



European Union
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CarerSupport – an example of GP in Romania

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Who we are?



A Non-Profit International Organisation, established in 2000 in Bucharest

Expertise

- **Comprehensive, integrated approach of healthy and active ageing and longevity medicine Research,**
- **High-Profile Educational, and Predictive, Preventive and Personalized Medicine (3P Medicine),**
- **Innovative ICT-based solutions for increasing the independent living of elderly persons**

Mission

- **to integrate scientific progress into the original, holistic concept of predictive, preventive and personalized medicine**
- **to provide patients, medical and scientific community with the instrument to make brain aging medicine the longevity medicine**

AAIF's Specific Profile

Medical services: *The Centre for the Diagnosis and Treatment of Memory Impairment Diseases and Medical Rehabilitation (established by AAIF in 2003 in Bucharest)*

- preventive, predictive and personalized medical services in the field of aging and ageing-related pathology,
- health management, especially of the cerebral cortical level,
- assistance of persons with special cognitive needs in acute care settings, day centre, or at home.

Research: *the Ana Aslan Academy of Aging – the R&D department of AAIF, founded in 2001,*

- develops basic and applied research activities and clinical trials in areas such as epidemiology, risk factors and medication of dementia,
- publishes and transfers the obtained results into the practice of geriatric care,
- promotes the advanced technology-based (remote) long-term care of the elderly, as medical partner and end-user organization in more than 15 (AAL, FP6-IST and FP7- CIP-ICT-PSP) projects + EU or privately funded clinical trials.

Education:

- mostly linked to the The Geriatrics, Gerontology and Old Age Psychiatry Chair of Carol Davila UMF, Bucharest
- designs and implements higher education and postgraduate programs,
- Coordinator of the SOP-HRD project BRAINAGING -1800 Romanian physicians and 2600 medical assistants were trained in the field of Brain Aging (between 2011 and 2013).

AAIF's Specific Profile (2)

International cooperation:

- EADC centre of excellence, (European Alzheimer's Disease Consortium) <http://www.eadc.info/sito/pagine/home.php>),
- National coordinator of the Romanian representative of EPMA - *The European Association for Predictive, Preventive & Personalised Medicine* (www.epmanet.eu),
- Founding member of 7 communities in EU Joint programmes EADC, AgeingWell, LiveWell, Confidence, BrainAging, E-No Falls and INNOVAGE
- Medical (coordinator) /partner in 11 project consortia of EU FP7 & AAL projects: Mobile.Sage, MobileOld, Confidence, LiveWell, E-NoFalls, CarerSupport, StayActive , Revolution, SeniorTV, MyMate, TSBank

AAIF:

A Romanian Pilot Site of E-Health Platforms Evaluation and Validation for Ambient Assisted Living projects (AAL)

WHAT CAN WE GAIN FROM AAL PROJECTS?

Smart assistive devices and apps -valuable solutions for:

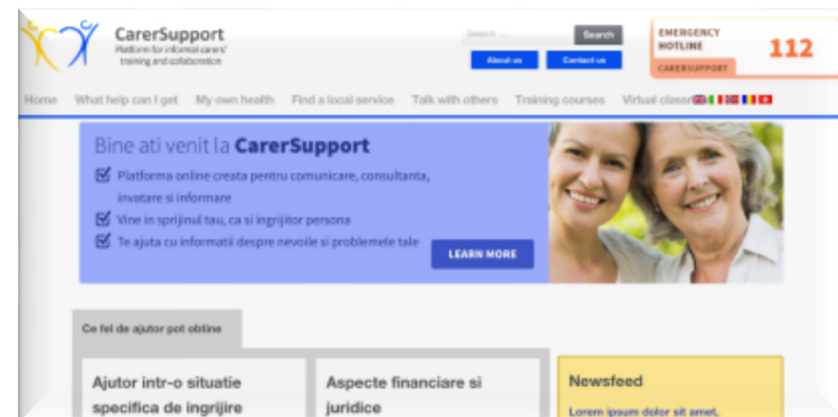
- integral bio-psycho-social therapy and rehabilitation assessment
- disability support for maximum independence
- integration of people with disabilities within their social environment and within the society at large
- improvement of personal security as well as personal and family care
- a better quality of life for caregivers

Services and products - great diversity of “high tech” solutions related to:

- mobility and prosthetics
- physical assessment, treatment and rehabilitation
- support of daily living activities
- urban accessibility, transport and architecture
- accessibility in the work place
- sensorial impairments (visual and hearing)
- cognitive disability, including affective and social issues
- access to information and alternative communication

