O.T3.3 D-CARE Knowledge Diffusion Toolkit

December 2022

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1. Introduction to the D-CARE Knowledge Diffusion Toolkit

Knowledge Diffusion Toolkit is an instrument developed by D-CARE project consortium and associated partners in order to improve target groups and stakeholders' capacity to learn, transfer and use knowledge resources at regional, national and transnational level. D-CARE target groups and important stakeholders of the project are: healthy older adults and specific groups of older adults, healthcare professionals and other integrated care actors, low-qualified people and older (unemployed) workers, public administration on different levels, education institutions, SMEs and other interested parties.

Main purposes of the toolkit are to share tools for more efficient knowledge exchange and dissemination and more efficient communication at regional, national and transnational level; to identify communication channels through which information relevant to our target groups is transmitted and could potentially enable exploitation of project results; to build flexible learning environment for project countries helping them to capture knowledge and use it efficiently and to be a best practice corner where target groups (healthy older adults and specific groups of older adults, healthcare professionals and other integrated care actors, low-qualified people and older (unemployed) workers, public administration on different levels, education institutions, SMEs and other interested parties) can share knowledge, case studies and successful models for implementing smart care service models.

D-CARE knowledge diffusion toolkit brings together the results of the activities carried out in work packages 1 and 2, which will be further elaborated in work package 3, in order to offer the target groups, stakeholders and other interested parties the widest possible range of access to relevant skills, knowledge and services related to smart health and care and related topics. They will benefit from usage of knowledge diffusion toolkit because they will be able to identify more easily products and services that correspond to their requirements and needs. Moreover, knowledge diffusion toolkit improves the capacity of innovation actors in the field of smart health and care to learn, transfer and exploit knowledge results and enables them to communicate research results, products and services more effectively and enables them to respond more easily and better to the needs and requirements of an ageing population.

D-CARE knowledge diffusion toolkit consists of D-CARE E-learning Platform (WP1), D-CARE Innovation Program (WP2) and D-CARE Best Practice Manual (WP3), which are complemented by a set of relevant smart health and care related tools identified in each project region, such as events, media channels and trainings. In this manner target groups and stakeholders will get a comprehensive view and knowledge on smart health and care in one place.

2. D-CARE E-learning platform

The increasing number of people becoming interested in online learning platforms caused a significant growth in the available educational websites. Based on the users' needs, online platforms offer great solutions for learning at one's own schedule in a cost-effective way.

Within WPT1 of D-CARE project, the participating partners' priority focused on the development of the Innovative Learning Environment (ILE) and Innovative Learning Environments Toolkit in 8 countries from Danube region. The central tool of the ILNE framework is the created E-Learning Platform where dedicated project partners have access to edit and upload the given training modules. The establishment of the E-Learning Platform and the concept creation of the modules went through various stages. First, the consortium maximized the number of training materials in 24 separate learning topics and identified the various target groups for each module, such as care unit workers, social workers, authorities, elderly people (55+), nursing homes and non-profit organizations. Project partners divided the 24 modules among each consortium country and according to the agreed formal requirements, they started to work on each material with the involvement of their experts. Each reading-based training course can be accomplished in 2-4 hours in multiple languages.

In parallel, the development of the E-Learning Platform has started, which software was built on the ILIAS open-source web-based learning management system. ILIAS offers an integrated learning and working tool that primarily works as a flexible educational environment.

To satisfy the international diversity of the D-CARE target groups, including all of its functions is available in the national languages of the consortium partnership: Romanian, Hungarian, German, Serbian, Czech, Slovenian and Bulgarian. In order to facilitate the translation of the training modules, the E-Learning Platform is also accessible in English language. The E-Learning Platform was created in a way that dedicated administrators can independently upload and update the training modules.

After the required registration, the user-friendly platform offers a specific menu dedicated to the E-Learning materials where users can choose and complete the given lectures with different visual elements and tables. At the end of each training module, users have the opportunity to test their knowledge by completing the true or false and multiple-choice type quizzes. After completing the test, the ratio and the number of correct/wrong answers appear, and if needed, the user may re-start the quiz from the beginning. At the end of the training sections, users can rate the quality level of the modules and share their feedback about each content. With the information provided, the results of the survey evaluated by the partnership and training materials are further developed and polished.

The E-Learning Platform can be accessed here.

Here follows a list of the modules that are part of the platform and the countries whose national training programme is made up of these modules. Each national training programme consists of six modules which were translated to countries' national languages.

1. Digital Services
This online course offers information about digital skills for public authorities; the challenges public authorities face before and during the digital transformation of the administration and how to address them.   *Component of the national training programme in Bosnia.*
2. Safety and Legal Issues Related to Use of Technology
This online course offers information about general principles and technical terms of cyber security, descriptions of techniques, discusses ramifications, and presents general practices on how to avoid falling victim to the use of the different attack vectors.   *Component of the national training programme in Bosnia.*
3. Digital Infrastructure
This online course offers information about digital skills for public authorities; the challenges public authorities face before and during the digital transformation of the administration and how to address them.   *Component of the national training programme in Bosnia.*
4 .The Potential of New Technologies for Healthy and Active Ageing
Assistive technologies, both basic and advanced, supported by information and communication technologies have enormous potential for healthy and active ageing. They can make everyday life easier for older people, helping them with basic tasks and personal care, promoting their sense of security and independence, and enabling them to live independently and autonomously in their own homes for longer. However, older people are often unaware of these solutions. This module therefore aims to familiarise older people with assistive technologies and the potential positive impact they can have on their daily lives.   *Component of the national training programme in Romania, Hungary and Slovenia.*
5. Example of Implementing Smart Care Solutions – Example of GoLiveClip
Assistive technologies, both basic and advanced, supported by information and communication technologies have enormous potential for healthy and active ageing. However, to improve the quality of life of older people, they must first be accepted. This training programme presents a practical example of GoLiveClip, a sensor that works with the user's smartphone and integrates activity monitoring, fall detection, SOS button and more in one system.   *Component of the national training programme in Slovenia and Germany.*
6. eHealth Solutions – Slovenian Example
The module deals with eHealth services available in Slovenia. eHealth is a broad term, and refers to the use of information and communications technologies in healthcare.   *Component of the national training programme in Slovenia.*
7. How innovative monitoring tools can help you take care of your loved ones
The modules deal with telemedicine solutions. Telemedicine is a collective term for various medical care concepts which have in common the principal approach that medical services of health care for the population in the areas of diagnostics, therapy, and rehabilitation as

