

Plan for further cooperation between the beneficiaries and establishing the wider network to crystalize best practices for emotional and psychological support for elderly persons

Developed within the framework of Project LT-PL-3R-253 "Strengthening of cross-border cooperation towards ageing and social services".

The Cross-border Healthy Ageing Network is a sustainable platform for cross-border cooperation in information flow, analysis, research and multidisciplinary activities for health promotion, disease prevention and health and social care.

The mission of the Cross-border Healthy Ageing Network is active and effective collaboration to improve and protect human health and support the modernisation of health care systems in the Lithuanian-Polish border area.

The principle of the Network is consensus, openness, partnership cooperation and mutual support of Network participants' activities.

The Network participants may be all natural and legal persons as well as entities without legal personality that express willingness to cooperate in the implementation of the Network objectives.

The Network activities are to be conducted in a way that does not generate costs for its participants and will be based on the personal and/or institutional involvement of its Participants.

Main areas of cross-border cooperation:

- Development or promotion of legal, management, social solutions for maintaining social and professional activity of the society as well as its healthy and safe ageing in the context of new economic challenges and ongoing demographic changes, in particular referring to Lithuania, Poland and other European Union countries.
- To initiate and support prophylactic and pro-health education, including in particular those related to work and occupational activity and their related illnesses and to promote a healthy lifestyle in society.
- Raising public awareness of issues relating to 'healthy ageing' and the factors influencing the ageing process and its progression.

- To take measures in health care in order to improve patients' access to innovations in medicine as regards diagnostics and treatment and rehabilitation, and to support the implementation of screening and early diagnostic programmes.
- Developing or supporting the development of innovative technological solutions to improve working conditions and safety, health or quality of life of the society.
- Initiating, supporting and developing activities to guarantee and improve patients' access to health services and medical technologies.
- Creating or supporting the creation of labour, social or health policy solutions that create favourable conditions for dignified ageing.
- To promote favourable attitudes and to take action and implement solutions to keep older people fit and physically, socially and professionally active for as long as possible.
- Undertaking or promoting measures to counteract and solve problems of social and professional exclusion of a part of the elderly persons.
- Support for actions and search for solutions in the field of economy and insurance, serving to solve social, health and material problems of the ageing society;
- To support the longest possible professional activity of the population, as well as to search for and support the implementation of solutions in the labour market that favour the creation of new jobs and employment of older people.
- To cooperate with Lithuanian and Polish public administration institutions and bodies to develop short- and long-term policies or strategies, as well as legal solutions to counteract the negative social, health or economic consequences of population ageing.
- To take action to protect the rights of citizens and patients to health services, to 'age in place' with dignity, and to work and be economically active.
- To act for and/or support the activities of other persons (natural/legal) or organisations/institutions whose objectives overlap with those of the Network, i.e. respectively: scientific, scientific and technical, medical, educational and educational, cultural, in the field of issues/problems of health protection and social assistance, rehabilitation, professional activity of society and professional development of citizens.

Activity matrix

| Activity | Thematic areas of cooperation |
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| Strengthening responsibility for health and supporting positive lifestyle attitudes through health promotion and disease prevention. | Disseminating health knowledge, taking into account changes due to ageing, at all levels of education. |
| | Undertaking educational activities aimed at maintaining health, differentiated according to age and level of fitness. |
| | Implementation of health promotion programmes providing information on health risk factors and encouraging behaviours conducive to maintaining and improving health. |
| | Promotion of preventive vaccinations and other preventive services. |
| | Promoting knowledge in the field of possibilities of using ICT (applications, systems, devices) to support the prevention of diseases and improve the quality of life. |

