

Senior Friendly Communities

Prof Frans Verhey

euPrevent EMR Mental Health



[@euPrevent](https://twitter.com/euPrevent) [#SFC](https://twitter.com/#SFC) [#EuregioMaasRijn](https://twitter.com/#EuregioMaasRijn)

How it all started

6th EMR health conference
dd 21.04.2010 in Maastricht



Programme line
„Mental Health“



Chairs



Dr. Karl-Heinz Feldhoff



Prof. Frans Verhey

Potential partners



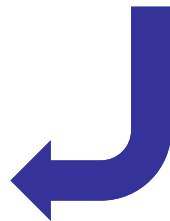
Workgroup, extended

- provincie Limburg
- provincie limburg
- HEINSBERG
- DG live! ...deine Gemeinschaft!
- RWTH AACHEN UNIVERSITY
- eUPREVENT | EMR
- Maastricht University
- ALZHEIMER CENTRUM LIMBURG
- Seniorenresidenz Humanitas GmbH
- Vincent van Gogh voor geestelijke gezondheidszorg
- St. Josef
- MUTUALITE CHRETIENNE
- Maria Hilf NRW gGmbH
- Huis voor de Zorg staat er voor u
- Mondriaan voor geestelijke gezondheid

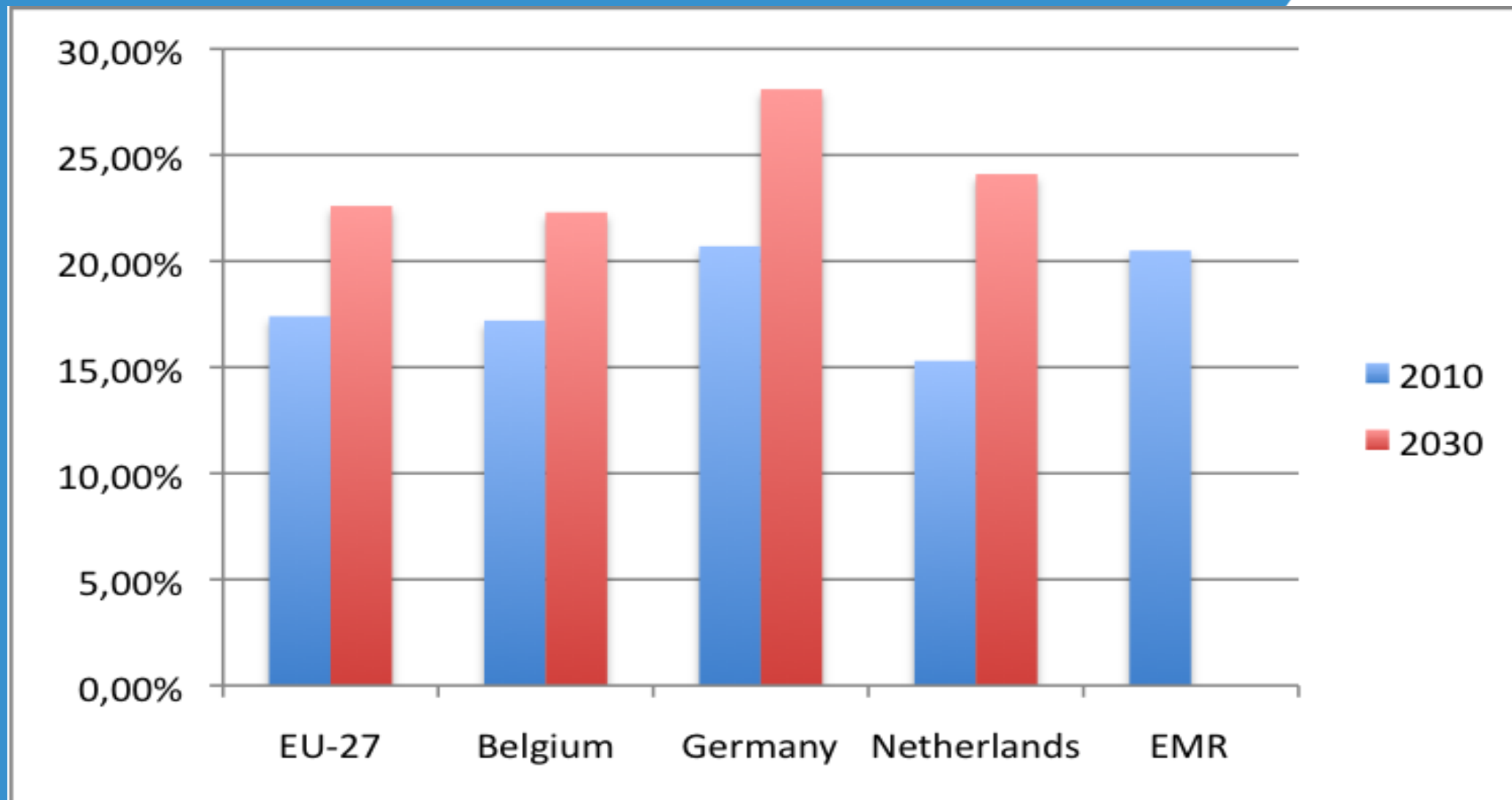


Workgroup

- | | |
|---|---|
| <p>Mr. F. Verhey,
Maastricht UMC / Alzheimer Centre Limburg</p> <p>Mrs. M. Vugt,
Maastricht UMC / Alzheimer Centre Limburg</p> <p>Mr. R. Kempen,
Maastricht University / Caphri</p> <p>Mrs. S. Reekmans,
Province of Limburg (B)</p> <p>Mrs. L. Willems,
Huis voor de Zorg</p> | <p>Mrs. C. Glaude,
MC</p> <p>Mr. C. Marechal,
MC</p> <p>Mr. K-H Grimm,
euPrevent EMR</p> <p>Mrs. B. van der Zanden,
euPrevent EMR</p> |
|---|---|



Background



Background

More care needed in the future

More people with chronic conditions

More people with mental health problems

More people with dementia

Prevention and Public health are becoming more important

Meer aandacht voor preventie bij ouderen

27 MAART 2016 IN ACTUEEL, NIEUWS, OUDERENZORG, PREVENTIE



Alt und behindert

Wie sich der demografische Wandel auf das Leben von Menschen mit Behinderung auswirkt

