

Senior Friendly Communities

Results so far...

Prof Frans Verhey

on behalf of the
SCF team



Crossing borders
in health

Senior Friendly Communities

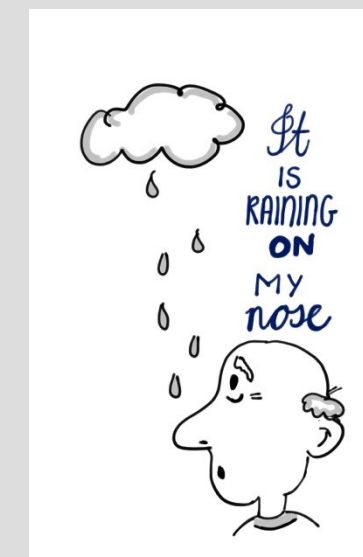
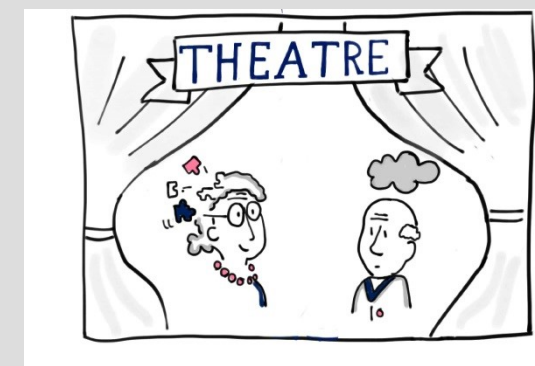
- Project summary
- Some results so far
- Lessons learned

The SFC project

- 9 partners, 31 communities
- ‘Life safely, Enjoy life, Stay involved’
- WHO Framework
- Intersectorial
 - Health, research, municipalities
- Cross national



> 100 Activities chosen



The SFC project

Yr 1: Preparation

Yr 2: Implementation

**Yr 3: Implementation
Sustainability**

SFC: results

- **Increased awareness: some quotes**
- *Since the project, I am more aware that dementia and depression are also social and societal issues, not just medical*
- *‘SFC provided a modest, but important stimulans to what we did already for elder people with dementia’*
- *‘SFC made me realise that we were doing already more than we previously thought, and this is important. Not so much on policy level, but in daily practice’*

SFC: results

- *Increased awareness*
- Both for dementia and depression
- Strengthened effects of other campaigns
- Not only due to activities, but also assessments and mystery guest
- Increased awareness especially of the employees, less of citizens
- Need more time to secure these results

Results

- In general, municipalities appreciated
 - Insight gained by mystery guest
 - Diversity of themes covered
 - Innovative nature of activities
 - Feedback they received
 - Increased interest in the activities
 - Having contact persons from the project and activities

Results

- Countries differ w/r dementia advisors, and other
- Municipalities differ w/r responsibilities for carer policies
- Late life-depression is more taboo than dementia.
- Focus on loneliness, not explicitly on depression

SFC: results

- **Need for exchange**
- Municipalities liked to exchange best practices
- Increased awareness of what is happening in other regions
- Potential of the SFC network
- More focus on own region, that across regions
- *Despite major differences in care systems, regulations, lack of time, resources*

