Taking the world a step forward

SHiNE 2Europe

Carina Dantas

European Experience on Promoting the Use of Digital Solutions and Assistive Technology in the Post COVID Era

GIES2022 | 13 October 2022

ABOUT US

SHINE 2Europe aims to promote inclusive communities to all citizens, by delivering research and support to the implementation of tech-Savvy, Healthy and Inclusive solutions (SHINE).

Societal growth, inclusiveness and fight against discrimination, health and wellbeing

Policy design and implementation, assessment of societal impacts and ethical behaviour

Fostering digital tools that empower citizens, are user friendly and ensure literacy and education to use them

Communication, networking and sharing of good practices

INCLUSIVE SOCIETY – ETHICS – SOCIAL INNOVATION – NETWORKING – DISSEMINATION – POLICY – RESEARCH

PROJECTS

COST Action
Internat. Interdisciplinary Network on SHAFE

Erasmus project
Stop Epidemic Growth through learning

Erasmus project
Smart for Democracy and Diversity

Erasmus project
Design for all methods to create age-friendly housing

Erasmus project
Building Inclusive Environments for All Generations

COST Action
Network on Privacy-Aware Applications

Expert contract for CEN/CENELEC
Uninfo

Expert contract for the AAL Programme

E-communications managers
For ETUC

How COVID19 changed the playing field for European SMEs

Entrepreneurs 50+

The response of CSOs to face the COVID19 pandemic in Europe

PROJECTS

Projects 2022: STARTED

STARTING:

H2020 EaSI project
Social Inclusion of Difficult to Reach Young People

Erasmus project
Green and digital literacy to adults 55+

Erasmus project
Combating ageism and discrimination towards older adults

Erasmus project
Promoting social prescription of activities

September 2022
HORIZON-HLTH-2021-DISEASE-04

November 2022
HORIZON-CL6-2022-GOVERNANCE-01-09

Senior Activation

Erasmus project
Promoting active ageing and empowerment

Expert Author of Meaningful & Ethical Communications

Expert contract
Enlightment 2.0 Programme | Joint Research Centre

Erasmus project
Adult education on digital, health and data literacy for citizen empowerment

EIT HEI
DISCO | Developing Innovative Sustainable Cooperation Opportunities

NETWORKS

NET4Age-Friendly | 2020-2024 | COST Action | 51 countries (~485 researchers) | health and well-being in an age-friendly digital world. Carina Dantas is Chair and Willeke van Staalduinen Vice-Chair and Grant Holder of the Action.

SHAFE Foundation | Stakeholders Network on Smart Healthy Age-Friendly Environments with over 170 partner organisations. Carina Dantas and Willeke van Staalduinen are the Directors.

EU Covenant on Demographic Change gathers ~160 European public authorities and other relevant stakeholders committed to develop environments that support AHA. Carina Dantas is Vice-President.

