

## PROJECT DOSSIER

### 1. Proposed project name

**Title:** Active and healthy ageing centres for the transformation of social, physical and psychological care for the elderly.

**Acronym:** ACT-Age

### 2. Presentation of the lead entity

The Government of the Canary Islands has made an active commitment to place quality of life of their elderly at the core of the public debate. That is why the Directorate General for the Elderly and Active Participation was created in 2023 within the Department of Social Welfare, Equality, Youth, Children and Families of the regional executive, aiming at paying attention to the demands of the over-65s and at resolving the challenges generated by the unstoppable demographic change that is leading to a more aged population structure.

In fact, this new direction is born out of the unstoppable shift to an ageing population. Its creation is an opportunity to put the elderly at the centre of regional policies, working hand in hand with all the Administrations and society to offer them the best services so that they have the same opportunities and rights. The importance of the subject is imposed by the demographic data, which shows a change in the demographic pyramid. As a result, it is crucial to lay the foundations to offer them a better quality of life and, above all, to maintain their autonomy, prevent and detect problems or dependencies that the elderly may have. For changing the social paradigm of our elders by implementing strategies aimed at promoting their active participation is equivalent to protecting our welfare systems.

Therefore, this new Directorate was conceived to adapt the existing obsolete system of day centres and current legislation to the reality of an increasingly active and connected aged population. In just a few months, the DG have begun working to approve the First Comprehensive Plan for the Elderly in the Canary Islands and Unwanted Loneliness, as well as a Strategy for the creation of Active and Healthy Ageing Centres.

### 3. Project description and objectives

More social Europe (policy objective 4) – Healthcare.

Active ageing refers to the process of optimising opportunities for health, participation, and security to improve quality of life as people age. The ACTAge project addresses the imperative to foster active ageing by crafting initiatives for active and healthy ageing. Among them, the creation of centres through which to optimize existing resources, addressing the challenge of fragmented offerings for the elderly. Thus, the project aims to shift policy instruments from a needs-based to a rights-based approach, recognizing the elderly's entitlement to equal opportunities and treatment in all aspects of life. By establishing and enhancing active and healthy ageing centres, the project seeks to transform social, physical, and psychological care for seniors through multidisciplinary strategies. Stakeholder engagement is pivotal, ensuring the relevance and effectiveness of the project, with a focus on incorporating the perspectives of elderly individuals. Ultimately, the project aims to equip policymakers with a regulatory framework for implementing integrated policies that offer a spectrum

of services encompassing healthcare, social support, recreation, sports, and psychological care. The overarching goal is to promote active and healthy ageing, empower seniors, and foster inclusive communities where elderly individuals can thrive and lead fulfilling lives.

Furthermore, multidisciplinary centres for the elderly, as envisaged in the AGE-HEALTH project, will bolster healthcare systems across Europe by offering integrated, comprehensive care services tailored to the unique needs of elderly individuals. By bringing together diverse resources, these centres streamline care delivery, promote early intervention, and empower seniors to maintain their health and independence. Through proactive health assessments, preventive interventions, and interdisciplinary collaboration, these centres alleviate pressure on acute care services, reduce healthcare costs, and drive continuous quality improvement within the healthcare system. Besides, they serve as hubs for knowledge sharing, innovation, and community engagement, fostering partnerships and driving positive change in elderly care delivery across the continent.

The overarching objective of the ACTAge project is to drive a paradigm shift in elderly care policies and practices towards a rights-based approach, promoting active and healthy ageing. By establishing and enhancing active and healthy spaces across the region, the project aims to optimize resources, foster multidisciplinary care, and empower seniors to maintain their independence and well-being. Through stakeholder engagement and policy advocacy, the project seeks to create a regulatory framework that ensures equal opportunities and treatment for the elderly, enabling them to lead fulfilling lives and contribute to society.

#### **4. Approach and structure.**

The project pursues an integrated approach, where work will be combined at transnational level (cooperation seminars, workshops, thematic webinars, etc.) and at local level (meetings with stakeholders, development of diagnostics and strategies, pilot actions).

The phases of the project are as follows:

- Core phase 'Exchange of experience'. Semester 1 - Semester 6. It includes:

##### Activities at a transnational level:

- **Transnational meetings (kick-off session).** Partners will use them as an opportunity for the development of other activities, for example study visits, policy roundtables, etc.
- **Peer exchange visits for Active Ageing solutions:** the best way to have a firsthand insight into the good practices and solutions implemented by other participant regions in the realm of active and healthy ageing. These may include visits to community centers offering recreational activities and social support services, demonstrations of age-friendly urban planning and design concepts, and engagements with local organizations promoting lifelong learning and volunteerism among older adults. Additionally, participants will have the chance to learn about innovative healthcare and rehabilitation practices aimed at maintaining functional abilities and independence as people age.
- **Transnational workshops:** 1) Regional needs assessment, 2) Empowering Active Ageing: Strategies for Healthy Living.
- **Joint regional needs assessment:** The regional needs assessment will result from the regional needs assessment workshop and the baselines for partners' needs assessment. It will entail a comprehensive analysis of demographic trends, health indicators, current legislation and social determinants to understand the unique challenges and opportunities for policies regarding active and healthy ageing. By evaluating healthcare infrastructure, community resources, and environmental factors, policymakers could identify priority areas for intervention.
  - **Joint surveys**

