



ATTIVITA' FISICA ADATTATA Webinar Ristretto

**15prile 2021
10.00 – 12.00**

La rete Europea dei Centri di riferimento per l'invecchiamento sano e attivo (RSCN):
iniziative nell'ambito dell'attività fisica



EIP ON AHA

GEOGRAPHIC COVERAGE OF THE EIP on AHA REFERENCE SITES



Established in 2013 following 1st Call for Reference Sites

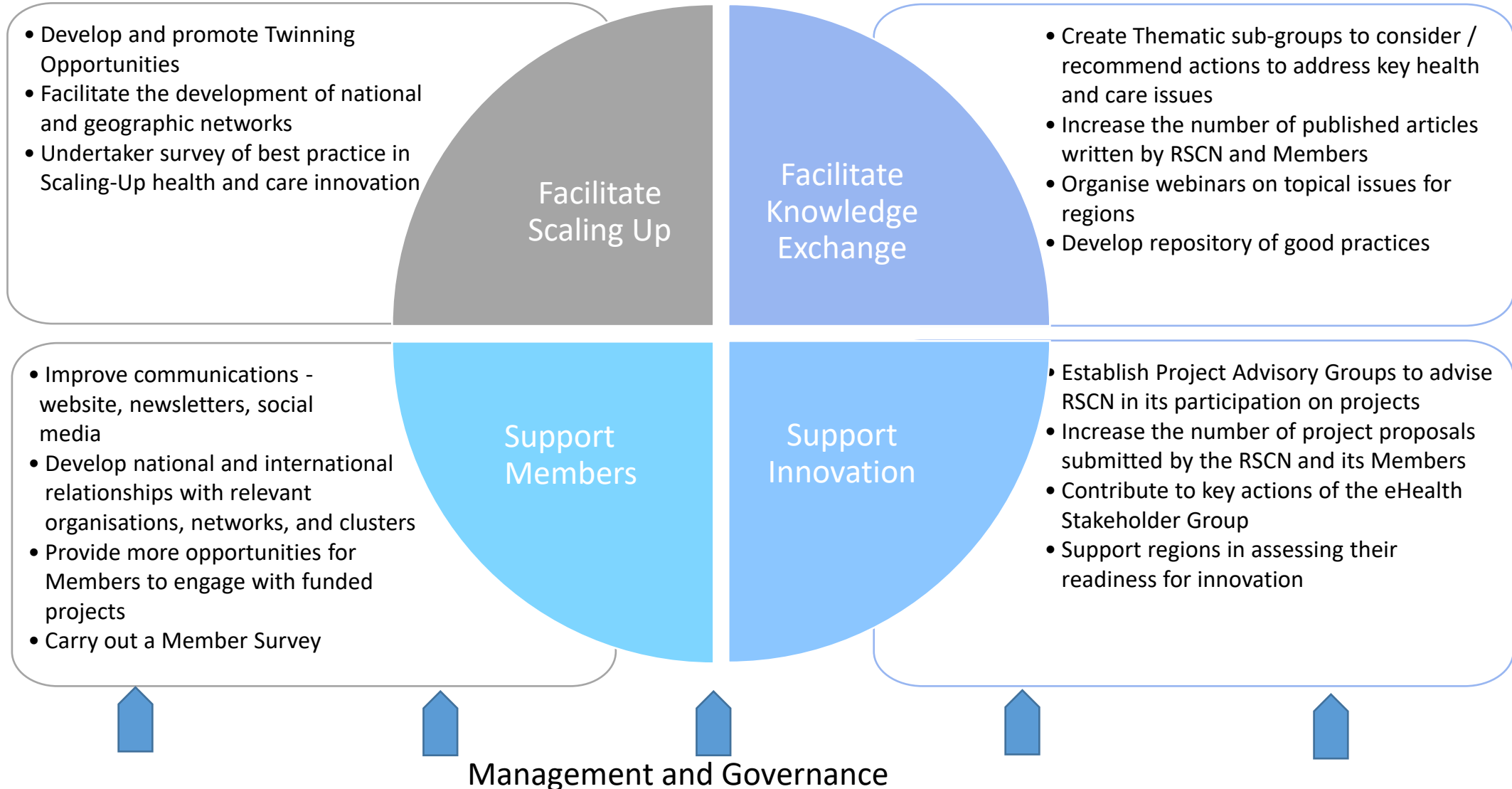
- Bottom Up initiative by Reference Sites for Reference Sites
- Supported by Commission
- 39 original Reference Site Members

2nd Call for Reference Sites 2016
Policy and criteria for Reference Sites developed by RSCN
74 Reference Site Members

3rd Call for Reference Sites 2019
104 Reference Site Members

Became a legal entity (ASBL) under Belgian Law November 2017

RSCN Strategic Objectives 2020 - 2023



RSCN & thematic AGs: work in progress, building & sharing knowledge

Group	Subgroups
Integrated care, multimorbidity & Polipharmacy Management	Palliative Care
Health promotion & disease prevention with a lifecourse approach	Preventing falls
	Improving food & nutrition
	Addressing loneliness
	Environmental design for health
	Improving physical Activity
Tourism for Health	Thermal tourism
Procurement for innovation	
Information and processes	Process mapping
Horizontal groups	
Education & training	
Funding opportunities	