CarerSupport: A Platform for informal carers' training and collaboration

- ★ Integrated ICT platform to manage training and psychological support programs for carers and stakeholders:
 - e-learning sessions
 - computer based training sessions
 - tele-consultation sessions
 - psychological support
 - collaboration and interaction between stakeholders





General Data about the CarerSupport Project



Title: CarerSupport: Integrated Platform for Informal Carers' Training, Tele-consulting and Collaboration

European Program: AAL-2012-5-245

Timetable: from 04/14 to 09/16

www.carersupport.eu

Consortium:

- Maggioli SpA – CEDAF Division, Italia (Coordonator);
- Prolog GmbH, Elvetia;
- BluePoint IT, Romania;
- UNIVERSITETET I OSLO, Norvegia;
- Ana Aslan International Foundation, Romania;
- COMARG – Communication & Marketing Agency, Elvetia;
- 12-kommunesamarbeidet i Vestfold, Norvegia;



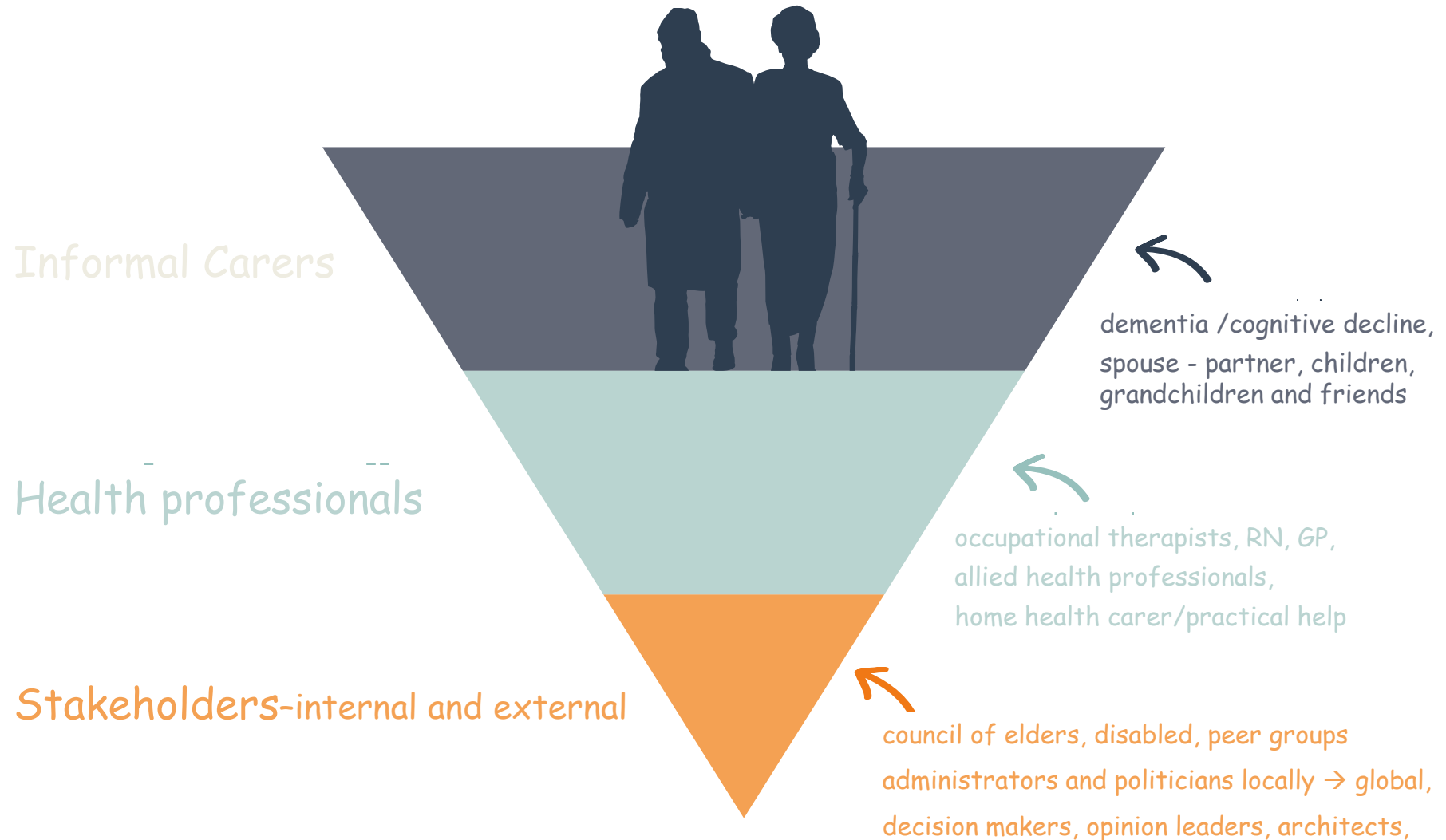


Main Objective of the CarerSupport Project

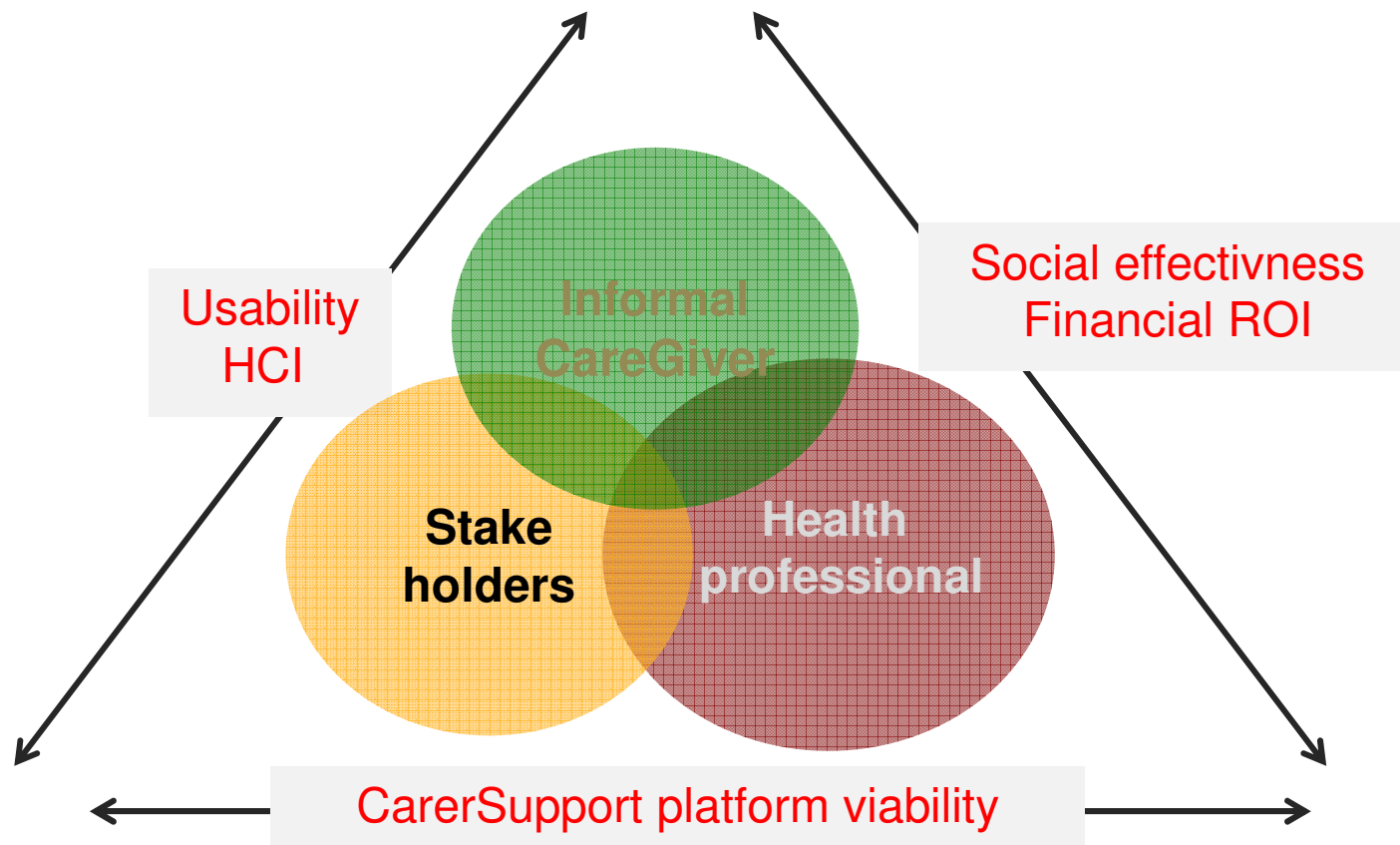
The main objective of the project was to support the family members (inexperienced carers / accompanying persons) who take care about their relatives suffering from Alzheimer's Disease or other related dementias