well as in medical decision-making advice are provided over spatial distances (or temporal offset). Information and communication technologies are used for this purpose. *Component of the national training programme in Germany.*
8. Appreciative Communication – Styles
Communication is an essential part of human life. At the same time, it is a highly complex and heterogeneous phenomenon, that consists of many different aspects. Communication can be verbal, paraverbal (i.e., how you say the words you say) and non-verbal. This training programme focuses explicitly on interpersonal communication. *Component of the national training programme in Romania, Czech Republic in Austria.*
9. Alert Systems – Innovative Technologies for Elderly People and Caregivers
The goal of this module is to systemize and introduce innovative technologies for professionals and care givers family members dealing with elderly. *Component of the national training programme in Hungary and Slovenia.*
10. Alert Systems – Condition Assessment and Monitoring Tools for the Elderly
The goal of this module is to systemize and introduce information and communication technologies for the health assessment and monitoring of the elderly generation, primarily for professionals and care givers family members dealing with elderly. *Component of the national training programme in Hungary and Slovenia.*
11. Memory Exercises and Other Games to Maintain Mental Health
The purpose of the training is to maintain mental freshness, develop memory and mental abilities. Performing the tasks compiled by the psychologist can result in tangible development and a sense of success for the elderly person. You may be interested in similar playful puzzles, solving the tasks illustrated with illustration is a challenge for older people. *Component of the national training programme in Hungary, Bulgaria and Bosnia.*
12. Healthy Body and Soul in Old Age
The aim of the curriculum is to provide insight into the psychological events of old age and the characteristics of the crisis in old age, so that professionals dealing with the elderly, especially those involved in the community care of the elderly, as well as assisting family members caring for their elderly relatives. Recognize the symptoms of depression in old age and be able to apply the knowledge effectively in their work. Recognize situations where, due to their competence, they are able to intervene, know about effective interventions and be aware of further intervention options and learn about psychotherapy methods that can be used in old age. Expand your existing knowledge about dementia, its incidence, symptoms and types. Be aware of care opportunities, the role of relatives and formal institutions in care. *Component of the national training programme in Hungary, Slovenia and Bulgaria.*
13. Changes and Illnesses in the aging population
The module contains knowledge about the specific needs of seniors. *Component of the national training programme in Bulgaria, Czech Republic and Austria.*
14. Everyday Care of Patients
Within our lives, we reach various stages that significantly affect the quality of our lives. We most often divide changes in old age into: physical, psychological and social. This module deals with all of them. *Component of the national training programme in Bulgaria and Czech Republic.*
15. Stroke Management in Older Adults: Prevention, Identification and first-aid support

Stroke prevention, but especially early identification of stroke signs and first-aid support are paramount in decreasing ill-health and mortality consecutive to stroke and are presented in this module.

Component of the national training programme in Romania.

16. Falls in Older Adults: Risk Assessment, Prevention, Management and Recovery

Falls represent an important source of morbidity among older adults 65 and older all over the world. It has been estimated that in the United States alone more than one out of four older people falls each year, but less than half of older adults falling see a medical professional about it. Module therefore deals with fall risk assessment, prevention, management and recovery after falls.

Component of the national training programme in Romania and Bulgaria.

17. Nutrition and Physical Activity for Older Adults

The module aims to raise awareness of health and care workers regarding the importance of adequate nutrition and physical activity in older adults.

Component of the national training programme in Romania, Bulgaria, Austria and Germany.

18. How innovative monitoring tools can improve your safety and quality of life

The module deals with telemedicine solutions. Telemedicine is a collective term for various medical care concepts which have in common the principal approach that medical services of health care for the population in the areas of diagnostics, therapy, and rehabilitation as well as in medical decision-making advice are provided over spatial distances (or temporal offset).

Component of the national training programme in Romania and Germany.

19. Use of email

Objective of the training is to familiarize audience with the proper way of email use.

Component of the national training programme in Bosnia.

20. Use of videoconference apps (Zoom, MS Teams, Skype, Webex)

The objectives of this training are to familiarize the audience with online communication tools, online collaboration tools, the rules of procedure, and to familiarize the audience with online communication tools.

Component of the national training programme in Czech Republic and Bosnia.

21. Essentials of the Austrian Health-Care system

The Austrian health care system is a complex and historically grown system. The goal of this course is to provide an overview of key areas of the Austrian health care system.

Component of the national training programme in Austria.

22. How innovative monitoring tools can support your work

Module present the potentials of telemedicine in supporting work of care personnel.

Component of the national training programme in Czech Republic and Germany.

23. Diverse first-aid topics

This programme is intended to serve as a first aid primer for Emergency Medical Technicians (EMTs).

Component of the national training programme in Czech Republic and Austria.

24. Being active as a Senior

Objective of the module is to settle definitions related to physiotherapy and rehabilitation, to describe and present the indications of "healing" movements, series of movements and procedures for professionals and non-professionals taking part in elderly care.

Component of the national training programme in Hungary, Czech Republic, Austria and Germany.

3. D-CARE Best Practice Manual

The D-CARE Best Practice Manual is based on the methodology followed by the D-CARE project for analysing, selecting, describing and evaluating of Good Practices (GP). The Manual is comprising 7 Good Practices focusing on digital healthcare skills, smart care services, elders care, social innovation models and successful policy tools that implemented public programs related to it. The first part of the Manual outlines the methodology followed by all PPs for identification, selection and describing of Good Practices for policy tools for smart care support. The second part provides a description of 7 Good Practices evaluated by project partners.

All practices identified by the project partners meet the following criteria:

- **The relevance of the presented Good Practice with reference to the national/regional needs and barriers** – it emphasized that the evaluation of the usefulness and relevance of the individual Good Practices may differ depending on priorities and identified needs of each country/ region. The needs and gaps are identified through desk researches of current existing policy documents made and according to the outcomes from Regional Workshops organized in each PP countries.
- **The significance of the impact of the Good Practice** – the single impact factors can vary from Good Practice to Good Practice within the project
- **The effectiveness and efficiency of the Good Practice** – this concept is a measure of how and to what extend the Good Practice has achieved the desired results with respect to the allocated resources.
- **Transferability of the Good Practice** – i.e., the tangible possibility to transfer the concepts characterizing the Good Practice in the context of the partners' countries/ region.