Berlin-Institut  für Bevölkerung und Entwicklung

gefördert von der  Software AG Stiftung



Crossing borders

The project

Senior Friendly Community in the Euregio Maas-Rijn

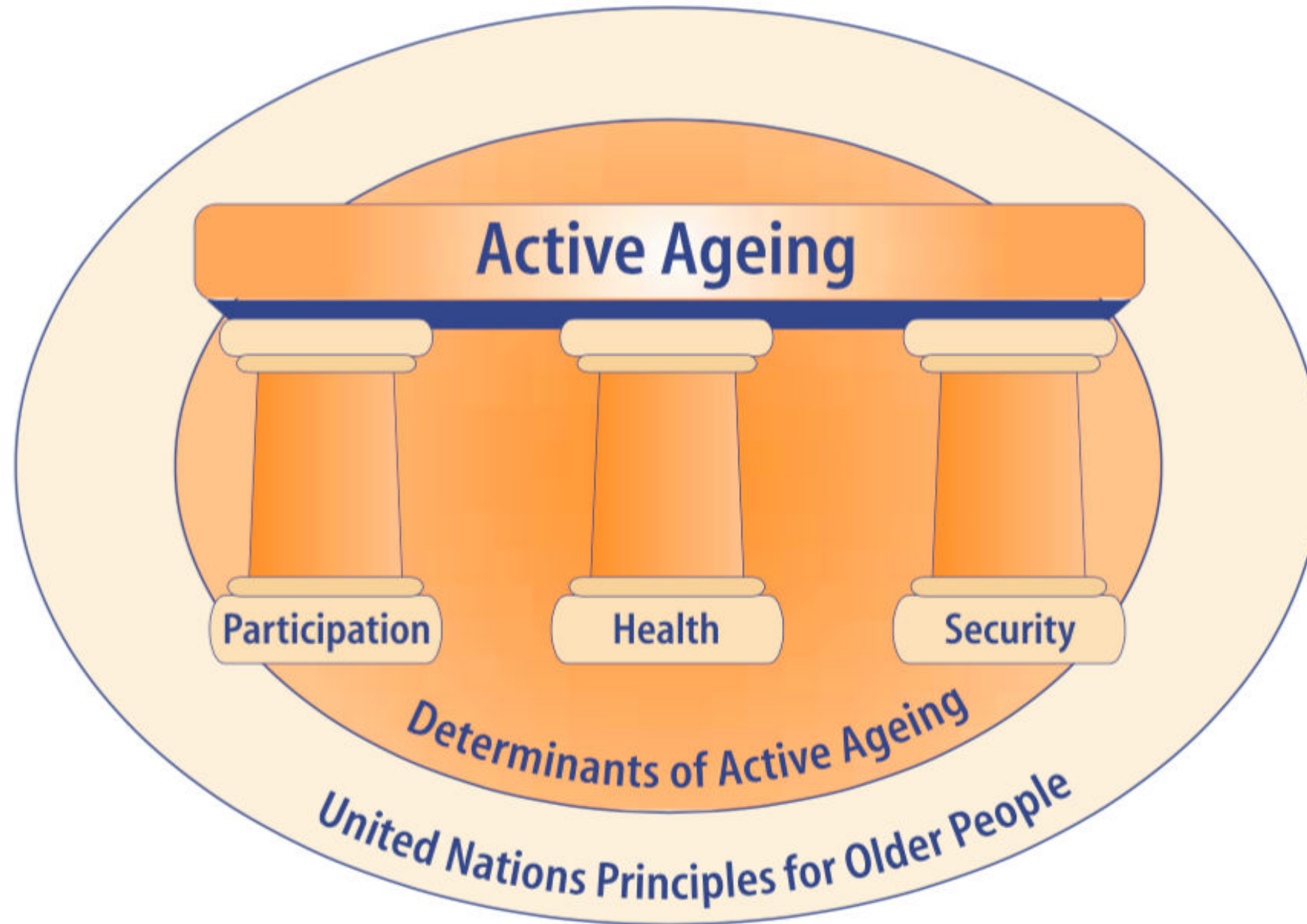
Mental health – Dementia - Depression

Theoretical framework



Theoretical framework

Figure 14. The three pillars of a policy framework for Active Ageing



Target group



Activity buffet



SFC – Depression and dementia

Theoretical framework¹

1. Participation

1. Positive image senior
2. Accessible and useful information
3. Voluntary engagement
4. Lifelong learning

2. Health

1. Active leisure and socialisation
2. Information, programs to promote healthcare
3. Social support and assistance
4. Accessible and correct healthcare

3. Safety

1. accessible services
2. support of informal caregivers
3. Public information
4. Safe shelters

Activity buffet

1. Participation

1. Information about a normal memory
2. Website and facebook
3. Campaign to break the taboo dementia/ depression
4. eHealth support seniors
5.

2. Health

1. Living room initiative
2. Policy dementia friendly communities
3. Visiting widowers
4.

3. Safety

1. Training informal care givers
2. Training service oriented organisations
3. eHealth support informal caregivers
4. Lifelong learning
5.