Wellbeing Economy Alliance is a global movement that aims to catalyse systems change for a Wellbeing Economy. SHINE is a member.
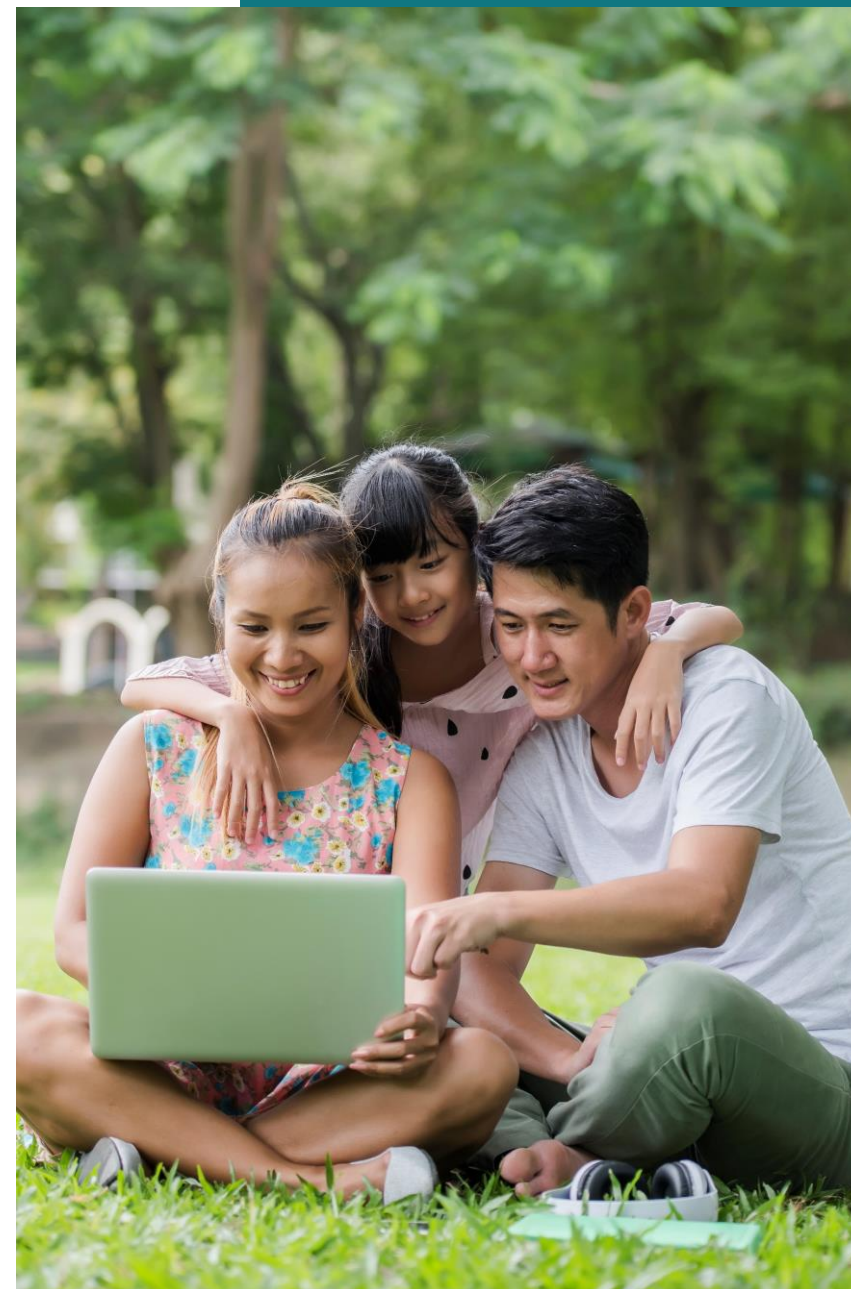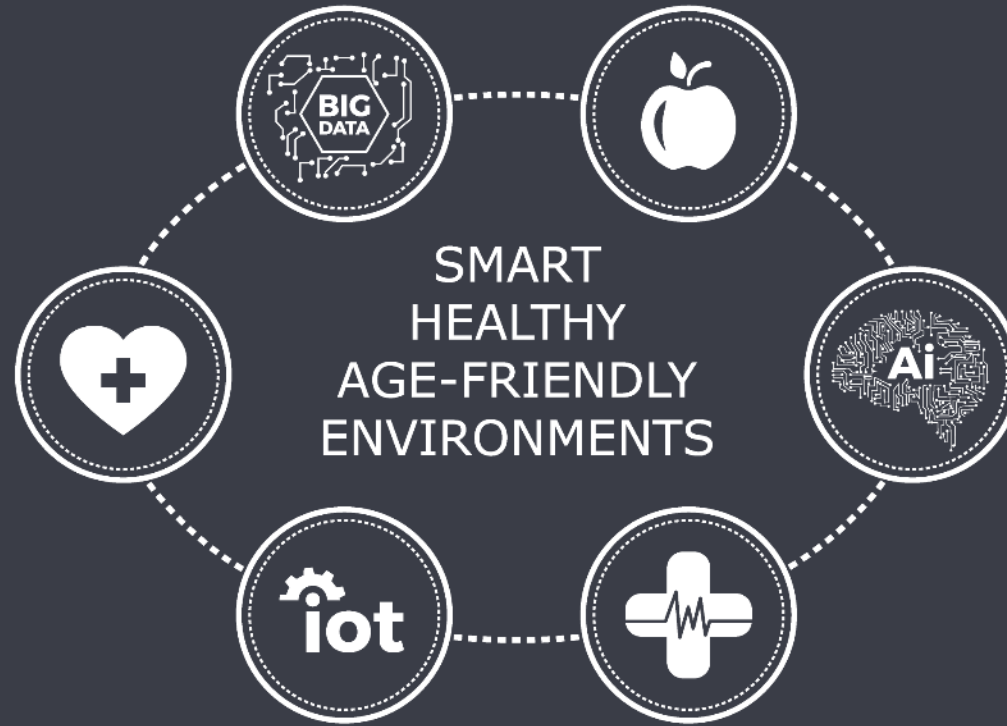
If people should live and age at their own homes, how to align **technological** development with the **building** industry for smart environments in terms of **POLICY and FUNDING**, reaching **better quality for less investment**?

A new concept was created since 2017, based on the desire to implement **Smart Healthy Age-Friendly Environments (SHAFE)** across Europe, fostering happier and healthier people in all communities. This idea took shape and became a solid movement.

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COORDINATORS

MAIN PARTNERS

SHAFE began as a Thematic Network, approved by the European Commission, with the ambition to draw policy makers, organisations and citizens' attention to the need of better alignment between health, social care, built environments and ICT, both in policy and funding.

The conclusions of this extensive work in 2018, gathering over 160 organisations as partners, was delivered to the European Commission and Member States in a Joint Statement and a Framing Paper in December 2018.

After this, SHAFE evolved to a European **Stakeholders Network**, which is currently working to achieve better COOPERATION and IMPLEMENTATION, as the major challenges for this next period.

WHAT WAS IMPLEMENTED TO ADDRESS THE COVID-19 PANDEMIC?

- Most EU countries have launched a national contact tracing app that can be used on a voluntary basis. However, differences between countries hardly influenced trust it the apps and further adoption.

- The EU Digital COVID Certificate, which came into effect in July 2021, is another example of cross-border digitalisation empowering EU citizens to move safely in the EU for work or tourism. The European Commission promoted this certificate as an EU-wide vaccine passport that proves that a person has been vaccinated against COVID-19. It can be hosted on mobile apps, along with the results of tests for those who are not vaccinated and/or other information relevant during the COVID-19 recovery.

- AI has also contributed to the delivery of response strategies in healthcare. Also, powerful European supercomputing centres are working on developing vaccines, treatments and diagnoses by comparing digital models and matching them against a database of thousands of existing drugs.