11 lessons Learned



Thanks to Ingrid Nouwens

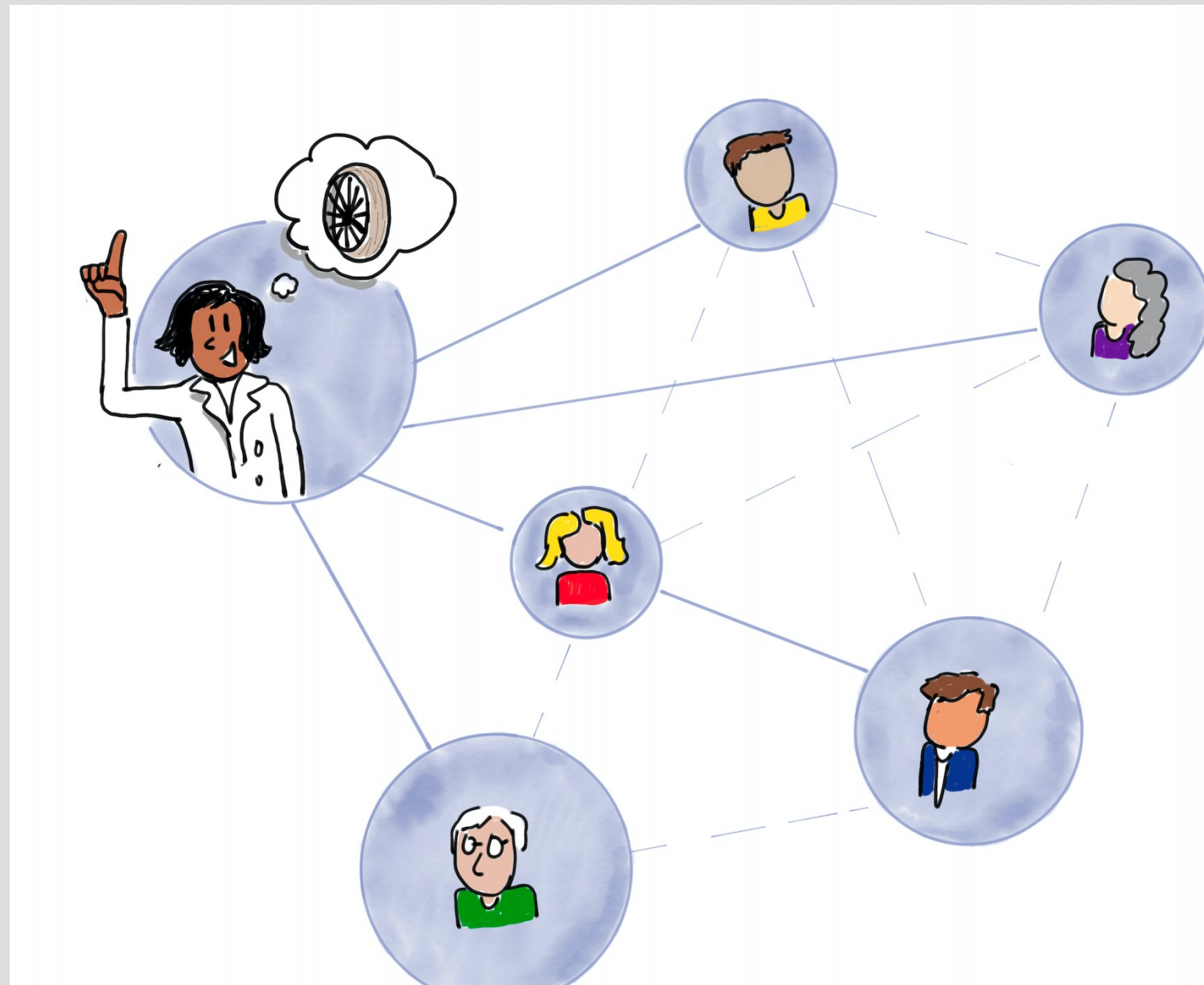
Lesson 1:

Start with an inventory



Lesson 2:

Create frameworks, networks and connections



Lesson 3:

Aim high



Lesson 4:

Every little step counts



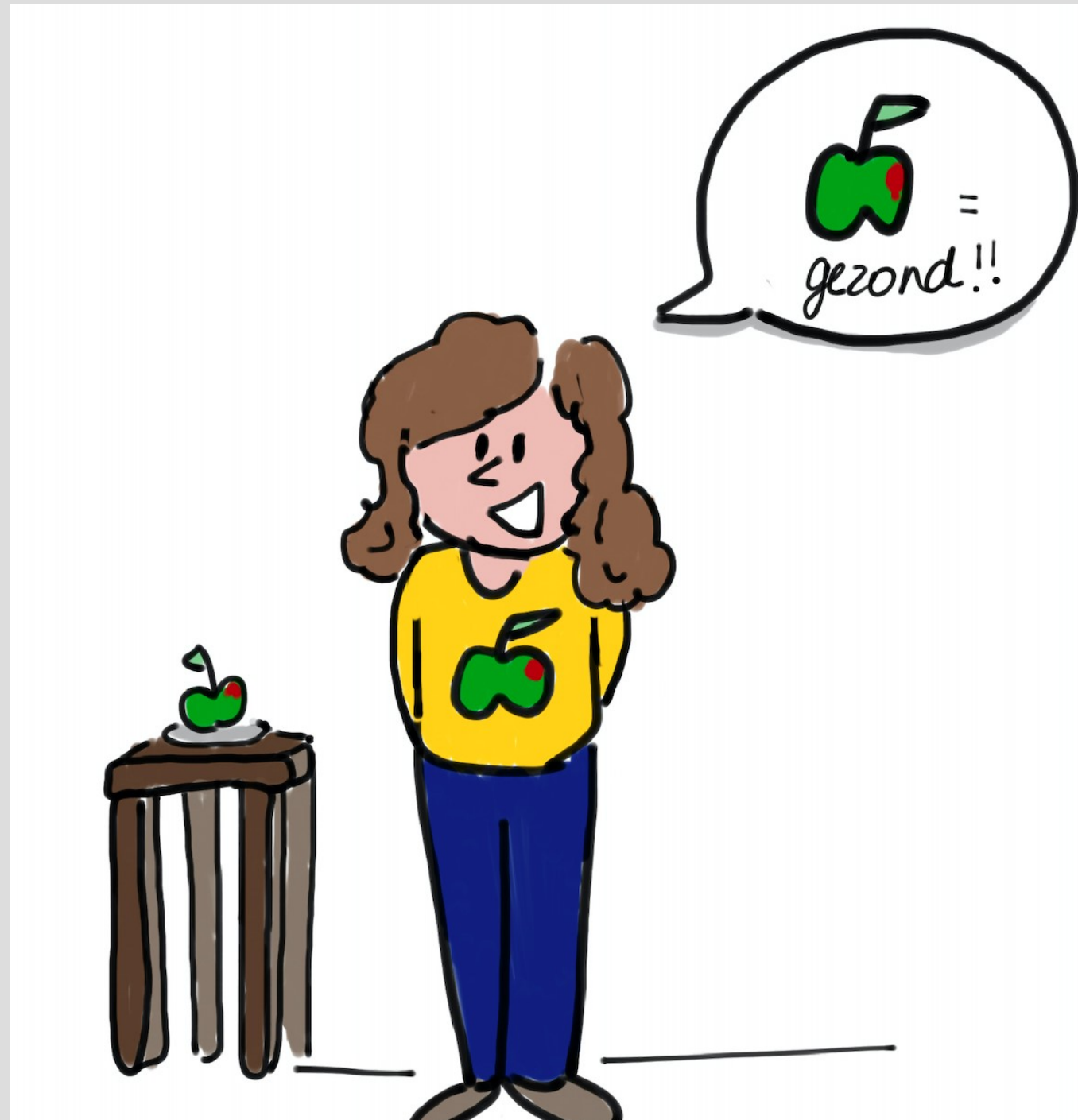
Lesson 5:

Keep the target groups in mind



Lesson 6:

Aim for prevention



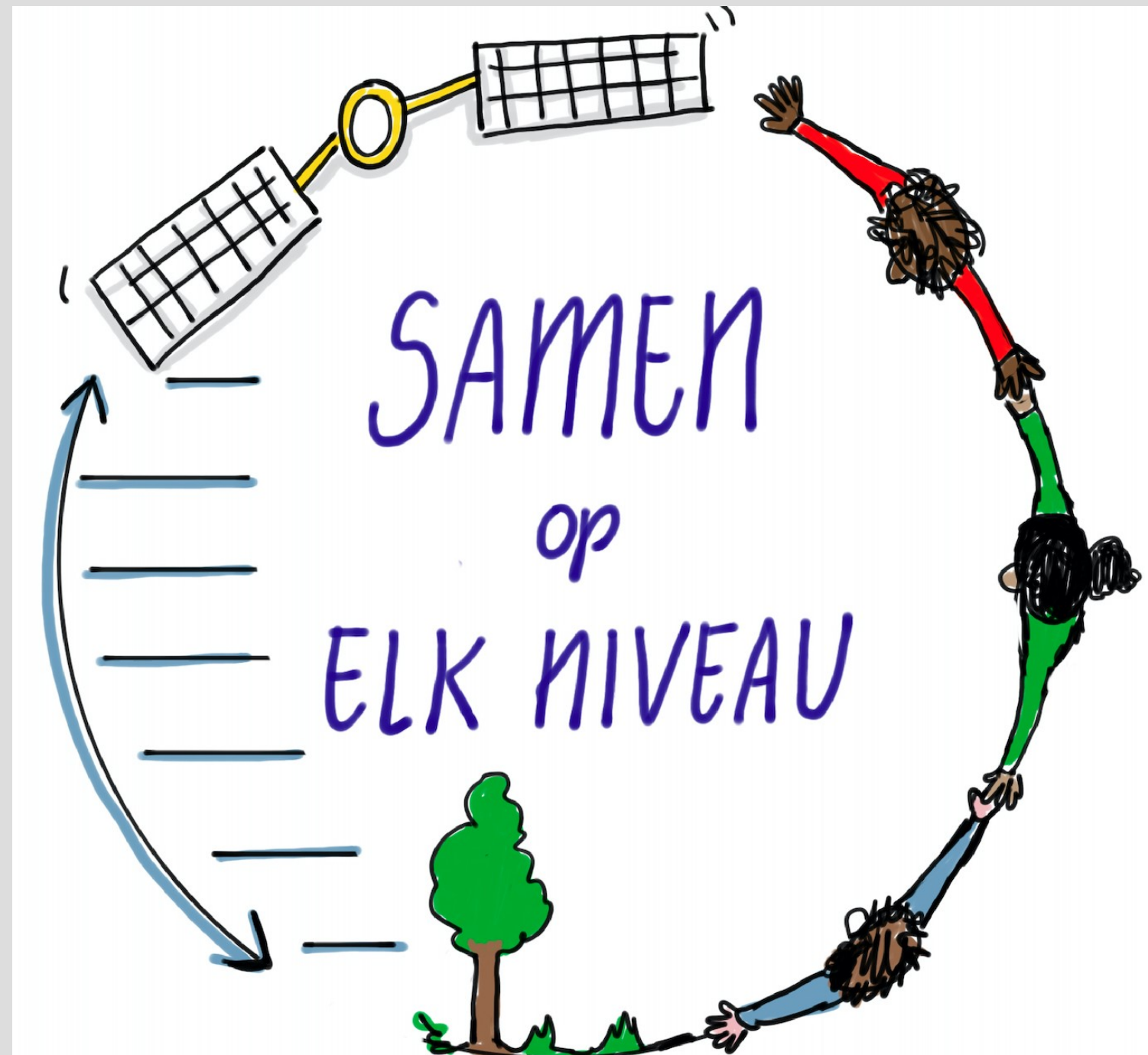
Lesson 7:

Go with the others



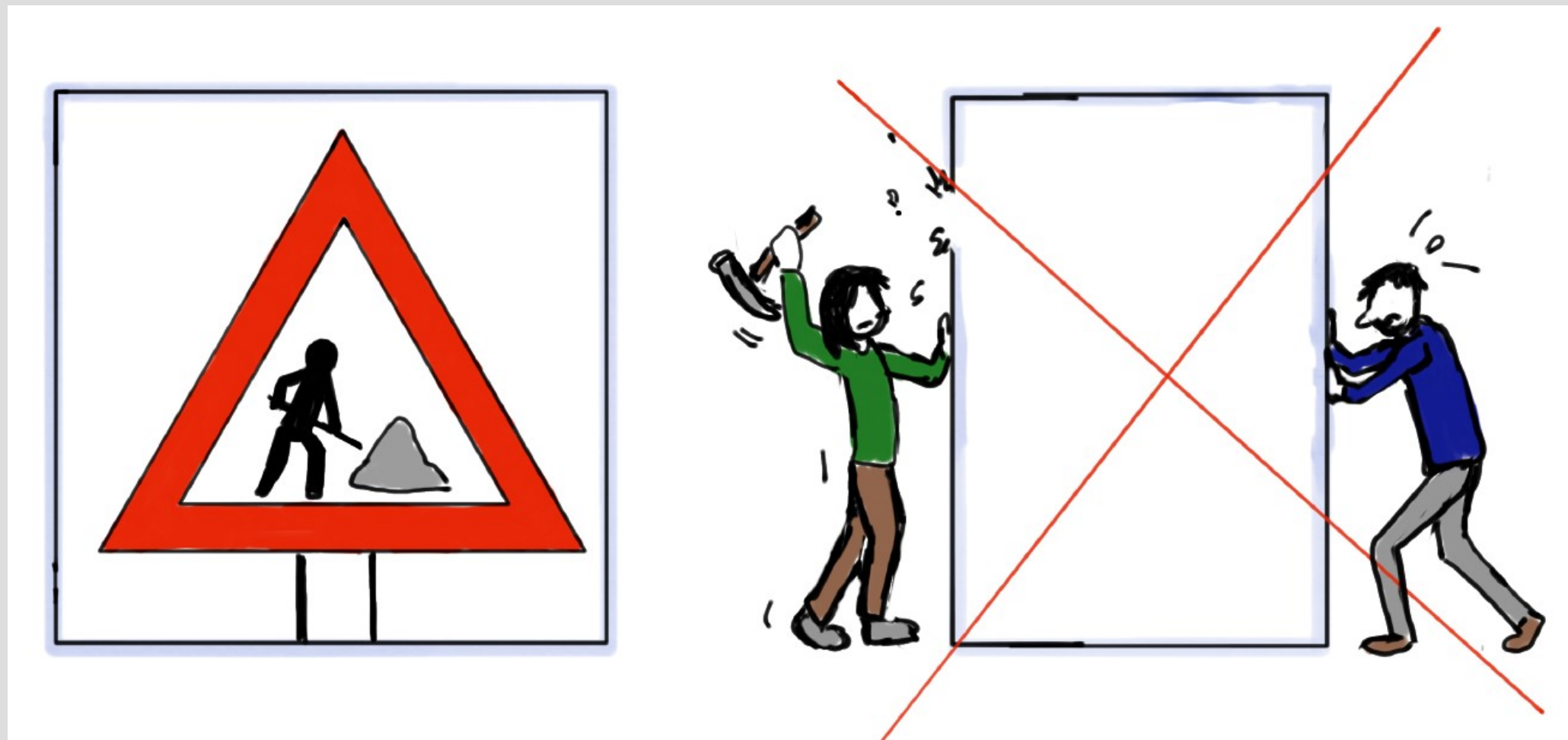
Lesson 8:

Work together



Lesson 9:

Work with existing structures, not fight against



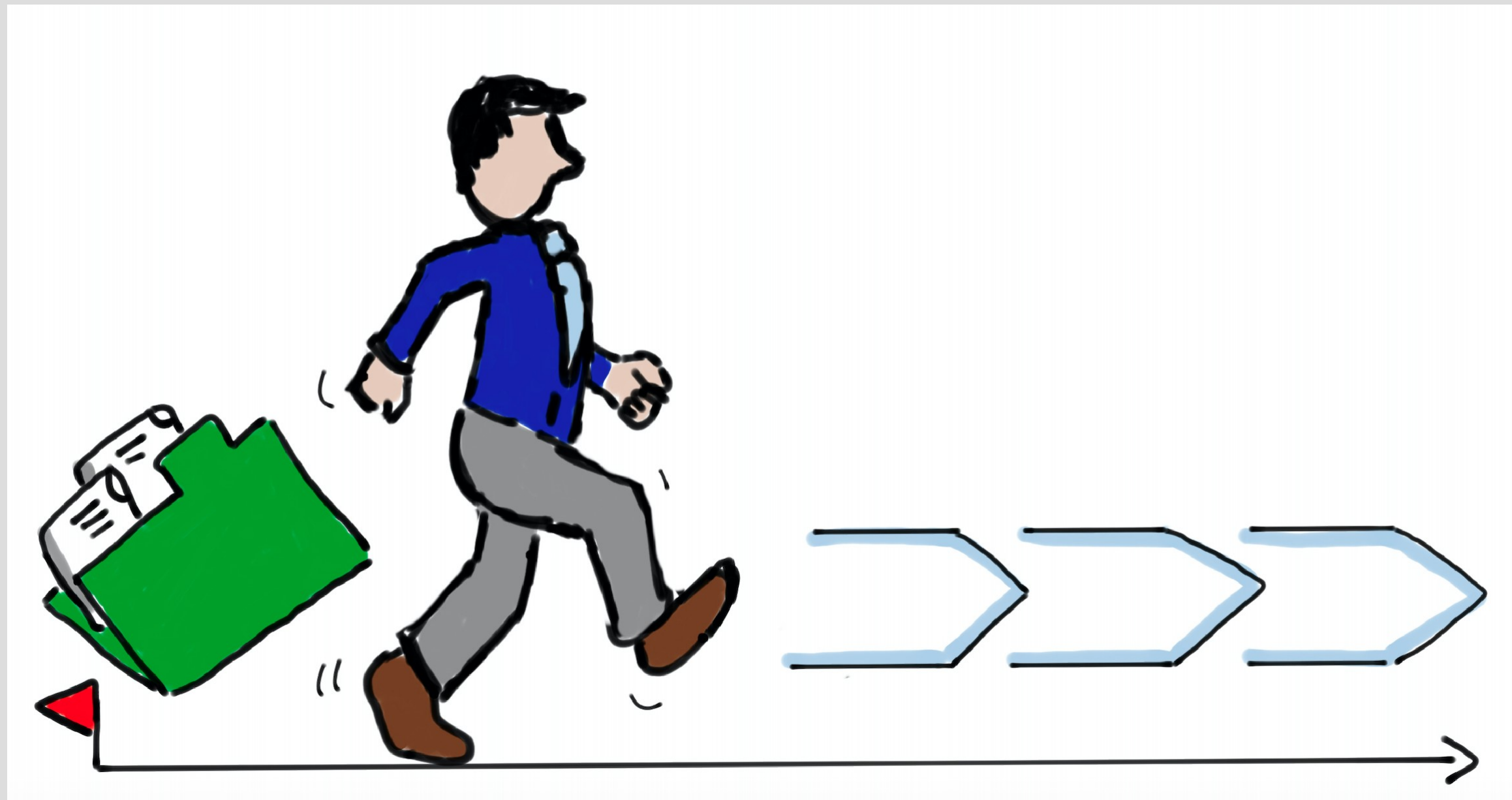
Lesson 10:

Formalise your goals (stok achter de deur...)



Lesson 11:

From project to process



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burgerkracht Limburg



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