Thus the identified GPs are the following:

No	Title of the Good Practice	Owner of the Good Practice	Country
1	Wiener Active and Assisted Living TestRegion – WAALTeR	UIV Urban Innovation Vienna GmbH	Austria
2	Lebensphasenhaus	University of Tübingen, Ministry of Education and Social Services Baden-Württemberg	Germany
3	National eHealth Infrastructure (EESZT)	National Directorate General for Hospitals	Hungary
4	Active Ageing Strategy/ Strategija dolgožive družbe	Ministry of Labour, Family, Social Affairs and Equal Opportunities	Slovenia
5	Simbioza BTC City Lab	Simbioza Genesis, Social Enterprise	Slovenia
6	Lokaal+: future proof education programme for vocational health care students in an aging society	Summacollege Eindhoven	Netherlands
7	SMARTCARE - ICT-supported integrated care	Health Authority of Trieste	Italy

After processing the data in compliance with the described methodology all identified Good Practices were presented during the Best Practice Event organized in Varna, Bulgaria in April 2022. The process of the evaluation of the presented Good Practices remained opened from 07/04/2022 till 09/06/2022. After processing the data in compliance with the described methodology, the presented Good Practices are ranked as follows:
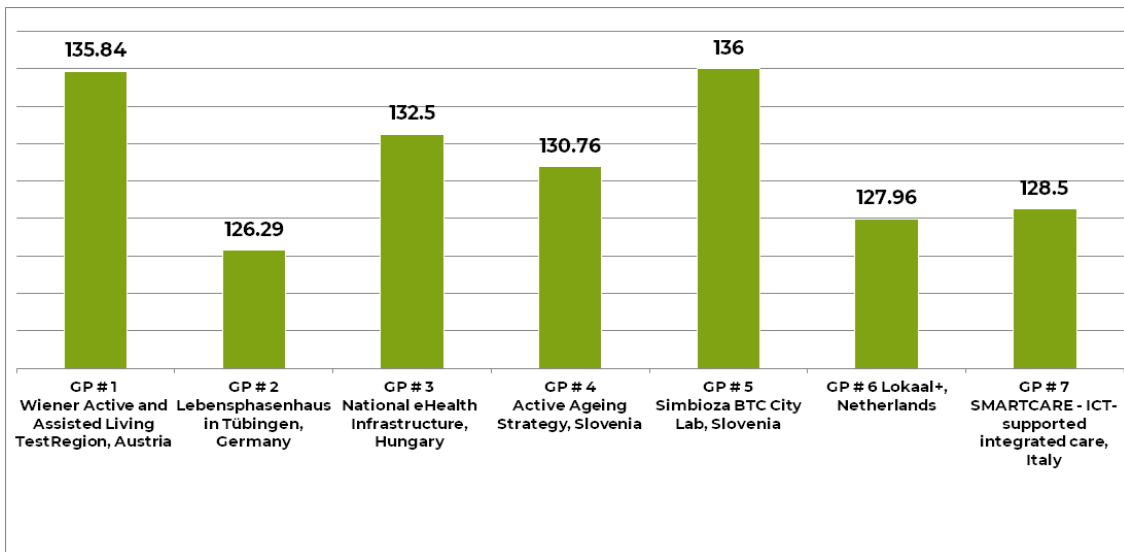
The more details for each Good Practice, including: title, country of origin, timeframe, objective of the Good Practice, short description of the Good Practice, owner of the Good Practice, how it fits to the regional/ national needs, potential for learning/ transfer, financial resources needed for its implementation, proves for success/ achieved results, and contact details could be found in the full text of the Manual.

The identified Good Practices will be disseminated through the activities of the Transnational Learning Policy Center and should be used as inspirational example for public authorities for creating policy tools that respond better to smart care demand and challenges, including to the generation or implementation of smart care services.

4. D-CARE Innovation Programme

In the context of the Smart Care Lab, D-CARE operated an innovation programme which issued country specific innovation contests. The aim of the innovation contest was to identify innovative solutions and organisations whose products and services respond to regional challenges in the smart care and health sector. Thereby scouted innovations were introduced into the Smart Care Lab structure which embedded them into an environment in which stakeholders from businesses, local authorities, academia, and end users are closely linked and cooperating. Selected innovations were adapted and developed in a co-creation process allowing for efficient and user-need-oriented product development.

As a key feature, selected applicants not only entered a testing and piloting period together with D-CARE partners and other regional stakeholders of the project, but they also gained access to first-hand end-user validation experience, using the novel smart care modelling and co-creational methods, in close cooperation with the regional and international stakeholder network of the project.

The D-CARE Innovation Contest called for innovative solutions to find solutions to the most urgent and crucial challenges in the care and health area in the Danube region. Demographic change, high mobility of care staff, a lack of qualified personnel and insufficient services particularly in rural areas have put a strain on the Danube region's care and health systems. With the D-CARE Innovation Programme innovators are supposed to be engaged that tackle the most important regional challenges, see below for the individual D-CARE regions, in cooperation with their end users and our experts from businesses, academia, and the public sector to develop effective, fitting, and cross-sectoral products and services.

The D-CARE Innovation Programme was open to organisations and individuals from the private and public sector whose products and ideas focus on smart health and care solutions and address the individually formulated regional needs below:

In **Austria**, solutions are sought that target several aspects of the daily lives of older adults with frailty and living isolated either in their remote homes or care facilities. Services and products shall focus on improving social inclusion, engage older adults in the community and prevent accidents at home, monitor medical conditions and alert in case of emergencies. These tools and solutions should be designed to be rolled out on a large scale to reduce healthcare and social costs in the long term with a rising number of older adults in need of care services.

In **Bosnia and Herzegovina**, the current capacities for health care for older adults are lacking which can be drastically improved by advancing the digitalisation of health and care services. This is intended to be tackled by implementing digitally based products and services that focus on physical therapy and rehabilitation as well as ambient assisted living solutions in the context of smart homes. The solutions should be fit to be rolled out on a large-scale level and thereby increase the available capacities of care services and reduce costs in the long term by preventing physical decline and accidents.

The focus in **Bulgaria** lies on improving social inclusivity and community for older adults who are unable to self-care and/or have fallen into isolation due to their remote place of residence. Solutions should provide digital means to engage older adults, help them to acquire digital skills and use the tools to directly improve their daily living conditions.

In the **Czech Republic**, diabetes, mobility impairments, hearing impairments, palliation care were the selected medical conditions which are challenging in the region for the innovation call. Loneliness, poor quality of life and cognitive decline are the psychological and social conditions to be improved. Solutions sought after were nutrition and diabetes and gluten-free diet (production efficiency, diversity, and choice, measuring of health impact) products, the reduction of social and healthcare medium- and long-term costs, waste and energy management, economic efficiency), fall prevention, automated or semi-automated emergency systems (nurse-patient system, smart bed solutions), Telemedicine, AAL (assisted technologies, prevention, monitoring), Volunteer engagement management, digital assistants, and digital education (Digital skills, other competences - languages).

