

Top stories in this newsletter...

PRAKTIJKVOORBEELD dersteuningspakket voor een zorgzame buurtanalyse



Province of Antwerp presents the caring village support package



The Solidarity University assists in launch of second edition of newspaper



Le Département du Nord A new name for adapted family conferencing: the REPRISE (recovery) method

Training Digital Ambassadors in Kent

Kent County Council have begun training Digital Ambassadors to support people in the community with digital skills and help them to access technology through our technology loan scheme. Over 40 people have registered to become Digital Ambassadors. A training video has been developed which provides the volunteers with the skills they need to teach digital skills to people over 65 and those over 50 with a chronic condition



Devices have been procured and the roll out of the device loan scheme has begun. The technology on loan includes a Kara Device, a Samsung Tablet and an Alexa. This scheme will allow people over 65 in Kent to trial new technology and access the internet, with the support of the Digital Ambassadors. **To find out more email: empowercare@kent.gov.uk**

Group Sessions—Tech Demo's

EMPOWERCARE has hosted three group sessions in Kent and have another two lined up for September and October. These sessions provide an opportunity to demonstrate the Kara device, Samsung tablet and the Alexa device. Apart from demonstrating the device, the digital ambassadors who attended the group session provided support and advice to the participants in the session.



Solidarity University & SWVO EMPOWERCARE update

As part of the EMPOWERCARE project, Solidarity University is active in the Dutch village of Sint-Maartensdijk. SWVO are involved in several projects that aim to promote living circumstances and/or social cohesion. They are also involved in the pilots of Digital Active Zeeland and Digital Home Zeeland.

A newspaper—what can be achieved from one simple initiative

SWVO and Solidarity University have worked together to create a new local newspaper and are currently focussing on helping the parties involved publish the next edition. The newspaper is filled with information on the many volunteer initiatives/organisations and what SWVO is doing for the village.

The next edition will promote a local fair taking place in October. Residents of Sint-Maartensdijk can go along and get to know all the organisations that will be represented there. The fair creates an opportunity for residents to share their knowledge and is an opportunity to become involved as a volunteer. These initiatives show that relatively low-tech means of communication can unite different organisations and residents in meaningful interactions through the exchange of knowledge, stories and experiences!

Tips and tricks for organizing digital activities—SWVO

Last month, SWVO organized the first meeting of the training for Ambassador Digital Active Zeeland'. Employees of various care organizations learned about digital daytime activities through interactive training.



This 'tips and tricks' brainstorm session provided information for organizing digital activities. The enthusiastic ambassadors will be working within their own healthcare organisation in the coming months.

Digital Home Zeeland

Healthcare providers and SWVO have started a new pilot to help residents and their informal carers through various eHealth solutions. In several villages in Zeeland, a number of residents are connected to the existing eHealth platform 'Virtual Home Care' from supplier MobileCare. Within the themes of vital living, safety, transport and meeting, residents receive appropriate help through digital tools at home. This way informal carers are supported and relieved. Employees of the participating care organisations were trained in identifying problems and using the appropriate products. In the coming months, home care organisations will start working on the implementation and social workers and consultants will begin to become involved. SWVO and Solidarity University are also working on a regional video about the EMPOWERCARE activities in Zeeland, highlighting the pilot schemes.

Update from The Province of Antwerp

Piloting the Empowerment strategy in Herentals and Lille

The Province of Antwerp continues to test and implement the Empowerment strategy through the Caring Villages project in collaboration with Thomas More University of applied sciences. They will pilot with two municipalities; Herentals and Lille in the villages of Morkhoven (Herentals) and Gierle (Lille). Both villages have a large population of EMPOWERCARE's target group of people aged 65+ (or 50+ with at least one chronic health condition). In addition the village population are facing challenges such as: reduced mobility, shortage of basic facilities, increasing loneliness and reduced social cohesion. With the support of Thomas More University, the municipalities worked out an action plan that focussed on caring for the senior citizens in their village by increasing the empowerment of 65+ and 50+ with a chronic disease. The two pilot sites have been very busy over the last two months, setting up actions and interventions to support this group.

Community based care and caring neighbourhoods

On Friday the 23th of April the UA (University of Antwerp) and VUB (University of Brussels) organised a digital symposium around community based care and caring neighbourhoods. The aim was to connect the many initiatives around Buurtzorg—Zorgzame buurten in the Flemish landscape.