1. 'Active ageing policy framework', WHO, 2002, WHO/NMH/NPH/02.

Project content

- We include 10 communities per country, 30 in total
- Comparison of demographic data in the EMR
 - Centraal Bureau voor Statistiek, IT NRW, Liege, B-Limburg/Vlaanderen
 - Yearly update, comparable data, structural exchange
- Exchange of knowledge within EMR
 - Exchange of regional ‘products’
 - All activities will be adapted and be made available in 3 languages
 - Uniform assessments, evaluations, data collection, public campaigns

Project planning- Year 1

- Recruit communities/ municipalities
- Individual needs assessment, baseline
- Design and prepare the ‘activity buffet’ (translation, adaptation, manuals, implementation guide etc)

Project planning- Year 2

- Activity buffet
- Communities pick up from buffet what they need
- Implementation activities

Project planning- Year 3

- Implementation of selected activities
- Advise communities on sustainability
- Evaluation, Follow-up

Project partners



- University of Maastricht/ Alzheimer centrum Limburg
- Huis voor de Zorg
- Gesundheitsamt Heinsberg
- Christelijke Mutualiteit DG
- LOGO
- Centre Hospitalier Liege
- GGD Zuid Limburg
- Dienststelle für Selbstbestimmtes Leben
- Stichting euPrevent | EMR

Thank you for your attention!

Contact details can be found on our website:

www.euprevent.eu