In **Germany**, one of the main challenges is to harmonise and scale up existing solutions that have remained on a pilot or isolated level. Therefore, the contest focuses scouts both ambient assisted living solutions for smart homes as well as pre-eminently integrative solutions which

can combine existing tools to work together and enhance compatibilities along the entire care cycle for both older adults living at home but also potential use in care facilities.

In **Hungary** the most pressing issues are social isolations, including loneliness, as well as cognitive decline, 1st and 2nd stage dementia. Solutions sought after should directly help assisted and independent living of elderly people (65+). Digital solutions helping the administration load of caregivers especially in homecare. Alert and emergency systems for home care and elderly care homes. More easy and simple solutions were also welcome, which help the everyday life of elders, that can be easily developed and produced by local companies. Solutions for preventing cognitive decline were required as well.

In **Romania**, the focus was on improving quality of life of older adults with medical conditions (e.g., diabetes, coronary heart disease, dementia) and social conditions (e.g., depression, loneliness, cognitive decline). Expected solutions were assistive solutions for senior care facilities, disease management for hospitals, nutrition and medication, alert, and emergency systems (IoT, AI), increased access to socio-medical services from remote areas, virtual nursing and doctors, memory training apps or VR solutions to interact with objects, prediction and alert solutions, and also oncological patient management therapies.

For **Slovenia**, those solutions were required, which help older adults living home alone, unable to self-care; residential care homes; older adults with different types of diseases like dementia, Alzheimer, heart diseases, diabetes, frailty. Also, depression, loneliness, cognitive decline, inability to use e-services. Solutions sought after are digital assisted solutions for older adults which living home alone at minimum least half the day; digital assisted solutions and ICT for senior home; reducing social and healthcare medium- and long-term costs; solutions to facilitate the use of services among the elderly of the national e-health / e-zdravje portal; digital education (digital skills, use of the smart care applications).

Altogether 29 solutions for 8 regions were handed in. Solutions were divided into small scale and large scale solutions (ready for piloting).

Austria:
3 **Finalists**: 1. price: ELLY by Opus Novo, 2. price: elderly care by IBM Austria, 3. price: meineHILDA by HILDA GmbH.

5 **small scale** solutions: Continest Technologies Zrt. (Hungary), miazorgo GmbH (Austria), Opus Novo GmbH (Austria); Bucinator (Austria); SkillDict Zrt (Hungary)

6 **large scale** solutions: HILDA GmbH (Austria), IBM Österreich Internationale Büromaschinen Gesellschaft (Austria), SIA Medinav (Austria), cogvis software und consulting gmbh (Austria); Synaptiq Technologies (Romania); OSSI Austria (Open Source for Social Inclusion) (Austria);

Bosnia and Herzegovina:
3 **small scale** solutions: Continest Technologies Zrt. (Hungary), Inovacioni Studio "Aj Ti" Innovation Studio "IT" (BiH); SkillDict Zrt. (Hungary)

1 **large scale** solution: Visoka medicinska skola Prijedor (BiH)

Bulgaria:
5 **small scale** solutions: Continest Technologies Zrt. (Hungary); Simenso (Bulgaria); Scitecto 21 (Bulgaria); SkillDict Zrt. (Hungary); Келвин Хелт АД Kelvin Health Inc. (Bulgaria)

2 **large scale** solutions: СЕЛВАДЕК ЕООД (Bulgaria); Water Fuel Engineering (Bulgaria)

Czech Republic:
5 **small scale** solutions: Continest Technologies Zrt. (Hungary), VIRTUAL REAL LIFE s.r.o. (Czech), SILOU HLASU, z.s. (Czech R.); Scitecto 21 (Bulgaria); SkillDict Zrt. (Hungary)

3 **large scale** solutions: Chytrá péče s.r.o. (Czech R.), cogvis software und consulting gmbh (Austria), Water Fuel Engineering (Bulgary)

Hungary:
4 small scale solutions: Continest Technologies Zrt. (Hungary), SkillDict Zrt. (Hungary); Scitecto 21 (Bulgaria); Virágné Kaló Ágnes (Hungary)
1 large scale solutions: OSSI Austria (Open Source for Social Inclusion) (Austria)

Germany:
2 **small scale** solutions: Continest Technologies Zrt. (Hungary); SkillDict Zrt (Hungary)

5 **large scale** solutions: IBM Österreich Internationale Büromaschinen Gesellschaft (Austria), SIA Medinav (Austria), cogvis software und consulting gmbh (Austria); Synaptiq Technologies (Romania); OSSI Austria (Open Source for Social Inclusion) (Austria); I Rise Mechanics 357 JSC (Bulgaria)

Romania:
7 **small scale** solutions: Continest Technologies Zrt. (Hungary), SC Different Travel SRL (Romania), SC DR ZED SRL (Romania), Steepsoft SRL (Romania); Scitecto 21 (Bulgaria); NOE-FI STUDIOS SRL (Romania); SkillDict Zrt (Hungary)

3 **large scale** solutions: SIA Medinav (Austria), Chytrá péče s.r.o. (Czech R.); Synaptiq Technologies (Romania)

Slovenia:
3 **small scale** solutions: Continest Technologies Zrt. (Hungary); SkillDict Zrt. (Hungary); Келвин Хелт АД Kelvin Health Inc. (Bulgaria)

2 **large scale** solutions: ART d.o.o. Metlika (Slovenia), cogvis software und consulting gmbh (Austria)

5. Smart care and smart health related tools by regions

On September 6 and September 20 2022, project partner University of Ljubljana (PP10) together with the WP3 leader UIV (PP16) organised two Interregional workshops for development of knowledge diffusion toolkit. During first workshop, the toolkit, its main purposes and toolkit template were presented. Template consisted of five categories:

1. National events
2. Transnational events
3. Media
4. Trainings
5. Other

We gave project partners about two weeks to include examples from their country in the template. They were given following instructions:

- Open the template (can be found on Teams under O.T3.3 or in the minutes of today's meeting). If more than one project partner from the SAME country will complete the template, they should complete ONE template together and add their organisations' names and their contacts in the rows provided.
- Partners from each country should create separated documents (e.g., „Toolkit_template_Slovenia", „Toolkit_template_Bulgaria", etc.).
- Think of the tools/channels available in your region (city / municipality / country …). The cases identified must be related to smart health and smart care, active and healthy ageing and/or other relevant topics.
- Categorise them according to the categories presented in the previous slides (national/transnational events, media, training, other) and add required information.
- Project partners from each country should jointly identify at least five examples of national/transnational events, media, trainings or other manners of disseminating relevant knowledge in their country.
- If you think it is useful, you can also consult your stakeholders before filling in the template (not required)
- It is not necessary that collected tools, channels and other instruments are presented in both, national and English language, as there exist tools that provide comprehensive translations of acceptable quality free of charge.