Together with Leen Heylen of the Thomas More University, The province of Antwerp gave an interactive workshop on how to do a caring neighbourhood analysis. They presented the caring villages support package and promoted the EMPOWERCARE project. More than 300 participants followed this workshop including: care professionals and organisations, informal caregivers, policy makers, local authorities and scientific institutions.

Free information Evening

On the 9th of September the municipality Of Herentals organised an information and demonstration evening in Morkhoven Dealing with issues of mobility support for their seniors and engaging volunteers. The event offered: Information : Demonstrations & Opportunities for volunteers



Le Département du Nord's: Adapting family conferences for the elderly!

The action research project team continues to progress and meet regularly. The team recently created a new name for the developed method of conferencing suitable for elderly people with dependency. The more the research work progresses, the more the team is able to move away from the initial model of Family Conferencing to include the different considerations required for the elderly population. The model is now called REPRISE as outlined below:

- ◆ **R - Réseau / Network**
- ◆ **E - d'Entraide / of Mutual aid**
- ◆ **P - de Proximité / Proximity**
- ◆ **R - à la Réalisation / to Realization**
- ◆ **I - à l'Innovation / to Innovation**
- ◆ **S - et au Soutien / and Support**
- ◆ **E - des Envies / of Desires**

The Wello team has joined us!

In order to work on the technological aspect of the project, Le Département du Nord has been working with new service provider, Wello, a social and solidarity economy company, to build a digital tool supporting the REPRISE method. Its participation in the project is part of the action research process already started in order to take into account its initial results. The application will be developed and tested in co-construction with the project team and those affected by the project. This new offer will be added to a range of already existing responses and will be based on adapted digital technologies, as a lever in a process of networking the various players.

This will involve developing a digital application to meet the needs of the elderly and their caregivers within the framework of the method. It aims to allow the interpersonal network around the individual concerned to be involved in the organization of activities that will respond to the desires of the person and also free up time to provide support to a caregiver while keeping the elderly person at home.

Canterbury Christ Church gain ethical approvals for evaluation. New online survey tools developed.

Canterbury Christ Church University (**CCCU**) are looking forward to the new academic year and a return to pre-pandemic ways of working, including the buzz from the presence of thousands of students on campus.

Over spring and summer, the EMPOWERCARE team has been busy gaining the necessary ethical approvals for the evaluation. This has happened in tandem with the development of online survey tools in the various partner languages to be collected to inform the evaluation. Now that work is complete, the project enters a new phase as partners recruit participants to the evaluation and begin to collect data. Training sessions took place in May and July to prepare partners to undertake this work effectively. Further training will be taking place in the autumn time.



An evaluation data collection training session about to get underway.

In the last newsletter, CCCU introduced the evaluation team Expert Advisors, explaining their role and linking to recently written publications. They have again been busy with publications, and below are links to some of their latest relevant outputs:

Dr Maria Stein has authored;

Stein M and Reynolds F (2020). How is carer strain related to the recovery of stroke survivors with right hemisphere dysfunction? Implication for practice. *Journal of Disability and Rehabilitation*. <https://i.org/1080/09638288.2020.1775311>

Ménard, L., Petit, A., Leblong, E., Stein, M., Hatzidimitriadou, E., Khemmar, R., Manship, S., Morris, R., Ragot, N. and Gallien, P. 2020. Novel robotic assistive technologies: choosing appropriate training for healthcare professionals. *Modelling, Measurement and Control C*. 81 (1-4), pp. 43-48. doi.org/10.18280/mmc_c.811-408

Dr Ann Price has authored;

Naef, R., Brysiewicz, P., McAndrew, N. S., Beierwaltes, P., Chiang, V., Clisbee, D., De Beer, J., Honda, J., Kakazu, S., Nagl-Cupal, M., Price, A.M., Richardson, S., Richardson, A., Tehan, T., Barnard-Towell, A., & Eggenberger, S. (2021) ICU nurse-family engagement from a global perspective: A qualitative multi-site exploration. *Intensive and Critical Care Nursing*. <https://doi.org/10.1016/j.iccn.2021.103081>

Dr Toni Wright's, Principle Research Fellow on the project, book recommendation for this issue of the newsletter is *Being Mortal: Illness, Medicine and What Matters in the End* by Atul Gawande. Published in 2019, this is a book about what it means to face mortality and age well in today's modern world. Drawing on his own experiences of being a surgeon and of those from his family and patients, Gawande illustrates what a good life, right up until the end, should be. The book is relevant to EMPOWERCARE because one of its key messages is the importance of centring what matters to people as they experience the later stages of life. Despite some of the subject matter covered, it is a progressive, inspiring and optimistic read.

