ISRAA
Istituto per Servizi di Ricovero
e Assistenza agli Anziani

Interreg
Italia-Österreich
European Regional Development Fund

EUROPEAN UNION

E.CA.R.E.

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Elderly home Care Residential Engagement

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EU Area

- ISRAA (Treviso)

- UMBERTO I (Pordenone)

- SERSA (Belluno)

- Alpen Adria Universität Klagenfurt

Istituto per Servizi di Ricovero ed Assistenza agli Anziani

E.CA.R.E. AIMS

- The aim of the ECARE project is to reduce social isolation and the psychological, physical and relational difficulties of older people living in their own homes.
- The intervention model envisaged by ECARE is based on the involvement of the community (neighbors, friends, relatives) and on the creation of new relationships and common interests. Participants will be accompanied in a path of improvement of their lifestyle, starting from an assessment carried out by professionals on the risk to which they are exposed in areas relevant for their social relationships and for their health, in particular nutrition, l physical activity, cognitive and sensory stimulation.
- The basis of experimentation is the use of a system of digital applications to support different terminals, including a smartwatch, which allows an intelligent connection between the elderly person and people belonging to his community. Along with this link, the platform allows you to monitor the improvement of lifestyle in its various components and especially the ability to achieve it continuously, identifying a path of continuous improvement.
- The validation of the results will be based on specific indicators of quality of life, on a cost / benefit analysis and on the effect of reducing expenditure for the production of social and health services.

WP3 Neighboors local community building

from: **02/2018**

to: **10/2018**

Lead by: **Universität Klagenfurt**

Milestone 3.1 Seniors Frailty toolkit delivery .
Milestone 3.2 Social isolation mapping toolkit delivery
Milestone 3.3 Training toolkit on self care management delivery mindfulness based
Milestone 3.4 Cascade training in each Pilot Site

WP4 Volunteers recruiting and training model

from: **02/2018**

To: **07/2018**

Lead by **SERSA – Belluno (IT)**

- **Milestone 4.1** volunteers recruitment and training model
- **Milestone 4.2 Cascade training towards Pilot's staff emplyees for volunteers engagement**

WP5 Training for the ICT use for the indipendent living

from: **02/2018**

to: **11/2018**

Tackling the DIGITAL GAP!

Lead by **UMBERTO I – Pordenone (IT)**

- **Milestone 5.1** digital learning skills training model delivery
- **Milestone 5.2** Train the trainers
- **Milestone 5.3** Digital training E.CA.R.E. model manual delivery

WP6 Pilot Sites E.CA.R.E. model implementation 21 months
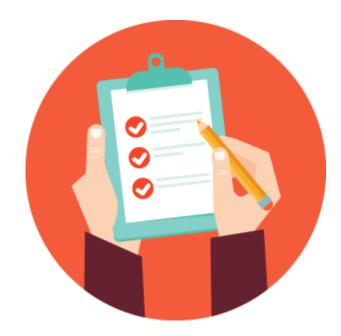
Lead by **ISRAA – Treviso (IT)**

from: **11/2018**

to: **07/2020**

- **Milestone 6.1** Volunteers team building
- **Milestone 6.2** Local stakeholders Alliance
- **Milestone 6.3** 16 Events dedicated to olders
- **Milestone 6.4** Thematic events on health and ICT use
- **Milestone 6.5** Data gathering for impact evaluation
- Senior engaged: 80 in TV, 50 in BL, 16 in PN, 10 in Klagenfurt (AT)

WP7 E.CA.R.E. Model impact evaluation

From: **02/2018**

Lead by: **Universität Klagenfurt**

To: **08/2020**

Milestone 7.1 Impact indicators evaluation
Milestone 7.2 research design
Milestone 7.3 Project's outcomes

Phase IV main challenges

- **From chronic care towards pro-active care mindset in Policy Makers and care provider's management**

- **New ways to make new social connections by community based interventions**

- **Digital skills gap: users, formal and infomal caregivers**

- **ICT infrastructure: data connections in rural areas**

- **Apps and devices usability**