- A relevant example was the ability to create the first mRNA COVID-19 vaccine within two days of receiving the genetic code for COVID-19 by email. This demonstrates the overwhelming progress in both the speed and the effectiveness of new technology platforms.

The COVID-19 pandemic has accelerated the rise of digital health, namely teleconsultation, remote monitoring, connected devices, digital health platforms and health apps.

According to research, since the pandemic began more than half of EU countries have been using telemedicine to replace face-to-face consultations.

The diverse digital solutions that have been implemented include mobile applications, websites, chatbots, e-prescriptions, remote patient monitoring to diagnose COVID-19 patients in their homes, and screening in real time.

Technology has acted as a great enabler of continuity of care through remote consultation, ongoing monitoring and patient education by telephone and through videoconferencing.

Furthermore, videoconferencing has enabled patients to stay in touch with their families when hospitalised, including in intensive care. In addition, telemedicine has allowed medical professionals to collect new data from their patients and provide new services.

NET4 Age-Friendly

HEALTHY environments

Healthy environments support people to remain active and prevent from certain diseases. Healthy environments are safe and inviting, promote physical activity and participation in society.

Healthy lifestyle

Food, physical activity, moderate use of alcohol and tobacco, relaxation, good mental health support wellbeing and health

Medicines and therapies

Pharmaceutical treatment, physical activity therapy, music therapy, rehabilitation trainings support to recover or live with a disease or impairment

Caretaking

Taking care of people who struggle with chronic diseases or impairments, such as dementia, Parkinson's disease, mobility problems, mental problems

NET4
Age-Friendly

SMART environments

Digital or ICT applications are everywhere. For example: smartphones, internet and WIFI at home, streaming services, and digital watches. The devices and software need to be user-friendly designed, safe to use, supportive to citizens and offer reliable data handling.

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HOME CONTROL
21°

Smartphones and tablets

Phones with iOS or Android and tablets provide many functionalities such as internet, data, social media, games.

Smart home technology

WIFI, home sensors, internet: comfort, health advice and monitoring, independent living support

Outdoor smart technology

Wearables, smart lighting, transport support orientation and an active lifestyle

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BUILT environments

Built environments that are accessible, user-friendly and inclusive support individuals to live, to work, to recreate and relax, to love and promote their wellbeing

Housing

Apartments and houses where people live support wellbeing and health

Outdoor spaces and buildings

Public buildings, streets, pathways, motorways belong to outdoor spaces support social inclusion and health

Mobility

Trains, buses, cars, bicycles are means of transport that are accessible and user-friendly
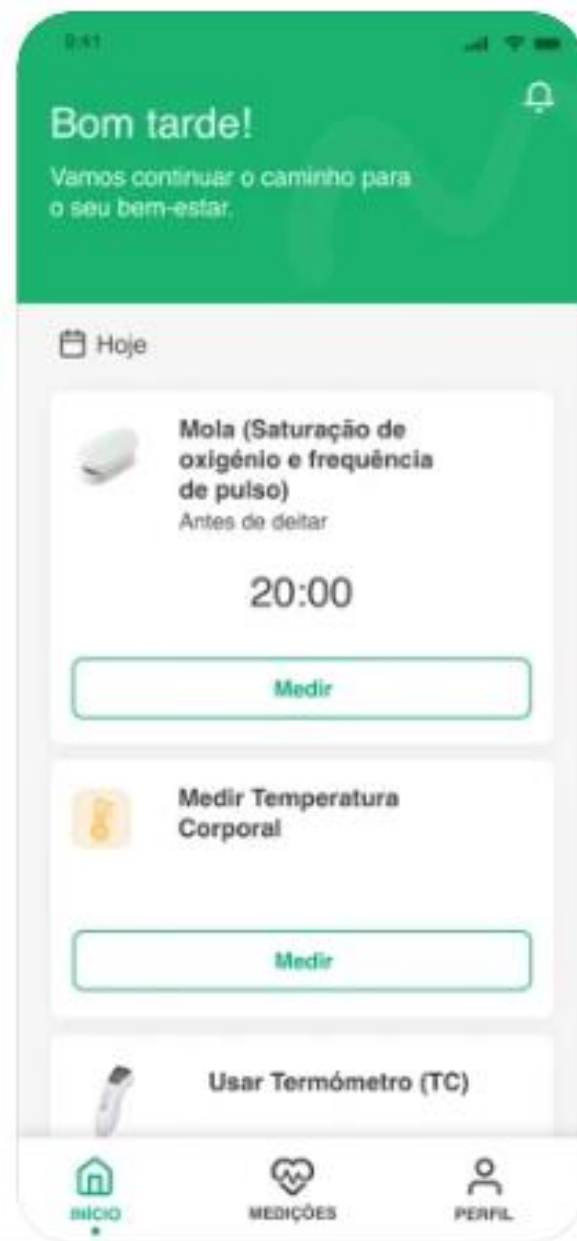
Age-friendly housing

Accessible age-friendly housing equipped with supportive digital solutions is being realised everywhere across Europe.

