



e-Newsletter 4 TITTAN: October-March 2018

TITTAN PROJECT IS ENTERING THE FINAL SPRINT!

Median European age is already the highest in the world and increasing very fast. The number of people 65 and older is projected to increase from 14% in 2010 to 25% in 2050. Advances in science and technology contribute to prolong people lifespan, but unfortunately so far, not healthier. Ageing combined with declining birth rates have caused many to worry about the cost and it is even worst in some EU peripheral regions, characterized by greater ageing ratios than European averages, dispersed population and more emigration of younger generations. They are

spending around 40-50% of their public resources in their healthcare systems.

Europe 2020 strategy for a smart, sustainable and inclusive growth emphasizes the need to promote active ageing policies. Debates on EU have confirmed the value of Innovation to overcome these challenges ahead.

The TITTAN Project, aims to tackle that challenge by creating a network of exchange, comparison and implementation of good practices in healthcare. TITTAN contributes to the improvement of the quality of life and performance of the European regional healthcare systems in relation to healthy and active ageing. The development, introduction and implementation of innovative technology-based products and solutions are funded through the project with aprox. 1.7 million euros from Interreg Europe. In a series of international workshops different regionally tested good practices are compared and suggestions for improvement are made to the participating regions. The results of the project are recommendations for action which propose to the regional policy approaches for changing the framework conditions.

TITTAN consortium shares good practices to promote three different thematic areas:

1. Innovation from the companies to the health services (outside-in).
2. Transfer of technology from the health services to the market (in-outside).
3. Active involvement of citizens in the management of ageing and health (active citizenship).

Click below to check our new TITTAN video!





FOURTH INTERREGIONAL WORKSHOPS - THEMATIC AREA 3 “ACTIVE CITIZENS”

Edinburgh, from 2nd to 4th October 2017

The workshop consisted of three intense days of work with presentations of Good Practices from both TITTAN partners and local stakeholders. This was the first workshop of Thematic Area 3 “Active Citizens”, that dig on how to raise citizen’s awareness about using new technologies for improving quality of life, promoting new lifestyle models and prevention practices as well as new models of organization for improving the efficiency or involving patients in experiences of co-design and co-creation (together with health professionals and caregivers) to improve both: life expectancy and quality of life for citizens.

The main workshop, was held at the Royal College of Surgeons in Scotland, Edinburgh. Healthy and active ageing was a key feature of the workshop and all the partners shared their best practices with the wider audience present. It was a programme full of learning opportunities for all the partners involved in the project and an opportunity for the Scottish partners to showcase the myriad of work going on in digital health in their region.

Cutting edge technology and initiatives were presented, such as *WRD* from Poland: when an unconscious or noncontact person is being rescued, at the time to be reached by the rescuers, the patient’s wearable device is put close to the NFC tablet, and the system will receive information about medical data such as illnesses, allergy, prescribed medications, etc. From Galicia was presented the electronic platform *E-Saude*, which was developed to improve the communication between citizens and the public healthcare system. It is flexible and easy to use, without compromising security. According to their needs, some services and contents for

the patient can be personalized. From Almere was presented *Senior Live*, elder citizens can learn digital competences and then they offer different services: coffee online, sing & smile, etc. Basque Country presented several Good Practices such as *Age Friendly* that adapts common spaces to elder people from an inclusive point of view, with a special part of the programme for citizens with dementia, Osakidetza presented *Osasun Eskola*, Active Patient and Korink ON, information and training services fostering responsible attitudes towards health and disease, and making patients more active and autonomous.. Finally the University of Deusto presented *REHACOP* -a neuropsychological rehabilitation program designed for psychosis and schizophrenia, aimed at patients in early stages of deterioration-, and KINEAGE, a game developed in 3D and adapted for older people to be active while having fun..

From Lombardy, *Ability* was presented, a research programme of continuous & motor-cognitive rehabilitation at home.

WG13 and *ALISS*, were presented by Scottish host. The first one *WG13* try to learn digital competences and then increase awareness of all the options available in eHealth. The second one, *ALISS*, increase the availability of health and wellbeing information for people living with long term conditions, disabled people and unpaid carers, support people, communities, professionals and organizations that have information to share and ensure that stakeholders are informed, skilled and confident in the use and application of web services and that they are connected as part of a wider community of practice. Finally, from Saxony, *Integrated Care in Carus Consilium Saxony* was presented, regulates and coordinates sustainable healthcare concepts in order to secure and further develop healthcare, especially in rural areas.

The 5th and 6th October, after the good practices presentations, was scheduled the in situ visit from Thematic Area 2 “IN-OUTSIDE”, prepared by the host it did let to the participants know local examples of innovative initiatives such as *ALISS* or *SHIL*.