Recruitment and Mobilization



Multi – facet evaluation perspectives





The AAIF's contribution to this Project

- **Detect and define the users requirements, needed for the creation and proper functionality of the platform**
- **Create the Romanian version of the platform's content**
- **Organize and implement the pilot test in Romania**
- **Evaluate and validate the platform**



Benefits for the family members acting as carers / accompanying persons

- **Obtaining the most relevant information and knowledge regarding the specific aspects related to the carrying for persons with Alzheimer's Disease**
- **Answers and solutions for solving certain emergency situations**
- **Social support**
- **Help in the correct administration of the medical treatment for the patient**





CarerSupport Platform Content

- **Educational Materials for the carers / accompanying persons**
- **Network support for socializing and getting informed – forum**
- **Virtual and local network for social and for emotional support and for family counselling**
- **Online services of Teleconsultations**
- **Online communication service between the families and the specialized centres for home caring**





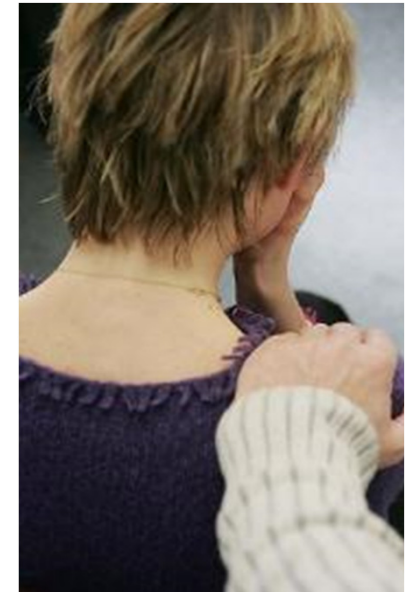
Platform benefits

1) For the Patients:

By encouraging the correct attitude of an informal carer: “Be informed! An informed person has solutions”

Thus the suffering person will benefit from a real support in:

- adapting to changes
- effectively managing the
 - Anger bursts
 - The moments when they accuse pains
 - Fear and anxiety episodes
- preventing loneliness and isolation



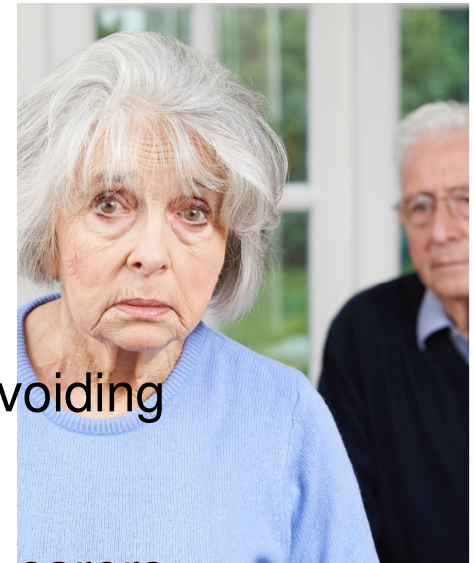
Platform benefits

2) For the Informal Carers:



The possibility to:

- check the quality of the act of caring
- communicate with persons in the same situations
- exchange and accumulate experience
- find useful solutions for preventing the chronic stress (avoiding the "burnout" syndrome)
- get medical advices in real-time from specialized/formal carers
- express his/her feelings and needs coming from this type of activity and having easy access to infos / solutions form a **non-stop functioning platform**



Platform benefits

3) For the Formal Carers (taking care of patients with AD):

The specialized medical carers will be able to:

- Exchange experience
- Benefit from new informations,
- Deliver and share useful advices and good practices towards the nurses and the informal carers responsible for persons suffering from AD's or other dementias



Platform Benefits: 4) For the society

The platform:

- Offers facilities for the persons which cannot move from their homes
- Prevents and reduces additional costs in the health care system, mainly for the specific medical services related to the care of AD patients
- offers customized services, depending on the user's role (patient, family member, medical nurse or medical specialist).



In conclusion:

The main innovation of the project lies in the creation and operation of a sustainable pan-European ICT-based ecosystem for the training, orientation and support of informal carers. This ecosystem intends to bring together formal carers and informal carers, along with other stakeholders such as organizations providing training services, ICT solution providers for active ageing and social inclusion, as well as policy makers emphasizing on LTC (Long Term Care) policies that affect informal carers



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Thank you!

Questions welcome