Some examples with more information:

- https://www.youtube.com/watch?v=bmHoX7lhoi4

- http://fekoor.com/wp-content/uploads/pdf/Fekoor_web_05_ETXEGOKI%20CATALOGO.pdf

- www.wijenizi.nl

TELEMONIT https://www.sns24.gov.pt/guia/utilizar-a-aplicacao-movel-telemonit-sns-24/

Blackwood Homes Helenvale

Smartphone Alerts

Energy Management

Lighting Control

Glass Breakage Detection

Remotely Control Appliances

Entry & Motion Detection

Garage Door Control

Temperature Control

Alarm & Siren Activation

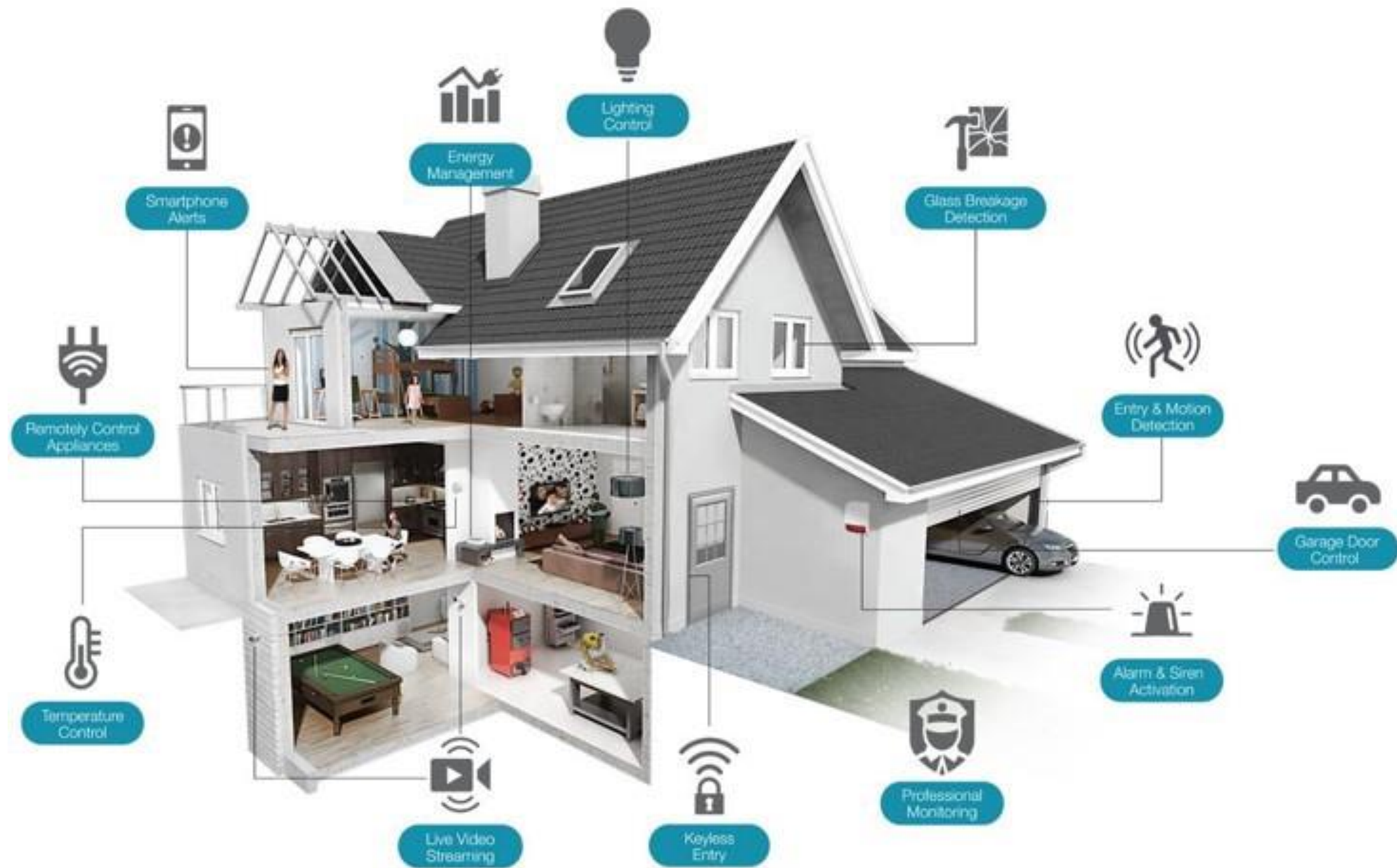Live Video Streaming

Keyless Entry

Professional Monitoring

Homes4Life Vision

"Imagine a society where your house is truly your home. A supportive, enabling environment that helps you realize your full personal and social potential. Imagine a society where such houses are within reach for Europeans of all ages, regardless of income, gender, race or ethnic background, sexual orientation, health status, or disability."

CERTIFIED SMART AND INTEGRATED LIVING ENVIRONMENTS FOR AGEING WELL

A COMPREHENSIVE EVALUATION FRAMEWORK DESIGNED AROUND 6 STRATEGIC CLUSTERS

The 6 clusters cover an in-depth and holistic analysis of what a home and its components need to fulfil to create and maintain an age-friendly environment that is enabling, fit for purpose, flexible and resilient.

PHYSICAL
Personal safety - Comfort - Accessibility and orientation - Health and social care - Smart readiness

ECONOMIC
Affordable housing - Affordability for informal carers - Long-term security on cost of housing - Choice: availability of housing programmes and resources, etc.

PERSONAL
Identity and emotional connectivity – Privacy and dignity

SOCIAL
Social activity: ability to have social contact in home, proximity to activities and facilities, online connectivity; Employment: suitability of the home as a place to work, connection to a place of employment, etc.