Please stay in contact with the CCCU evaluation team on social media and by: Twitter: @CCCUEmpowerCare Email: EmpowerCare@canterbury.ac.uk

An Update from Family Help

Technology and design are the core business of Boone

Boone endeavours through international think tank PRoF to trigger society to analyse the needs of individual citizens and create innovative solutions by participating in European Projects.

The participation in the short AAL project JAME was concluded in March 2021 with a positive audit by the AAL program. JAME aims at keeping as active as possible, socially and at work in view of the significant impact on the life of patients with chronic conditions and disabling symptoms, such as tremors. Combining advanced technologies with design principles, the consortium is developing a wearable device which can monitor the movement of the upper limbs and, through an ad-hoc algorithm based on machine learning, can recognize a tremor and suppress it. The project includes an in-depth analysis to understand the user's attitudes and preferences, a clinical trial aimed at optimizing the technology, and technological development activities. The goal is to create a non-invasive and non-stigmatizing device. However, in the past year, the rapid spread of the coronavirus has impacted on our agendas, and the JAME consortium is experiencing this impact too. The current crisis was perceived as a factor delaying project implementation. Meetings were cancelled and It was difficult to start conversations with healthcare professionals and patients. This created a challenge in realizing the activities, planned in Work package 1, related to end-users' analysis in which BOONE takes the lead. Task analysis helps identify the tasks that your application or device must support and helps to design a solution that makes the patient more involved in the society (See also: Usability.gov). In this project, the consortium agrees that user task analysis is the act of observing users and recording the actions they take to achieve their goals.

Boone and his PRoF consortium receive a European design award !

Start Position



End position



PRoF theme day: EMPOWERCARE SHARING IS CARING Awards

Ozark Henry, Meester Mussche, Prof. Verdonck and Prof. Van Damme - received their PRoF awards personally from PRoF coordinator Jan Van Hecke.

Boone and the PRoF consortium invited one hundred influential Flemish people to the PRoF site *Sharing is Caring* in Poperinge on Thursday 9 September 2021. It was their first face to face meeting with the different target groups EMPOWERCARE wants to reach. Together with the partners in their network, PRoF/Boone made the plans for the development of this experience centre in 2020 and implemented them step by step. It has become an innovative space in which Empowercare activities will take place in the coming months and years. The opening to the general public is planned for 2022.



Pascal Selleslagh's article on 10 September 2021 in "De Specialist" illustrates the link with the EMPOWERCARE Approach: "...Prof Pascal Verdonck proved this by presenting his profound vision on hospitalisation of the future. Starting with one message: together we can only create value in healthcare if we connect and integrate with the citizen, only then will we achieve added value. He broke a lance for a data platform that connects everyone. Integrated care then consists of working together with the citizen across the care chain, in a health continuum. A motorway that connects you to the citizen is needed first, infrastructure that has to be in place before the rest, the medical approach, can work," was the reasoning that was undoubtedly inspired by his engineering background..."

An Update from Care Group-Hart

The pilot site of Care Group H, has been engaged in training the workforce in multiple skills to ensure optimal care of older people. Hart seeks to empower the elderly and give them the opportunity to thrive in their home environment. Training will focus on stronger collaboration and communication between care professionals and on technological support. In collaboration with our occupational therapists,

Hart is developing five different technological tool boxes to empower older people to keep maintain their independence as much as possible. Each tool box is focused on a different type of physical skill. Using multidisciplinary consultations the appropriate 'box' will be chosen for the elder.

While they are staying in the apartment, the elderly will be enabled to practice with the different tools available in the tool box that suits their needs best, and which they would find most interesting to them and which they would want to use on a daily basis.

Peer-to-peer training will be organized to stimulate them and their network to also learn from each other and be inspired by one another. In doing this, we want the elderly to look at the use of this resource as an uncomplicated task, and to be inspired to look for the 'ideal' tools themselves. The toolkit is in the final stages of production. Once completed we look forward to sharing images of the product.



Technology Pilot BIBOPP is launched in Flanders

The residents of Balen, Mol, Dessel, Retie and the city of Turnhout in Flanders were able to access the technology pilot BIBOPP via the link: 'Live your healthiest life! Take the first step today and answer the questions on www.bibopp.be.

They are the first to use the health platform BIBOPP, created together with end-users, caregivers and stakeholders.

The local administrations have committed themselves as pilot municipalities and are actively promoting the project. We are looking forward to the responses so we can evaluate whether this technology is empowering people to manage their own health.