During the second workshop, the results were reviewed and discussed, and a final version of the identified toolkit was produced.

Altogether, project partners from eight project countries identified 18 national events, 10 transnational events, 12 media channels, 13 training courses and 10 other smart health and care related tools that are listed in the following tables.

National events

	TITLE OF THE EVENT	TYPE OF THE EVENT	COUNTRY LANGUAGE	MAIN TARGET GROUP	FREQUENCY	LINK
1	**DIGI@MED Award**	other	Czech Czech	SMEs & business	yearly	https://digimedaward.cz/o-soutezi/
	Each year, the Czech DIGI@MED Award is presented by Roche (hereinafter referred to as the company) to all authors who have created innovative digital and mobile solutions in the field of health care and process optimization in the healthcare sector or who have come up with a unique innovation in the past year. The award was established to promote the digitalization of healthcare and innovative ideas in the medical and pharmaceutical sector. The company wants to encourage and stimulate bold and innovative ventures that benefit patients in improving their quality of life, as well as highlight the innovative potential of the Czech Republic in the field of healthcare. Roche wants to support visionaries, innovators and start-up projects and motivate them to make targeted and meaningful developments."					
2	**EIT Health Morning Health Talks**	forum	Czech English	healthcare professionals	on avarege quarterly	https://dex-ic.com/mht
	The aim of EIT Health Morning Health Talks is to inspire local healthcare innovation ecosystems through sharing valuable information about the tendencies of health innovations and strengthen communication, networking, and activities of the local key ecosystem stakeholders.					
3	**Lifmat**	conference	Czech English	research & education institutions	yearly	https://lifmat.cz/
	Conference about modern technologies in medicine and lifestyle management connected to exhibition and speed dating with scientists.					
4	**The national conference "Good practices for a beautiful old age",**	conference	Romania Romanian	healthcare professionals	yearly	https://www.frmr.ro/evenimente-si-campanii/conferinta-ziua-varstnicului/
	The conference aims to increase the quality of life of the elderly by promoting the most innovative and effective solutions at the national and international level that can change the situation of the elderly in Romania.					
5	**2022 NATIONAL ALZHEIMER'S CONFERENCE**	conference	Romania Romanian	healthcare professionals	yearly	www.alzcongres.ro
	Anticipating and reducing the impact of the COVID-19 pandemic on Alzheimer's disease and related dementias					

6	**2022 National Conference for long term care**	conference	Romania Romanian	research & education institutions	yearly	https://eprb.ro/conferinta-nationala-sisteme-integrate-ingijirea-pe-termen-indelungat-filatropie-si-asistenta
	The conference aims to search, dissemination and share knowledge, technologies and best practices regarding elders care					
7	**Festival za tretje življenjsko obdobje (Third Age Festival)**	fair	Slovenian Slovenian	older adults	yearly	https://f3zo.si/
	Largest festival for the elderly in Europe					
8	**National Conference: "Situation and challenges in the field of Alzheimer's disease in Slovenia in the light of the new reality"**	conference	Slovenia Slovenian	healthcare professionals	yearly	https://www.nijz.si/sl/stanje-in-izzivi-na-podrocju-alzheimerjeve-bolezni-v-sloveniji-v-luci-nove-realnosti
	Conference on the situation and challenges in the field of Alzheimer's disease in Slovenia					
9	**Senior in Wien (senior in Vienna) (regional)**	regular event series once a year	Austria German	older adults	October (yearly)	https://www.senior-in-wien.at/p/monat-der-seniorinnen
	Varied events from a wide variety of areas are offered throughout October: dance, music, art, exercise, health, information, district tours, and much more.					
10	**Healthy and Active Aging Dialogue (in the framework of Health Goals Austria) national level**	dialogue among stakeholders	Austria German	Ministry of Health, the Fund Healthy Austria (Fonds Gesundes Österreich) and the Umbrella Association of Social Insurance Institutions	continously	https://fgoe.org/dialog_gesund_und_aktiv_altern
	A working group made up of representatives from the Ministry of Health, the Fonds Gesundes Österreichs and the Umbrella Association of Social Insurance Institutions deals with healthy and active aging as well as social capital in old age. The "Healthy and Active Aging Dialogue" is intended to identify and implement measures that help to enable self-determined and healthy aging, increase the number of healthy years of life in the population and strengthen the social capital of older people. The aim of the dialogue is to develop a program of measures for social cohesion and the participation of older people with stakeholders. A broad implementation at federal, social security, state, city, community and NGO level should be ensured based on a comprehensive political commitment. Dialogue brings people and organizations together to do something together. But it is also about anchoring a positive view of old age and a new culture of aging in society.					

11	Health Goals Austria (national level) e.g. live long-stay healthy	campaign	Austria German	all people (general goals) older adults (live long-stay healthy)	Until 2025	https://gesundheitsziele-oesterreich.at/
	With the Health Goals Austria we want to improve the quality of life of all people in Austria and thus contribute to more well-being and health. Wherever people live, learn, work or play, health is significantly influenced. That is why we, representatives of different organizations and policy areas, work closely together. We identify framework conditions and requirements and jointly implement measures that lead to a better quality of life and health Thanks to an efficient health system, life expectancy in Austria is now one of the highest in the OECD countries. It is less gratifying when it comes to the number of healthy years of life: With almost 60 symptom-free years, Austria is only in the international midfield. In order to promote health and quality of life and to counteract the rising costs of health care, the number of healthy years of life should be increased over the long term.					
12	Viennese Health Goals 2025- Goal 3: Promote and maintain independence and quality of life into old age	campaign, healthgoals incl monitoring and indicators and best practice project links	Austria German	older adults	until 2025	https://gesundheitsziele.wien.gv.at/ziele/
13	#LoudVoicesAgainstLoneliness	Campaign and platform against loneliness in Austria	Austria German	Working group for social innovation (Stakeholders from Vienna's administrative, social, economic, educational, financing and NGO sectors	2020	https://e60fd5a2a4.clvaw-cdnwnd.com/abf6f6d9f3aea854603f1a3c4b187637/200000244-5a2b75a2b9/Brosch%C3%BCre%20Kampagne%20LauteStimmenGegenEinsamkeit.pdf?ph=e60fd5a2a4
	Aims at finding solution to loneliness, being one of the fundamental challenges in society.					