OUTDOOR ACCESS
Home and building - Immediate environment - Neighbourhood or village

MANAGEMENT
Commitment - Analysis of the site - Involvement of stakeholders - Surveys

Homes4Life

HOW ARE DIGITAL TOOLS BEING USED IN THE EU?

Internet has become increasingly important – and even more in 2020 and after, following the COVID-19 outbreak and the related confinement and social distancing measures.

In 2020, **88% of people aged 16-74** in the EU reported they had used the internet in the last 3 months; ranging from 70% in Bulgaria to 99% in Denmark.

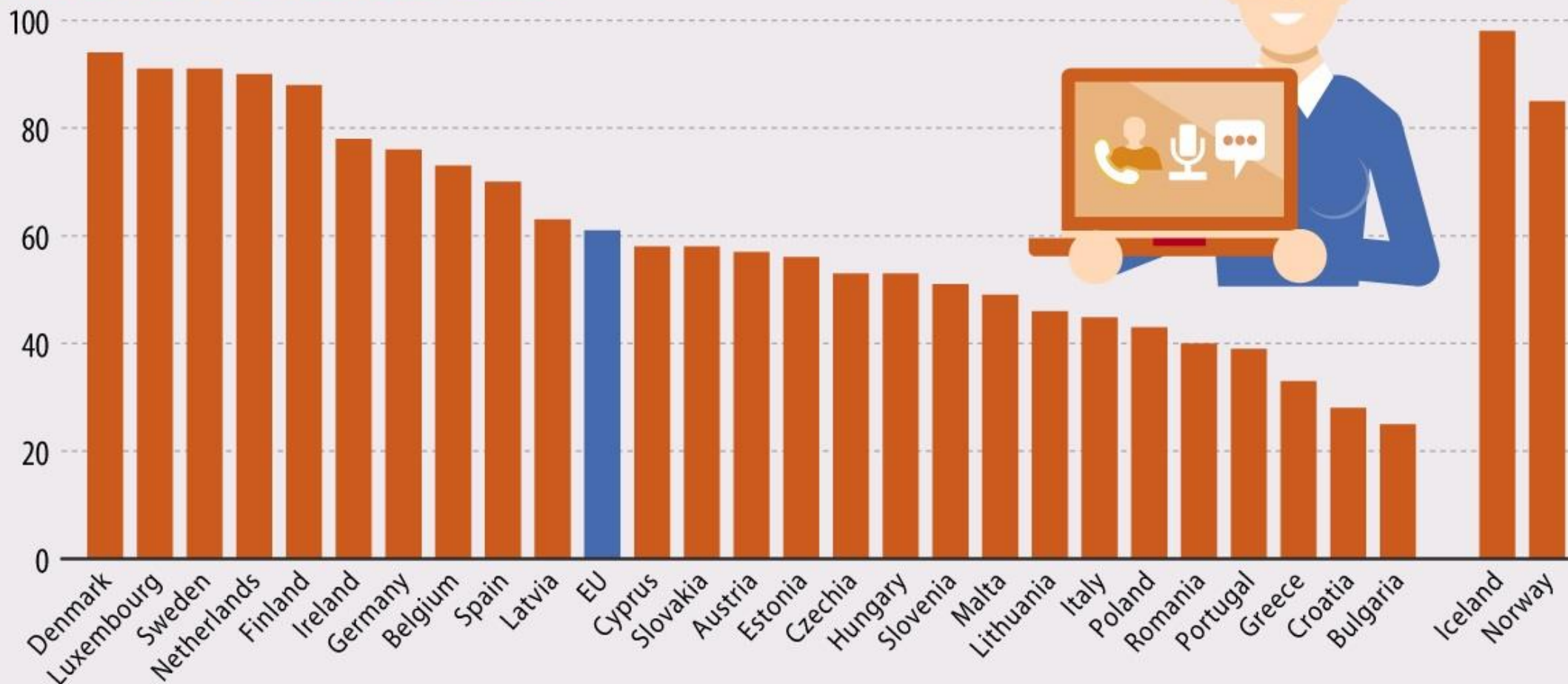Although very common among the young, internet use is not as habitual among the older generation:

- **98% of those aged 16-24** used the internet in the last 3 months
- vs. **61% of those aged 65-74**.

While internet use remains high among the young across the EU, it varies greatly among the older age groups.

Share of people aged 65 - 74 who used the internet in the last 3 months, 2020

France: 2020 data not available. As a result, the EU aggregate has been estimated.

