

2016 - 2019

Live safely, Enjoy life, Stay involved.

Project euPrevent ‘Senior Friendly Communities’ (SFC)

Live safely, Enjoy life, Stay involved.

‘Together we are creating Senior Friendly Communities in a cross-border setting to ensure that all senior citizens in the Euregio Meuse-Rhine can continue to enjoy participating in daily life.’

This message is key to the euPrevent ‘Senior Friendly Communities’ project.

The project

The project started in September 2016 and is to operate for three years. In this project, nine euroregional partners work together with 31 participating municipalities from the Euregio Meuse-Rhine (EMR). Their common aim is to create Senior Friendly Communities: communities in which care, carers and the inclusion of everyone are at the heart of daily life. The project focuses on the mental health of seniors, more specifically on dementia and age-related depression.

The partners in the EMR aim to realise this with the following activities:

- promoting the continued physical and mental activity of the target group;
- promoting the economic and social integration of the target group;
- increasing the efficiency of care systems in the EMR;
- promoting cross-generation solidarity.

Target groups

In this project the partners and municipalities focus specifically on these three target groups:

- people who currently work as caregivers;
- potential caregivers;
- people who need care: elderly persons with age-related depression and/or dementia.

Customised work per municipality

The range offered will be customised per municipality in line with local requirements. There are 4 steps to the project:

1. Analysing the requirements of participating municipalities.
The results of this assessment can be found in [the EMR report](#).
2. Selecting concrete activities per municipality, based on a range of activities.
3. Implementing activities in the municipalities with the help of euPrevent and partners.
4. Drawing up a sustainability plan.

Motivation for the SFC Project

With the rise in the number of older people in the total population, the demand for care, facilities and understanding for the needs of the elderly is also increasing. The municipalities in the Euregio have a comparable demographic composition and therefore face the same challenge: ageing. Facing these developments, preventive measures and structural changes are essential in order to enable seniors to participate in society as long as possible. Local authorities will need to be supported so they can create a climate that supports a more informal healthcare system and must work together to cope with this challenge. The differences in approach and in the legislation and regulations between the regions in the EMR bring benefits through cross-border exchanges of experiences. The nine partners in the euPrevent 'Senior Friendly Communities' (SFC) project, together with the 31 participating municipalities, are taking up this challenge.

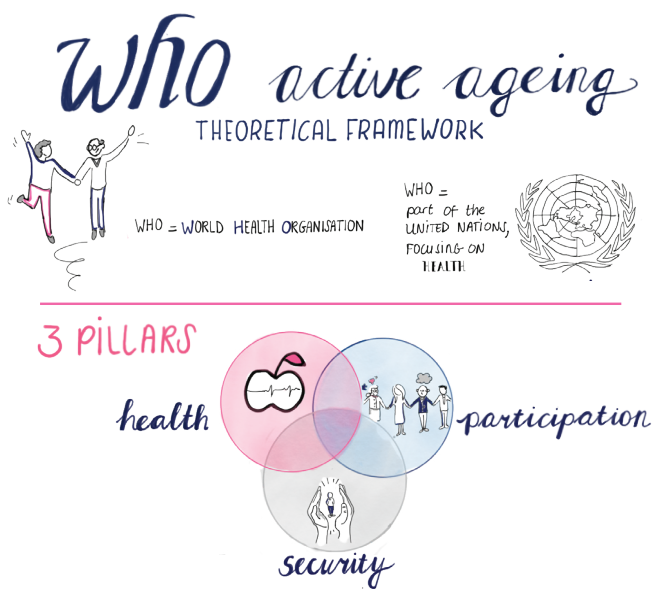
WHO: ACTIVE AGEING

The theoretical framework

The 'senior-friendly' topic is based on the broader concept of 'Active Ageing'*, as defined by the World Health Organisation (WHO) (WHO, 2002). The WHO is a United Nations organisation that focuses specifically on health. The WHO understands older citizens to be people aged 60 years and over (WHO, 2002, p. 4). This project adopts a guideline of 65+ years, but the participating municipalities are free to interpret this guideline as they please.

The Active Ageing framework

The WHO sees the ageing population as a challenge. According to this organisation, actions in the 'Active Ageing' framework can offer an answer here. The WHO has defined the 'Active Ageing' framework on the basis of three pillars: **health**, **participation** and **security**. The aim is to promote health, participation and security among older citizens in order to improve their quality of life. This project looks at the various ways in which municipalities promote health, participation and security for older people.



Click [here](#) for more information on Active Ageing.

The SFC Activities Buffet

The SFC Activities Buffet addresses the mental health of senior citizens, paying particular attention to dementia and age-related depression. The activities can be placed in the framework of 'active ageing'. The participating municipalities will choose a set of tailor-made activities and implement them in their own municipality.



	DEMENTIA	Age-Related DEPRESSION	HEALTH	PARTICIPATION	SECURITY
1. Advice Dementia	X		X	X	
2. Advice on prevention of age-related depression		X	X	X	X
3. Confetti in your head	X			X	X
4. Creation & Organisation of local group of Elderly		X	X	X	
5. Crossing borders in health	X	X	X	X	X
6. Dealing and Coping with people with Dementia	X			X	X
7. Education in schools	X	X	X	X	
8. Inlife	X			X	
9. It's raining on my nose		X		X	
10. Partner in balance	X		X	X	
11. Positive Health	X	X	X	X	
12. Psychoeducation on memory	X	X	X	X	X
13. Telephone-Star		X	X	X	X
14. Theatre	X	X	X	X	
15. Well-being on prescription		X	X	X	

○ = dementia

● = (age-related) depression

■ = dementia & (age-related) depression

More info on the SFC Activities Buffet can be found in the [Activities Information Brochure](#).

Project leader and partners

Maastricht University is the lead partner of the euPrevent Senior Friendly Communities project. The partners involved are:

- Centre Hospitalier Universitaire de Liège (BE)
- Dienststelle für Selbstbestimmtes Leben (BE)
- Limburgs Gezondheidsoverleg (BE)
- Mutualité Chrétienne Verviers-Eupen (BE)
- Kreis Heinsberg - Gesundheitsamt (DE)
- Burgerkracht Limburg (NL)
- GGD Zuid Limburg (NL)
- Stichting euPrevent | EMR (NL)

Overview of participating municipalities

Belgium	Germany	The Netherlands
Amel	Aldenhoven	Beek
As	Dahlem	Beekdaelen
Hamont-Achel	Euskirchen	Beesel
Hasselt	Herzogenrath	Eijsden-Margraten
Kelmis	Hückelhoven	Kerkrade
Liège	Jülich	Maastricht
Plombières	Stolberg	Mook
Tessenderlo	Wassenberg	Roermond
Thimister-Clermont	Wegberg	Valkenburg aan de Geul
Verviers		Venlo
		Venray
		Weert



More information and contact

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