- **Focus group discussions**
- **Elderly Care Summit:** It will bring together key stakeholders from all regions, including policymakers, public servants, social workers, healthcare professionals, NGOs and representatives from day care centres.
- **Active Ageing Training Program:** Through a series of interactive workshops, seminars, and training sessions, participants will gain insights into best practices, evidence-based strategies, and innovative approaches in elderly care and Active Ageing.
- **Technology Integration Showcase:** Partners will organise a showcase event highlighting innovative technologies and digital solutions for elderly care. The showcase will serve as a preliminary event for the selection of technological applications that will be part of the Active and Healthy Ageing Centres pilot action initiative.
- **Capacity Building and Training:** Develop and deliver training programs for staff and stakeholders involved in the planning and operation of policies in this matter. It is designed to provide with essential knowledge and skills to deliver high-quality care and services to elderly populations. Covering topics such as geriatric care principles, legal compliance, communication skills, and cultural sensitivity, the program offers a comprehensive curriculum delivered through interactive learning methods, notably webinars.
- **Long-term sustainable planning:** Develop long-term sustainability plans for multidisciplinary centres, including, but not limited to, financial viability and community engagement.
- **The "Senior Advisory Council":** Besides the stakeholder committee, the project wants to create a Senior Advisory Council which will comprise a diverse group of older adults representing different backgrounds, experiences, and perspectives and from all the regions. Their role is provide valuable insights, feedback, and recommendations from the perspective of the end-users – the elderly themselves and to be the voice of the elderly in the project development.
- **Policy Integration and Social Innovation Sessions:** Territorial policymakers will convene for interactive workshops focused on integrating active ageing policies into broader regional development strategies. Stakeholders will collaborate to identify synergies, align objectives, and develop integrated approaches that promote holistic well-being and inclusivity for older adults. Policymakers and stakeholders will focus also in policy innovation to explore cutting-edge approaches and emerging trends in active ageing policy development. These forums will feature presentations from experts, case studies of innovative policy interventions, and brainstorming sessions to generate new ideas and strategies for enhancing active ageing policies at both regional and transnational levels.

#### Activities at a local level:

- **Partners' needs assessment,** aimed at understanding the specific requirements, challenges, and capacities of project partners involved in the project. Important as a first step for the activity called joint regional needs assessment.
- **Creation of local action committees** (stakeholders committees)
- Regional meetings with the stakeholders group.
- **Pilot action:** Partners will launch a pilot project to establish pilot multidisciplinary centres for the elderly. This pilot action will include:
  - A site selection: through which to identify the best areas and communities of intervention and the physical space in which this pilot idea will be developed.

- A technological tool whose role is to connect and collect in one place all existing resources in the community for older people (workshops, courses, recreational, cultural and sporting activities, services, legal assistance, etc.).
- Follow-up phase. Semester 7 - Semester 8.

Activities at a transnational level:

- **Enhancing policy instruments:** Territorial policymakers will embark on a phase to enhance their policy instruments concerning active ageing.
- **Interregional monitoring results meeting – Conclusion meeting**
- **Policy Learning and Evaluation Workshop.**

Activities at a local level:

- **Transnational Policy Impact Assessment Sessions:** Partners will convene for in-depth sessions to assess the impact of improved active ageing policies across participating regions. Through data analysis, case studies, and stakeholder feedback, partners will evaluate the effectiveness, relevance, and sustainability of policy interventions, identifying success factors and areas for further improvement.
- **Pilot Center Performance Evaluation:** Partners will conduct thorough evaluations of the performance of pilot multidisciplinary ageing centres. These sessions will provide opportunities to showcase successful initiatives, innovative approaches and notable outcomes achieved by the pilot centres. Through presentations, demonstrations, and testimonials, partners will highlight the positive impact of the centres on the lives of older adults and the broader community, fostering recognition and dissemination of best practices.
- **Impact Assessment Surveys:** Local partners will conduct impact assessment surveys to evaluate the effectiveness and impact of active ageing policies on improving the well-being and quality of life of older adults.

## **5. What are we looking for?**

**a) At least 1 Entity from each European region**

**North:** Denmark, Estonia, Finland, Germany, Latvia, Lithuania, Norway, and Sweden.

**East:** Austria, Bulgaria, Czech Republic, Hungary, Poland, Romania, Slovakia, and Slovenia.

**South:** Croatia, Cyprus, Greece, Italy, Malta, Portugal, Spain and Spain.

**West:** Belgium, France, Ireland, Luxembourg, the Netherlands, and Switzerland.  
EU candidate countries.

**b) Entities with a policy instrument related to the thematic area.**

*A policy instrument is a strategy, program, legislation, plan, etc., developed by a public authority implemented to improve a specific territorial situation To which financial resources have been allocated (in most cases).*

**c) At least 1 Entity responsible for an Operational Programme**

*At least one policy instrument per project must be an Investment for jobs and growth goal programme (ERDF, ESF+...)*

**6. Are you interested?**

Please send an e-mail to [epcfondoseuropeos@gmail.com](mailto:epcfondoseuropeos@gmail.com) indicating:

- Full name of the entity and country/region of the organisation in which it is located.
- Name of the policy instrument (and, if possible, attach the policy instrument dossier)
- Name of the operational programme for which you are responsible (*if applicable*).