn't go out." and "It is simple, but it does have an added value for me. Otherwise, I just wouldn't go for a walk."

Digitaal Actief Zeeland—Attracting more participants

The platform (Digital Active Zeeland (DAZ)) is employed by care organisations with their own client base. This base is too small to continue with DAZ as the EMPOWERCARE project comes to an end. In order to increase the number of participants, DAZ is being promoted amongst independently living elderly people, informal carers and people whose partner has died.

During the Mantelzorgcafé (Informal Carer's Café) and the Nabestaandencafé (Café for the Bereaved) participants sat around a table enjoying coffee/tea and biscuits and spoke about what occupied their thoughts and the challenges they encountered. It transpired that none of the informal carers felt they needed online contacts or online fun. The limited spare time they have, is planned consciously and meticulously and they spend it ever so carefully.



The bereaved shared these sentiments. They spoke about the complications they experienced with their close contacts. Some people ignored them, while others approached them frequently for daytrips. Both types interactions proved difficult to deal with; the effect is that they take an extremely critical look at what they choose to participate in.

Tuus in Smerdiek-Organisation of a T-health meet-up

EMPOWERCARE organised a T-health meet-up in the village of Sint-Maartensdijk. During the afternoon programme, the elderly acquainted themselves with technological aids. During the evening programme, they provided feedback to care organisations and the municipality. There was also a presentation of EMPOWERCARE'S 'learned lessons' and a look ahead at the future needs of Sint Maartensdijk's inhabitants.



Follow us!

You can follow the EMPOWERCARE Project on Twitter @CCCUEMPOWERCARE and @2EMPOWERCARE For more updates regarding the project.

An Article from Familiehulp: Working with Jane on smart care technology

EMPOWERCARE has integrated the caring technology principles into the Technology Blueprint. These principles are also applied in the roll-out of an innovative application Jane.

Growing demand for home care

Today, 150,000 elderly people with care needs live independently at home in Flanders. Due to the aging population – almost 25% of the Flemish population will be older than 65 in 2027 – this number will increase further. A large majority of these people want to live independently at home for as long as possible, which means that the role of informal care and home care is increasing. In this story, technology becomes an indispensable element.

Thomas Tyteca, Sales Director Jane: “Today we see a digital acceleration in almost all sectors. Care should not be left behind. We believe it pays to invest in a self-learning care solution with a user-friendly application, both for people with a care need, their informal caregivers and care providers.”

With lifestyle monitoring, everyone stays at home with peace of mind

Lifestyle monitoring follows movement within a home via a system of sensors and alarms. This technology offers benefits for all parties, both the resident with a care need and the caregivers. The application does not require major changes. For example, it is not necessary to wear an alarm button. Jane recognizes and registers the movement patterns and sends significant deviations to the care circle via a notification or alarm. Examples of such abnormalities are an unusually long toilet visit or a fall.

The caregiver can consult the latest status of movement 24/7. *Has mom got up yet? Has daddy been in the kitchen? Was there more movement than usual at night?* It avoids unnecessary anxious phone calls to the elderly concerned. The motion signals are also tracked for a certain period of time. This makes it easier to objectively determine, for example, reduced mobility.

Thanks to such technology, seniors can live at home for an average of 12.7 months longer. In this way they retain their social role and freedom, which only benefits their well-being.

With the permission of the customer, Familiehulp employees can also get a better overview. This makes care planning easier, work more efficient and the quality of care improves. In addition, each customer decides for himself which persons are linked to Jane. Care providers can thus optimally respond to the wishes and needs of the customer, who retains maximum autonomy.

Celine Mys, customer and portfolio staff member at Familiehulp: “A smart care solution such as Jane fits in seamlessly with Familiehulp's vision of always starting from the person himself, and always determining the care goals in consultation. Thanks to Jane, people can continue to live at home longer, more safely and with peace of mind. Also, do not underestimate the peace of mind Jane offers for carers, but also, for example, for our carers. This only improves the quality of care.”

Good first results with pilot projects

The launch of Jane follows a test phase at customers' homes, in which the informal carers in particular started working actively with the care solution.

Lieve and Josée's experience: “Our mom, Josée, has a mild form of dementia. Within the family we were looking for solutions to let her live safely at home. When Familiehulp suggested we try Jane, we were immediately excited.”

Familiehulp, Jane and Belfius Insurance together on an ambitious mission

Two years ago, Belfius Insurance launched Jane. With this collaboration, Belfius Insurance underlines its ambition to also play an active role in the home care sector, through its involvement in a sustainable home care model. Solutions such as Jane help to further develop an ecosystem in which healthcare providers are empowered by technological innovations.

Els Blaton, member of the management committee of Belfius Insurance: “With Jane's lifestyle monitoring system, we want to contribute to allowing older people to enjoy their familiar environment for as long as possible, in a non-stigmatizing or intrusive way, one of the major concerns in today's society. The structural cooperation with Familiehulp accelerates and strengthens Jane's offer, so that we can bring more elderly people and their environment happiness and peace of mind.