14	**DigitalCity.Wien**	cooperation network for better IT services in Vienna, annual 2-day event DigitalDays, PoCs, pilots, etc.	Austria German	IT SMEs	ongoing since 2013	https://www.digitalcity.wien/
	Cooperation network of Viennese IT companies and the City of Vienna for better IT services in the city of Vienna					
15	**Meeting of the Digital Club of Social Service Managers**	other	Bulgaria Bulgarian	healthcare professionals	once per year	https://naso.bg/provede-se-srescha-na-digitalniya-klub-na-rkovoditelite-na-sotsialni-uslugi/
	The focus of the meeting was the discussion of topics related to Family-type Accommodation Centers for children and youth with disabilities.					
16	**NATIONAL FORUM 2022**	forum	Bulgaria English	SMEs & business	once per year	https://naso.bg/en/natsionalen-forum-2022/
	National forum is the biggest event organized by NASO every year - brings together socially responsible employers, government figures, municipalities, EASPD president, and etc.					
17	**Meeting of the Advisory Council on Corporate Social Responsibility**	conference	Bulgaria Bulgarian	public administration		https://naso.bg/zasedanie-na-konsultativniya-svet-po-korporativna-sotsialna-otgovornost/
	The participants in the meeting discussed the possibilities of contributing to the realization of the Implementation Plan of the Corporate Social Responsibility Strategy for the period 2022-2023, considered the presented proposal for a Directive of the European Parliament and the Council on due diligence for corporate sustainability and to amend the Directive (EU) 2019/1937, and the information presented regarding the creation of the National Contact Point (NCP) in connection with Bulgaria's accession to the OECD Declaration on International Investments and Multinational Companies and the Guidelines from the Declaration on Responsible Business Conduct.					
18	**Meeting of the National Council for the Disabled**	conference	Bulgaria Bulgarian	healthcare professionals		https://naso.bg/zasedanie-na-natsionalniya-svet-za-horata-s-uvrezhdaniya/
	The National Council is a consultative body in which representatives of the state, designated by the Council of Ministers, the nationally representative organizations of and for people with disabilities, the nationally representative organizations of workers and employees, the nationally representative organizations of employers and the					

National Association of Municipalities in the Republic of Bulgaria participate. The National Council issues opinions on draft legal acts, strategies, programs, plans and other acts that affect the rights of people with disabilities. The National Council cooperates with the coordination and monitoring authorities under the Law on Persons with Disabilities.

Transnational events

	TITLE OF THE EVENT	TYPE OF THE EVENT	COUNTRY LANGUAGE	MAIN TARGET GROUP	FREQUENCY	LINK
1	**Jahorina Economic Forum**	conference	BIH English	SMEs & business	annual	jahorinaekonomskiforum.com
	Jahorina Economic Forum is an event where the most important economic issues are discussed and conclusions are drawn that are largely incorporated in the policies, measures and activities of all levels of government in Republika Srpska and Bosnia and Herzegovina. Jahorina Economic Forum has the traditional patronage of the President of RS as well as the active participation of the national government, the most important representatives of the business and academic community, companies, from the countries of the region, international organizations and institutions and diplomacy.					
2	**Diagnostics-4-Future Conference**	conference	Germany English	healthcare professionals	yearly	https://www.diagnostics4future.org/
	Diagnostics-4-Future Conference is the international meeting-place for users and providers from industry and science.					
3	**XIV National Congress of Geriatrics and Gerontology with International Participation, 2022**	forum	Romania English	healthcare professionals	yearly	www.srgg.ro
	Annual event of Scientific Manifestations of Geriatrics and Gerontology, edition theme: "Multidimensional approach to active longevity"					
4	**INTERNATIONAL CONFERENCE ON INTEGRATED CARE 2022 - Odense, Denmark**	conference	Denmark English	healthcare professionals	yearly	https://integratedcarefoundation.org/events/icic22-22nd-international-conference-on-integrated-care
	The conference is a partnership with Healthcare Denmark in cooperation with Odense University Hospital, University of Southern Denmark (SDU), Municipality of Odense, Campus Odense and Destination FYN. Denmark is among international frontrunners when it comes to integrated healthcare services.					
5	**CARE 4.0 - change in competences - Austria Center Vienna**	conference	Austria English	SMEs & business	yearly	https://www.care-2022.com/en/
	The 17th Austrian Congress for Managers in Work with the Elderly and the Congress of the European Ageing Network are combined in one congress.					

6	**International Trade Fair for those with special needs and those requiring Care**	fair	Germany English	healthcare professionals	yearly	https://www.eventseye.com/fairs/f-rehacare-international-2263-1.html
	International fair organized in Dusseldorf Exhibition Center focused on nursing and elderly care					
7	**Egen 2022 - The 2nd European Conference on Aging & Gerontology**	conference	Japan English	research & education institutions	yearly	https://egen.iafor.org/about-egen/
	The European Conference on Aging & Gerontology (EGen) is run in partnership with The Bartlett Real Estate Institute at UCL, The National Archive of Computerized Data on Aging (NACDA) at the University of Michigan, USA, and the IAFOR Research Centre at Osaka University, Japan.					
8	**UN Decade of Healthy Ageing**	campaign	Austria English	governments, civil society, international agencies, professionals, academia, the media, and the private sector	2021–2030	https://www.who.int/ageing/decade-of-healthy-ageing
	Improve the lives of older people, their families, and the communities in which they live.					
9	**INTERNATIONAL FORUM**	forum	Bulgaria English	SMEs & business	once per year	https://naso.bg/natsionalen-forum-2022
	The International Forum takes place in the same time with the National Forum. International organizations, employers and companies participate.					
10	**Transnational Partner Meeting**	other	Bulgaria Bulgarian	research & education institutions		https://naso.bg/srescha-na-partnorite-po-proekt-sas-ladapt/
	The representatives of the NASOR team welcomed all partners and provided excellent conditions for holding the transnational meetings (TPM 1 & TPM 2), as well as the Dissemination event, during which the Bulgarian team made a presentation of the project, introducing employers across the country with the concept of the apprenticeship model. We managed to focus the attention of the majority of the audience, as well as establish potentially long-lasting relationships with representatives of the social sector and socially responsible employers in Bulgaria.					