ec.europa.eu/eurostat

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Frequency of Internet use according to employment status, job type, income levels and place of living, EU-27, 2020
(% of the respective group, use of the Internet once a week (including every day))
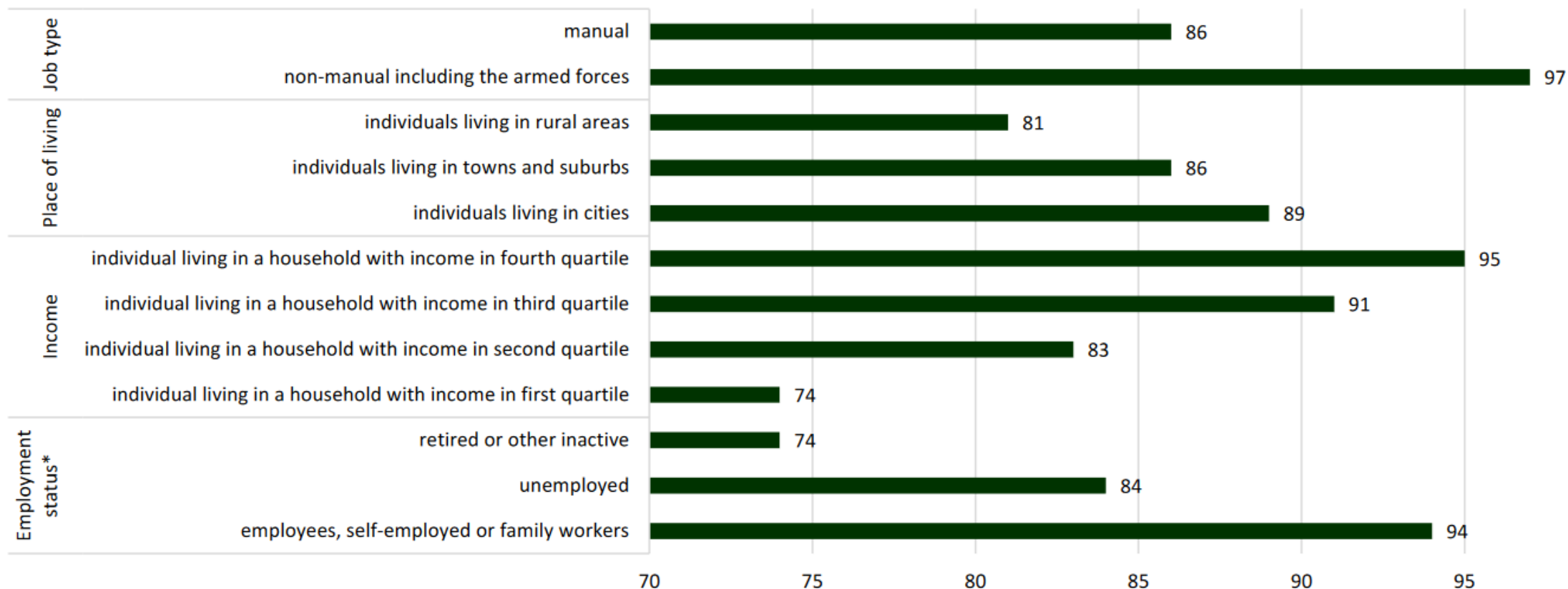
Source: Eurostat, ISOC_CI_IFP_FU (2021)
Note: data refers to individuals aged 25-64

In the aftermath of the pandemic, what do we need for digital uptake?

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CITIZENS need to improve:

- digital skills
- health literacy
- engagement and democratic participation
- less inequalities on access

ENVIRONMENTS have as major challenges:

- house retrofitting
- digital infrastructures
- public spaces & mobility
- climate neutral solutions

and, finally, HEALTH AND CARE need:

- reliable accessible big data
- integrated and person-centered pathways
- long-term funding solutions/ business models

We acknowledge that all these challenges are interconnected and that a global approach is needed!

International Interdisciplinary Network on Smart Healthy Age-friendly Environments

NET4 Age-Friendly
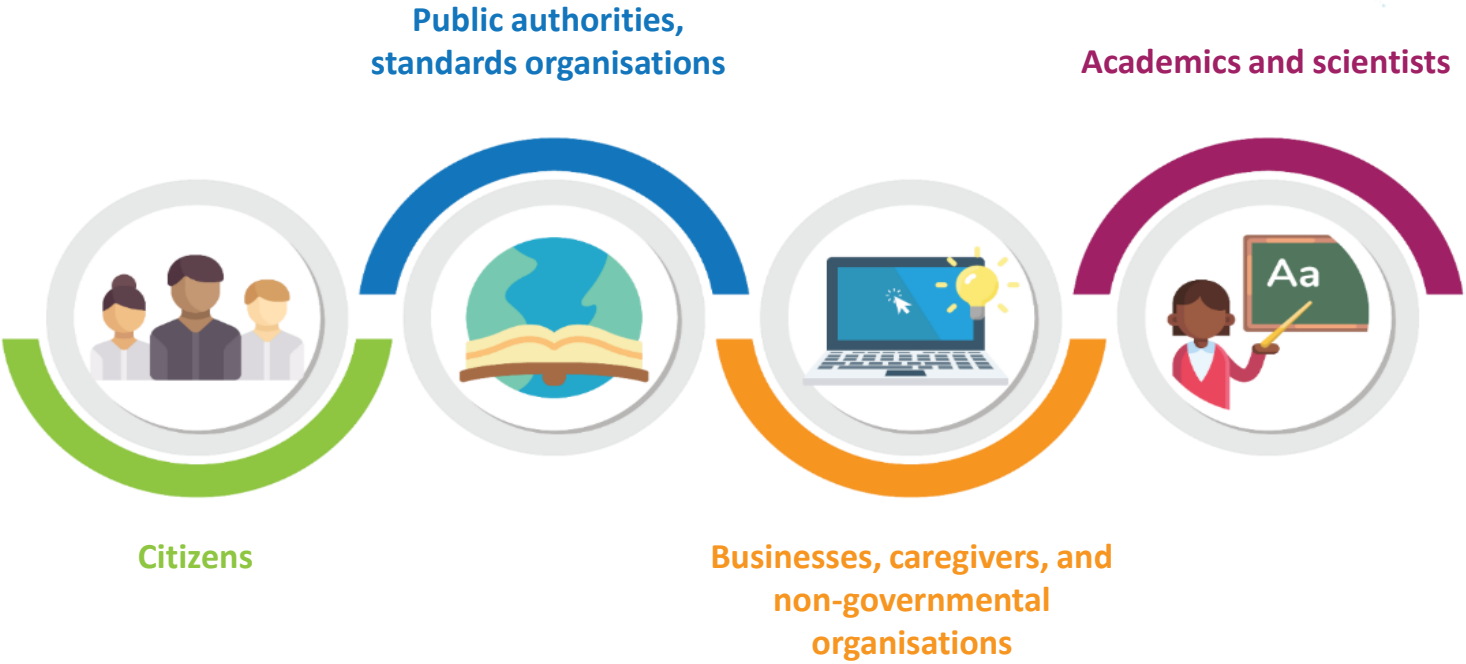
With **researchers and stakeholders** from all sectors.