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| | Implement pharmaceutical care, conducting analyses of the pharmacotherapy used to reduce drugs potentially inappropriate for older people, in accordance with the criteria in force in this area. |
| Development of telemedicine and telecare and access to technical facilities to compensate for lost mobility and support independence of older people. | <p>Taking into account the specificity of health problems, characteristic of the elderly, in the implemented pro-health programmes.</p> <p>Creating infrastructure and services for the development of pro-health activities with particular emphasis on the oldest age groups.</p> <p>Development of telemedicine, including telecare</p> <ul style="list-style-type: none"> • dissemination of various forms of telecare and teleconsultation, • development of mobile health solutions. <p>Facilitating access to materials and equipment as well as healthcare services, medical devices compensating for impaired fitness.</p> <p>Use of modern technologies to compensate for the lost fitness and strengthen independence.</p> <p>Development and dissemination of innovative solutions and technologies in the field of health and telemedicine.</p> <p>Increasing the availability of occupational therapy and physiotherapy.</p> |
| Ensuring optimal access to health care services, including primary care, specialist care, rehabilitation, spa and preventive services, both in terms of physical and mental health, necessary to maintain functional independence. | <p>Creating conditions for the development of comprehensive care for the elderly, including:</p> <ul style="list-style-type: none"> • development of standards for prevention and care of the elderly, as well as improvement of care coordination, • defining principles of medical proceedings in different age groups, with particular emphasis on the group of older people, • monitoring the effectiveness of care for the elderly. <p>Ensure continuity of care for the elderly, including:</p> <ul style="list-style-type: none"> • implementation of actions aimed at monitoring the health needs of the patient in his/her environment of residence, • development of co-operation of health care workers with social assistance services, • monitoring of health condition of ill elderly people after hospitalisation. <p>Increasing the availability of geriatric services in the hospital system and the availability of geriatric consultations.</p> <p>Conducting activities aimed at increasing the availability of rehabilitation services.</p> |

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| | <p>Reducing hospitalisation to the necessary minimum, including:</p> <ul style="list-style-type: none"> • development of alternatives to hospitalisation, e.g. specialist care in the place of residence or community therapy, • creation of a system of day diagnostics, enabling implementation of treatment and its further continuation in the conditions of home environment, • creation of solutions to strengthen day rehabilitation (physiotherapy, occupational therapy and psychological therapy) |
| <p>Training of health professionals for the care of the elderly persons.</p> | <p>Development of geriatric education at medical faculties, including:</p> <ul style="list-style-type: none"> • support for the development of academic geriatric centres • in universities educating medical personnel (clinics, departments, chairs) and student scientific circles of geriatrics, • development of scientific research in the area of healthy ageing and age-related diseases. <p>Developing postgraduate education in geriatrics in the medical professions, including:</p> <ul style="list-style-type: none"> • stimulating an increase in the number of doctors specialising in geriatrics and to enhance the quality of specialisation training in this field, • supporting the system of continuous education of medical personnel in the field of geriatric care. |
| <p>Creating conditions for the development of standardised assistance and care services, including telemedicine, to support the functioning of older people.</p> | <p>Promotion of good practices and implementation of standards for care services provided in the local environment.</p> <p>Promotion of good practices and standards for telecare and teleassistance.</p> <p>Promotion of telemedicine, with a range of services adapted to the needs and abilities of users, which will improve safety and quality of life for a large number of older people.</p> <p>Implementation of new instruments aimed at increasing accessibility to:</p> <ul style="list-style-type: none"> • care services and specialist care services provided by local self-government units, • home care broken down into assistance in household activities or assistance in hygienic and caring activities, • information on social services and counselling. <p>Increasing the range of social services of general interest to strengthen the independence of older people, provided by social economy entities.</p> |
| | <p>Supporting the development of a rental network of assistive devices for dependent elderly people.</p> |