Media

	NAME OF THE MEDIA CHANNEL	TYPE OF THE CHANNEL	COUNTRY LANGUAGE	MAIN TARGET GROUP	FREQUENCY	LINK
1	**Medici.Com**	printed media	BIH Bosnian	healthcare professionals	continuous	http://www.mpoo.org/
	Printed and online specialized national magazine covering the topics related to medicine.					
2	**Royal Foundation Margaret of Romania**	website	Romania Romanian	older adults		www.frmr.ro
	The Royal Margareta Foundation of Romania builds communication bridges between generations. The specificity of our projects is given by their intergenerational character					
3	**ROMANIAN JOURNAL OF GERONTOLOGY AND GERIATRICS**	website	Romania Romanian	research & education institutions		http://www.rjgg.ro/ro/a
	The principal purpose of the Romanian Journal of Gerontology and Geriatrics is to include in its pages the most significant studies, as well as reviews, various aspects of clinical geriatrics, biology of aging, behavioral and social sciences of gerontology.					
4	**GOOD FOOD PRACTICES GUIDE FOR ELDERLY PERSONS AT RISK - TYPE II DIABETES"!**	printed media	Romania Romanian	older adults		
	The "Guide to good food practices for elderly people in the risk group - Type II Diabetes Mellitus" proposes the establishment of a set of good food practices and a healthy lifestyle, in the context of supporting the concept of active aging.					
5	**Active and healthy ageing in Slovenia**	website	Slovenia Slovenian	older adults		http://staranje.si/
	The long-term goal of the AHA.SI project is for all residents of Slovenia enable a more active and healthy old age with various measures.					
6	**Active Age Institute**	website	Slovenia Slovenian	other		https://zavodas.si/
	Our site is intended for everyone who cares for and cares for people living at home, as well as for older people who are interested in how they can spend quality time and plan the third period of life.					

7	Web portal Safe age (Varna starost)	website	Slovenia Slovenian	older adults		https://varnastarost.si/
	The VARNA STAROST portal is an informative online portal and at the same time a personal counseling service for the elderly and their relatives. We collect, edit and forward information about offers intended for the elderly. At the same time, we offer help on a personal level: we look for the best solutions with the help of legal, real estate and financial advisors. We project a safe age.					
8	Platform Dementia friendly Vienna (regional)	online platform and events (on site and online)	Austria German	dementia community, stakeholders, initiatives, people with dementia, their relatives, caregivers	platform - continous, events (according to calendar)	https://www.senior-in-wien.at/p/demenzfreundliches-wien
	The Dementia-Friendly Vienna platform is an arc that the City of Vienna spans across all initiatives that are committed to the topic of dementia-friendliness. It forms an umbrella under which synergies are created, work can be structured and people learn from one another.					
9	Information on healthy ageing (national)	information (link list)	Austria German	older adults		https://www.gesundheit.gv.at/lebenslagen/aelter-werden.html
	Information for older adults concerning healthy ageing covering different topics (problems, advice etc.)					
10	Cooles Wien (cool Vienna)	various measures to escape the heat in the city incl. Cool Vienna App	Austria German	Viennese population		https://www.wien.gv.at/umwelt/cooleswien/
	Vienna declares war on the heat islands in the city in summer. New green spaces and higher subsidies for climate projects are cooling down the city.					
11	Got-IT Toolkit	online platform	Austria English	developers of eHealth solutions	platform	https://www.got-it-toolkit.eu
	online toolkit to assist the design of inclusive eHealth solutions targeting the promotion of healthy lifestyles among older adults with low eHealth literacy					

12	Interview with Mr Georgi Georgiev (CEO of NASO) by the BNT Bulgarian National Television channel	television	Bulgaria English	other		https://naso.bg/intervyu-s-georgi-georgiev-po-bnt/
	Interview with Georgi Georgiev, chairman of the National Alliance for Social Responsibility for Bulgarian National Television on the occasion of the National Forum with international participation "25 YEARS OF A VISION FOR A BETTER LIFE".					

Trainings

	TITLE OF THE TRAINING	INSTITUTION	COUNTRY LANGUAGE	MAIN TARGET GROUP	FREQUENCY	LINK
1	**HelloAI RIS**	EIT Health Hub (via DEX-IC)	Czech Czech	healthcare professionals	yearly	https://helloaionline.com/
	HelloAI RIS initiative was founded in 2018 as an EIT Health supported educational activity for university students backed by the EU. Our goal is to prepare and involve future talents in solving AI application issues in Healthcare and discussing its future opportunities.					
2	**Innovation Days**	DEX-IC (EIT Health Hub Czech Republic)	Czech Czech	healthcare professionals	yearly	https://dex-ic.com/i-day-2022
	I-Day is an event where students meet entrepreneurs, healthcare specialists and coaches.					
3	**UNIVERSITY OF THE THIRD AGE - U3A GALAțI**	"Lower Danube" University from Galati	Romania Romanian	older adults		http://www.u3a.ugal.ro/
	The third age university opened within the Lower Danube University in Galati is a pioneer project in Romania, which places seniors at the center of its actions.					
4	**Palliative Studies**	"Hospice - Home of Hope"	Romania Romanian	healthcare professionals		www.studiipaliative.ro
	On line Learning Platform dedicate to Palliative Care					
5	**Digital Citizen**	ECDL ROMANIA	Romania Romanian	older adults		www.ecdl.ro/articol/digital-citizen_225.html

	Digital Citizen is designed for beginners and is available to everyone, regardless of status, education, age or ability. There are many people who have never used a computer but have heard of the Internet and its possible uses.					
6	**GOOD FOOD PRACTICES GUIDE FOR ELDERLY PERSONS AT RISK - TYPE II DIABETES"**	"Ana Aslan" International Foundation and the Association of Family Doctors	Romania Romanian	older adults		https://cs-mb.ro/event/84
	The "Guide to good food practices for elderly people in the risk group - Type II Diabetes Mellitus" proposes the establishment of a set of good food practices and a healthy lifestyle, in the context of supporting the concept of active aging. Editorial project of the Center for Seniors of the Municipality of Bucharest, carried out in partnership with the "Ana Aslan" International Foundation and the Association of Family Doctors					
7	**12th Lifelong Learning Week**	Lifelong Learning Platform	Slovenia Slovenian	older adults	Yearly	
	The aim of the Week is to raise awareness of the potential of lifelong learning to respond to the many challenges of modern societies, including covid-19 and sustainability. The Lifelong Learning Week, organized by the Platform for Lifelong Learning, has become a milestone in the European education agenda over time thanks to the support of civil society stakeholders and members of the European Parliament.					
8	**BICAS - Building intercultural competences for ambulance services**		Austria German	healthcare professionals	continuous	
	eLearning-courses and mobile app with practical exercises as a guidebook for EMTs and health-professionals.					
9	**Adult education system of Republika Srpska**	The Institute for Adult Education	BIH Bosnian	older adults	continuous	http://www.mpoo.org/
	In Republika Srpska, adult education is an integral part of the education system. The Institute for Adult Education supports the development of a modern and flexible system of adult education in RS in line with the requirements of the labor market, principles of lifelong learning and examples of best practice from EU member states. The Institute for Adult Education conducts adult education and works to raise public awareness of the importance of continuous professional and personal development.					
10	**Training for members**	NASO	Bulgaria Bulgarian	healthcare professionals	every year	https://naso.bg/obuchenie-za-chlenovete-na-naso/
	Interactive techniques for working with children with special needs					