Chair
Carina Dantas

Vice-Chair
Willeke van Staalduinen

cost
EUROPEAN COOPERATION
IN SCIENCE & TECHNOLOGY

Funded by
the European Union

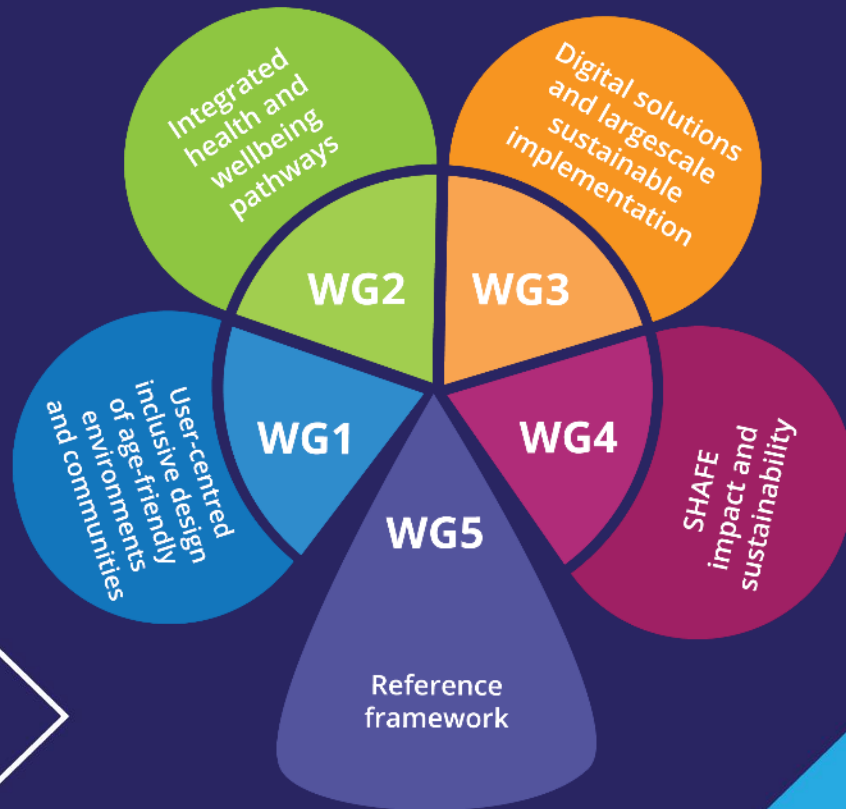# NET4Age-Friendly | International Interdisciplinary Network on Smart Healthy Age-friendly Environments

This COST Action main goal is to foster **awareness and support the creation and implementation of smart, healthy indoor and outdoor environments** for present and future generations.

Public authorities, standards organisations

Academics and scientists

Citizens

Businesses, caregivers, and non-governmental organisations

MANAGEMENT COMMITTEE
51 Countries
FULL NETWORK
~485 participants

cost
EUROPEAN COOPERATION
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the European Union

Establishment of local or regional ecosystems to work on

health & wellbeing in an inclusive digital world.

With citizens, public authorities, businesses, NGOs and researchers.

They will be supported by 5 **Working Groups**.

NET4 Age-Friendly

WG2 Integrated health and wellbeing pathways

WG3 Digital solutions and largescale sustainable implementation

WG1 User-centred inclusive design of age-friendly environments and communities

WG4 SHAFE impact and sustainability

WG5 Reference framework

cost
EUROPEAN COOPERATION
IN SCIENCE & TECHNOLOGY

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the European Union

HEALTH AND WELLBEING THROUGHOUT THE LIFE COURSE

To promote healthy and active ageing throughout the lifespan, **an integrated and holistic approach** on the physical and mental development of children and adults is crucial.

We recommend the **CREATION AND MAINTENANCE OF LOCAL, REGIONAL OR NATIONAL ECOSYSTEMS** in which all citizens, researchers, business, NGOs, health and social care professionals and authorities are enabled to cooperate with each other in a safe, learning and inclusive environment.

Training opportunities, joint learning of skills regarding healthy lifestyles for all ages, ICT usage, safe housing and independent living, maintained and safe outdoor spaces are all **KEY AREAS FOR ACTION**, along with financial security, online connectivity, accessibility and inclusiveness for all.

Social media, games, internet, connects everyone everywhere. **Technology is growing at a fast pace and technology is often not looked at through the lens of older adults or those with less capabilities**. Another trend are governmental and societal measures to create more efficiency in products and services provisions and to cut spending by turning them completely digital.