Subgroup on Physical Activity: areas for collaborative work

1 Harmonisation of databases

- for physical activity programs
- for measuring physical activity and physical capacity

2. Identification of Good Practices through the implementation of an A3 common, scaled up vision on frailty dimensions and A3

3. Scaling up Good Practices

4. Models of Care for Integrated Management, including educational activities to support the management of active and healthy ageing

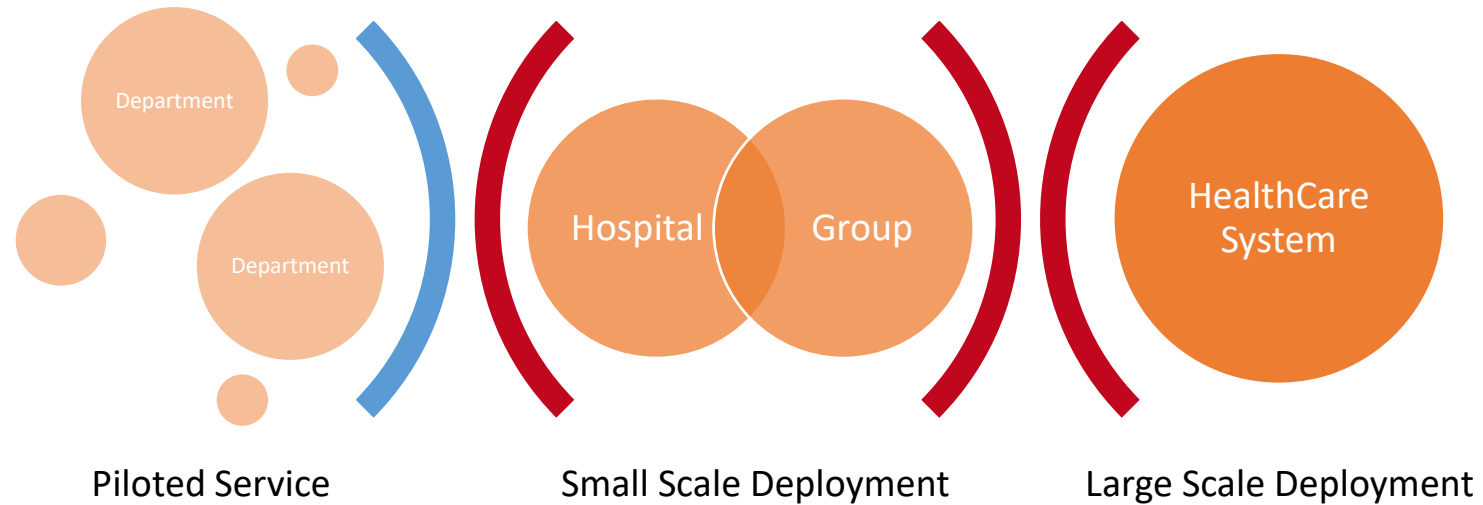
- Treatment protocols to improve physical activity
- Methods and tools to measure physical activity and progress over time

5. Identify and Implement Enabling Technologies by scaling up of good practices focusing on the exploitation of ICT tools

6. Translation of knowledge towards the different stakeholders



From pilot to routine care



Testing of Service

Routine Care Service

Lessons learned from deployment inside an organisation

- Local champions
- Limited constraints (e.g. at legal level)
- Cost and benefit analysis
- ...

Lessons learned from deployment across organisations (for servicing the healthcare system)

- Institutional endorsement
- Legal constraints (if it is a D2P relationship)
- Need for robust methods
- Socio-economic analysis
- ...

Enabling scale-up of technology-based solutions

Tele**revalidatie**.nl

Telerevalidatie.nl is a digital solution for remote monitoring of patients
The platform is based on the Otago rehabilitation program.

Adoption process

- From 2014 to 2016: **PERSILAA**;
- In 2016: a twinning to assess the transferability to Campania;
- Since 2019: in the service of the Federico II University Hospital, Sports Medicine Center;
- In 2020: A specialization course in "Prescription and monitoring of Adapted Physical Activity in chronic patients" by Federico II University.

Transfer of Innovation
Twinning Support Scheme
2016 Pilot



European Innovation
Partnership on Active
and Healthy Ageing
REFERENCE SITE



The Journey for scaling up



Telerevalidatie.nl

Transfer of Innovation
Twining Support Scheme
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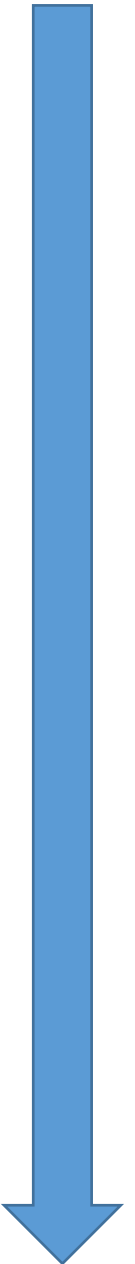


Roessingh
Research and
Development

MULTIPLATE-AGE



BANDO RICERCA FINALIZZATA
Anno 2016



Scaling up AFA towards specific targets

- Prescription adherence

Medication reminder devices

Caregivers support

Discussion fora

Social media

Memory training



Telemonitoring

Newspapers/online libraries

Connected care

Geolocalization

Home safety tools

Specific serious games

Carer alerts

- AFA in the community
- AFA for chronic diseases