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| Development of rental equipment to support the functioning and increase the independence of dependent older people. | Provide advice on obtaining and using equipment to support the functioning and independence of dependent older people. |
| | Promoting good practice in the operation of equipment hire shops. |
| Support of activities aimed at elimination of functional barriers in the residential environment of dependent elderly persons. | Implementing projects and raising public awareness among partners from all sectors in the field of universal design. |
| Development of occupational therapy, including ergotherapy, provided inpatient, outpatient and in the home of the dependent elderly person. | Training of occupational therapists. |
| | Promoting occupational therapy among dependent elderly people. |
| | To disseminate good practices in line with global standards on conducting occupational therapy. |
| Development of inpatient, outpatient and non-inpatient geriatric care. | Creating conditions conducive to the creation of new geriatric wards, especially in conjunction with the development of centres for training doctors specializing in geriatrics. |
| | Seeking and implementing solutions aimed at enabling interdisciplinary geriatric teams of a consultative nature. |
| Ensure access to rehabilitation provided inpatient, outpatient, in the elderly person's home and in spas. | Implementation of appropriate complex rehabilitation: medical, social and vocational, both in institutions and in a community form. |
| Take measures to improve the communication and cognitive functions of dependent older people in long-term care | To develop a programme of actions aimed at elderly people suffering from dementia diseases. |
| | Conducting educational campaigns on dementia diseases. |
| Development of nursing and care services provided in public and non-public facilities, offering in-patient, out-patient and home care, and the definition of criteria for assessing the quality of care for older people in different states of health and functional capacity. | Developing and standardising methods of conduct of entities providing assistance to dependent elderly people, according to accepted models, which are based on the results of research and make it possible to obtain similar results of actions in various aid institutions and in home care. |
| Development of various forms of day care and 24-hour care, temporary and permanent, adapted to the diverse needs of dependent older people and access to information on social services. | Development of various forms of day care, including: <ul style="list-style-type: none"> • developing a network of day care centres and promoting their establishment in areas where they do not yet exist, • Promoting forms of day care for inactive elderly people who do not participate in the life of their local community, • supporting a system for the exchange of information between centres so that good practices can be shared. |
| | Developing networks of care farms and promoting their establishment in rural areas. |
| | Creation of day care homes (DCH) as a medical support (nursing, caring and rehabilitation services and continuation of treatment) for dependent persons, including in particular older persons, in conditions similar to home, in a local environment. |
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| | Supporting initiatives of local self-government units for creation of protected flats. |
| | Development of 24-hour care: <ul style="list-style-type: none"> • supporting initiatives of local self-government units for the creation of 24-hour care facilities for dependent elderly and lonely people, • supporting the creation of family welfare homes and other forms of community-based 24-hour care. |
| | Ensuring continuity of care when moving from one place to another. |
| Professional support for families providing home care | Integrating informal care for dependent elderly people with formal care, in particular through counselling, consultations, skills training for informal carers (provided by doctors, nurses, physiotherapists, medical carers, social workers) and other measures to improve the quality of home care. |
| Introducing various forms of temporary relief for family members providing personal care for dependent older people. | Supporting the organisation of short-term care for dependent persons - so-called respite care for carers. |
| Creation of a system of training and qualifications for the acquisition of competences enabling care of dependent elderly people, including those aimed at professionals providing care services. | Training in basic care and rehabilitation and competence support through access to online thematic knowledge libraries together with tutoring (a method of individualised education). |
| Strengthening the network of informal carers of dependent older people. | Support for informal carers of dependent older people, including: <ul style="list-style-type: none"> • dissemination of knowledge on care for dependent elderly to increase the involvement of informal carers in care, • creation and development of forms of support for carers of dependent persons, including sheltered housing. |
| | Promote bottom-up activities such as time banks, information banks, support groups and self-help groups. |
| | Involving NGOs in the practice of developing support for carers of dependent people at local project level. |
| Promotion of educational projects for the elderly, self-help, volunteering | Implementing social campaigns to promote intergenerational education. |
| | Supporting social projects that promote intergenerational solidarity and integration. |
| | Supporting family cohesion by promoting intergenerational exchange of experiences. |
| Development of social infrastructure as a place for intergenerational meetings and exchanges. | Creating and strengthening, at the local level, the infrastructure addressed to the elderly, such as: day-care centres (houses, clubs, community centres) which carry out activities aimed at intergenerational integration. |
| | Conducting training for local community leaders in planning activities for the elderly. |

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| | Dissemination of good practices implemented by local governments and NGOs. |
| Promoting activities that enable contact and cooperation between people from different age groups. | Promoting, as part of the public media mission, intergenerational cooperation and good practices carried out in this field. |
| | Promoting cooperation and collaboration of children and young people with older people and senior citizens' organisations. |
| Increasing the availability of educational offer for older people. | Supporting NGOs in the field of education of older people. |
| | To disseminate information about the possibilities for educational activity of older people. |
| Development and promotion of caring professions and improvement of staff competences. | Conducting social campaigns promoting caring professions. |
| | Development and completion of competencies of social welfare staff on the issues, needs and opportunities of older people. |
| | Expanding the educational offer for the development of new fields of study and other forms of education dedicated to older people. |
| Development of informal education (radio, television, Internet, audiobooks). | Supporting lifelong learning through educational consulting. |
| | Dissemination of information related to informal education. |
| Popularisation of education in the field of new technologies. | Shaping or strengthening the competence of seniors in the field of new media through the implementation of information and education campaigns and training. |
| | Development of gerontechnology to improve quality of life. |