Looking at the future, a lifelong approach with **DIFFERENT AND TARGETED LITERACY MEASURES,** fit to different age ranges is needed. Grassroot organisations are the most adequate to provide them.

Traditional media could also be used, e.g. quizzes on television, or influencers (older adults) on national television to promote literacy and learning, because active citizenship is no longer possible without ICT tools.

ENABLING PARTICIPATION IN SOCIETY

We propose to stress the continuous **ADAPTABILITY AND PERSONALIZATION OF ENVIRONMENTS and ICT SERVICES** to the evolving needs of all people as they age.

COMMUNITY PARTICIPATION needs to be enabled as a valuable tool for continuous feedbacks and broader engagement in the use of ICT tools.

Beyond the issue of digital literacy we also need to look at the cost of digital connectivity. For people with low salaries or pensions below the average wage, the cost of broadband is often one bill too many.

A human-centred design approach is needed in policy making, bearing in mind that there are still many people lacking skills in using technology.

For older adults this is often a problem.

But also, are we preparing younger people be tech-savvy for the technologies that will be available for active and healthy living in 20 years?
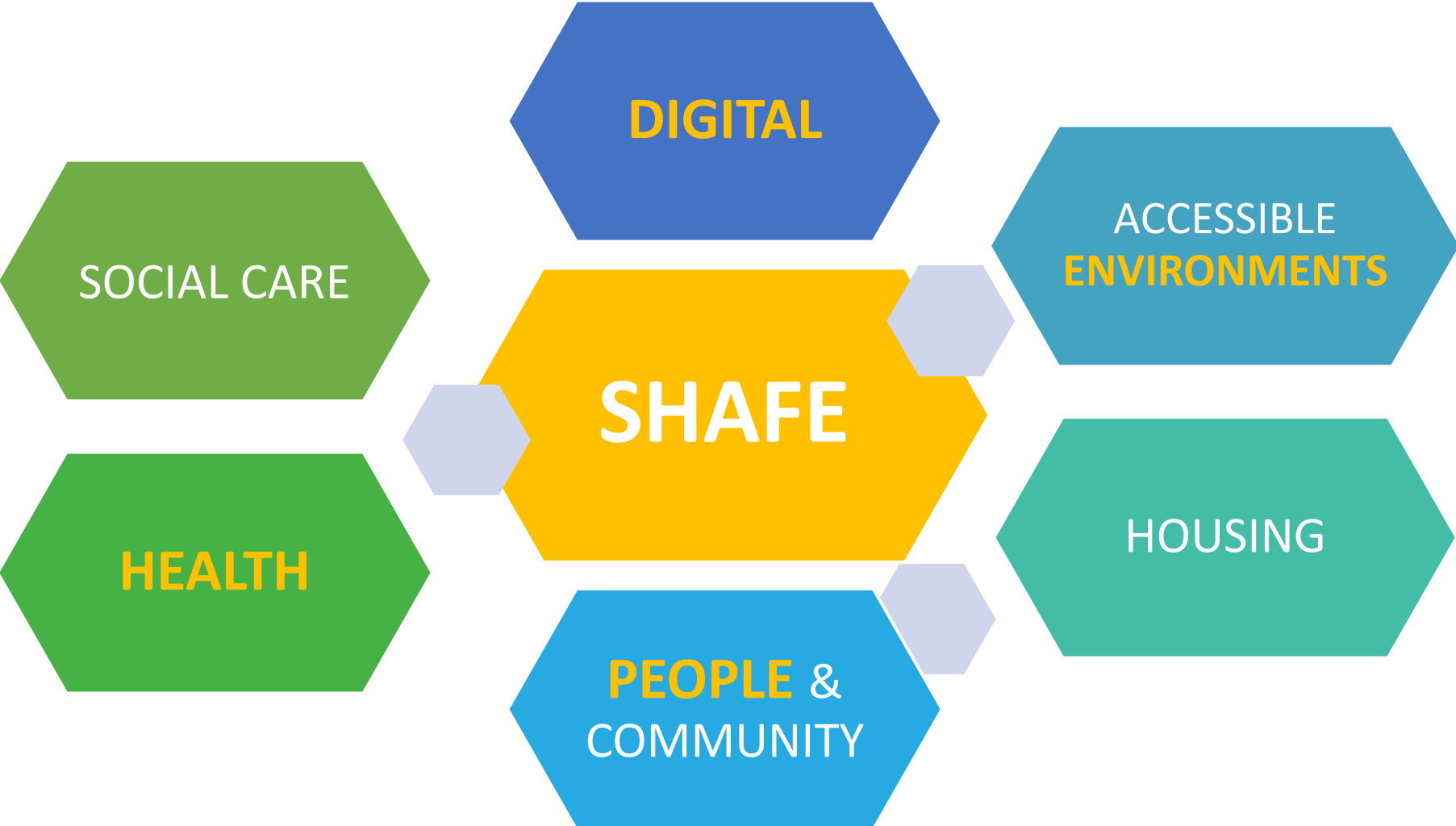
IT'S ALL ABOUT PEOPLE!

www.mayonews.ie

Questions & Answers

SHINE 2Europe

"Success is not final; failure is not fatal:
It is the courage to continue that counts."

🌐 shine2.eu   in shine2europe

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