11	**Contribution of occupational therapy to social services for people with disabilities**	NASO	Bulgaria Bulgarian	healthcare professionals	every year	https://naso.bg/obuchenie-na-tema-prinos-na-ergoterapiyata-v-sotsialnite-uslugi-za-hora-s-uvrezhdaniya/
	The training is suitable for all those working in social services for children and adults with disabilities.					
12	**Assistant support - key aspects in the care of consumers in the home environment**	NASO	Bulgaria Bulgarian	healthcare professionals	every year	https://naso.bg/obuchenie-za-sotsialni-asistenti-v-haskovo/
	Training for social assistants in Haskovo, Bulgaria.					
13	**The place of support professionals in social services**	NASO	Bulgaria Bulgarian	healthcare professionals	every year	https://naso.bg/naso-provede-obuchenie-myastoto-na-podkrepyaschite-spetsialisti-v-sotsialnite-uslugi/
	Training aimed at helping the people on the front lines of these services.					

Other

	TITLE/NAME OF THE TOOL	COUNTRY LANGUAGE	MAIN TARGET GROUP	FREQUENCY	LINK
1	**Aktivno starenje - Active Aging**	BIH Bosnian	older adults		https://aktivnostarenje.emedicina.online/
	It is a web site containing a program of exercises and educational material for 65+ persons and aimed to be developed as a first national platform for older citizens.				
2	**Edukacije by Privredna komora Republike Srpske**	BIH Bosnian	other		https://edukacije.komorars.ba/
	Web platform "Edukacije" is a tool for implementation of education, exchange of information, knowledge and experience, in order to increase the use of digital technologies in the function of improving knowledge and skills. Main target groups are top managers in SMEs or large companies, middle managers or everyone who wants to become one or is trained by an employer.				
3	**Virtual Lab**	BIH Bosnian, English	SMEs & business		http://ecoinnovative.eu/
	Virtual lab is an online matchmaking tool created for project EcoInn Danube. It enhances and enables the cooperation and finding matches between demand and supply of eco-innovations and interconnects the ecoinnovations demand and supply actors. On Virtual lab user can find matches for their eco-solution needs or send us their request for eco-solutions and their eco-technologies. Requests will be published on Virtual lab.				
4	**Digital Health Platform of the Usti Region**	Czech English	other	meetings: 2-3 times a year; web: depending on the content	https://icuk.cz/projekty-a-resena-temata/digital-health-platform/
	The DHP is an informal grouping of regional and supra-regional actors from health and social service providers, research institutions, healthcare and IT companies, state and local government authorities and innovative business support organisations (quadruple helix principle).				
5	**Regional Council for Senior Citizens**	Czech Czech	older adults	meetings: monthly, each Thursday	http://www.rscr.cz/krajske-rady/ustecky-kraj/
	Proposes measures for the benefit of the elderly to the regional authorities. Actively works to improve the status of seniors in the region, including advocating for free transportation for seniors.				

6	**Seniors in the region**	Czech Czech	older adults		https://seniorivkrajich.mpsv.cz/aktuality/
	A project of the Ministry of Labour and Social Affairs of the Czech Republic, thanks to which a website has been created where seniors can access information: news, planned events or training and courses. Each region has its own regional activity coordinator				
7	**DAPSEN**	Czech Czech	older adults		https://dapsen.cz/#projekt
	DAPSEN - Digital Academy for Seniors is an educational platform and assistance for seniors who want to learn how to safely use various online services such as grocery shopping, picking up medication, etc.				
8	**Koordinierungsstelle Telemedizin BW (KTBW)**	Germany German	other		https://www.telemedbw.de/
	The Telemedicine Coordination Office Baden-Württemberg (KTBW) has set itself the goal of improving telemedicine care in Baden-Württemberg in the long term together with partners from the region.				
9	**Cluster Medizin.NRW**	Germany German	other		https://www.medizin.nrw/
	We support actors from companies, universities, clinics, research institutions and networks in their activities in the field of innovative medicine.				
10	**DGTelemed**	Germany German	other		https://www.dgtelemed.de/index.php?lang=de
	DGTelemed e. V. sees itself as a forum for communication, discussion and representation of interests in telemedicine in Germany and Europe.				
11	**ZTG Zentrum für Telematik und Telemedizin**	Germany German	other		https://ztg-nrw.de/
	ZTG GmbH is the manufacturer-independent competence center for cross-sector digitization in healthcare.				
12	**Elderly's phone**	Romania Romanian	older adults	Non Stop	https://www.telefonulvarstnicului.ro/

	Elderly's phone is a free and confidential telephone line that meets the needs of all the elderly in Romania, whether for information, advice, practical or emotional support. On the telephone number 0800 460 001, elderly people receive advice and are directed to solutions suitable for their needs				
13	**Helperz application**	Romania Romanian	healthcare professionals	Non Stop	https://helperz.ro/about
	Software solution for matching the requests and needs for elders care with care professionals.				
14	**Brochure (advisory) healthy and happy ageing**	Austria German	older employees etc.	continuous	https://noe.arbeiterkammer.at/service/broschueren/arbeitundgesundheit/Gesund_und_gluecklich_aelter_werden_2017_web_1.pdf
	Advice for older employees and those who want to become one.				
15	**Socialcare**	Austria German	for people in need of care	continuous	n.a.
	App to foster neighborhood assistance				
16	**Dangers and opportunities when working with minors, minors and adult users with risky behavior**	Bulgaria Bulgarian	healthcare professionals		https://naso.bg/preventsiya-na-narkotichna-zavisimost/
	The purpose of the training is to familiarize the participants with the types of psychoactive substances and the negative consequences of their use. And to address the factors leading to risky behavior as well as the need for prevention. Emphasis was also placed on the development of drug or alcohol addiction.				