IN SITU VISITS - THEMATIC AREA 2 “INSIDE-OUT INNOVATION”

Within TA2, the following in situ visits were performance in order to get a deeper information of the more interesting Good Practices:

Learner Partner	Mentor Partner	Name Good practice/s	Date
Lower Silesia	Lombardy (FRRB)	Open Innovation Platform	December 18-19, 2017
Saxony (HS) Lower Silesia Galician Health Cluster Basque Country (BIOEF, University of Deusto) City of Almere	Scotland (DHI/NHS)	Digital Health and Care Institute (DHI) Scottish Health Innovations Ltd (SHIL) Research & Development in Scottish Universities ALISS and WG13	October 5-6, 2017
Basque Country (BIOEF, IK4, Tecnalia)	Saxony (HS)	C3-Saxony	February 07, 2018

Galicia (ACIS)	City of Almere	Health Factory	November 16-17, 2017
Scotland (DHI)	Galicia (ACIS)	PRIS, HIP , E-Saude	December 11-12, 2017
City of Almere Lower silesia	Basque Country (BIOEF)	M4FUTURE Age-Friendly Basque Country	December 14-15, 2017

FIFTH INTERREGIONAL WORKSHOPS - THEMATIC AREA 3 “ACTIVE CITIZENS”

Dresden, from 5th to 7th February

The last TITTAN workshop was in Dresden, from 5-7th February. The framework for the three-day workshop in Leipzig and Dresden is the thematic area “Active citizens for healthy ageing”. Some best practices from the different European regions are presented, discussed and linked with each other.

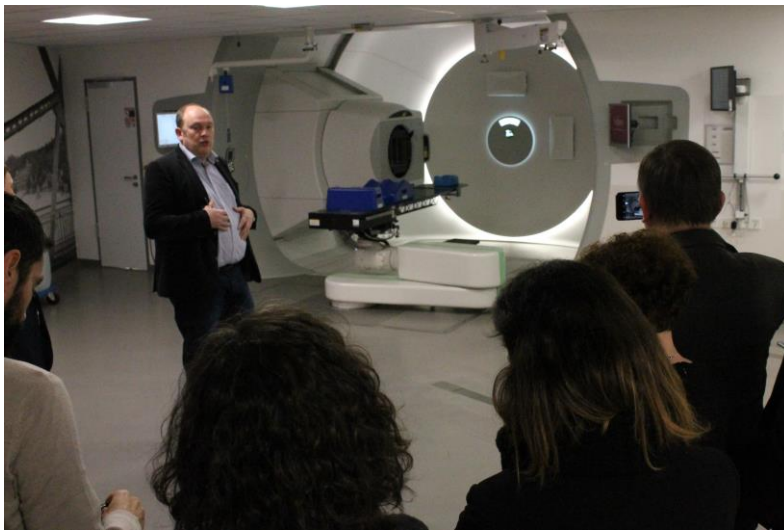
From Saxony several tested and successful good practices were presented such as the platform CCS-Telehealth which interesting services: Telecoaching, Telepathology & Telestroke. The Network GeriNet shows with the training plan “GeriNeTrainer”, directed to health professionals and interested non-professionals for a comprehensive and local establishment of sport groups for people with dementia, how coordinated supply structures in healthcare can be provided across sectors for elderly and dementia patients. From Basque Country, the research company TECNALIA from the Basque Country in Spain presented a software solution “*Equimetrix*” an instrumental equipment providing functional balance assessment and training, filling the current gap between functional clinical tests and quantitative instrumental measurements. Kronikgune, for its part, showed the "Bidasoatik Mundura" initiative, within the framework of the practices on the Community Perspective to Addressing

Health, aimed at health promotion and disease prevention. Finally, the University of the Basque Country (EHU-UPV) presented “*Spanish Network of Healthy Universities*”, a network to promoted health and well-being among university population and society that focuses on prevention with a particular emphasis in psychological healthy and the Good Practice “*A physical exercise program in long-term nursing home residents*”, focused on analyzing the effects of a multi-component exercise program on long-term residential users.



The third day, the Steering Committee met for monitoring and planning the activities for the next months. The Action Group 3 was also established, DHI from Scotland will be in charge for coordinating and mentoring the activities within the Thematic Area 3.

The TITTAN Workshop ended with a visit to the Proton Treatment Centre of the Dresden University Hospital where attendees could learn about the capabilities of its technology and the treatment method it provides.



An inter-regional workshop on personalised health was held in Milan on the 11th April, bringing together representatives of the Interreg Europe projects dealing with challenges in health and life sciences, international projects (TO-REACH, IC-PerMed and ERA-PerMed), and pan-European initiatives such as ESTHER (Emerging and Intelligent Health Care Technologies), which seeks to understand which are the main priorities of personalized medicine that can be addressed at the regional level.

NEXT ACTIVITIES

- The next months will be full of intense work for performing all the **in situ visits within the TA3** and of course each region have to elaborate their own Action Plans to adapt and implement the Good Practices/s more interesting.
- **In-Situ Visit to Amsterdam (24-25 April, 2018):** BIOF, together with the stakeholders Matia Institute, EHU-UPV, and responsables for the Bidasoatik Mundura programme, within the framework of the Community Perspective to Addressing Health, will visit the city of Amsterdam with the aim of deepening in the following initiatives developed in the Netherlands: "Senior Live Foundation", Amsterdam Age Friendly, and Amsterdam Healthy Weight.

- **TITTAN Workshop of the Lower Silesian Voivodeship Healthy Ageing (Wroclaw, 7th – 8th May 2018):** Meeting of Lower Silesia stakeholders with Project partners to present good practices that have not been presented so far and others that would be interesting in order to check the feasibility to implement some of them in the Polish region. Lower Silesia creates currently one of the five planned Centers of Geriatric Competence. This is created at the A. Falkiewicz Specialist Hospital. Therefore, the Polish partner will organize this conference together.



For more information:



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