

**SOCIAL ENGAGEMENT FRAMEWORK  
FOR ADDRESSING THE CHRONIC  
DISEASE CHALLENGE**



**NEWSLETTER N°2**

# **SEFAC**

## **CHANGING LIFESTYLES**

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**ENJOY THE READ!**

# SUPPORT CITIZENS TO TAKE CONTROL OVER THEIR OWN HEALTH

EDITORIAL BY PROF. HEIN RAAT - ERASMUS MEDICAL CENTER ROTTERDAM  
"TAKING CONTROL OVER YOUR OWN HEALTH"

This second newsletter of the SEFAC project is dedicated to the **Citizens Training CHANGING LIFESTYLE PROGRAM**. The SEFAC project focusses on the promotion of self-management by citizens in Europe with one or more chronic conditions. And also, more generally, to promote self-management by citizens who want to prevent chronic conditions by a healthy and active lifestyle.



*"The base is to believe, invest and focus on community its internal capacities and resources as agent of change"*

*Prof Hein Raat Erasmus Medical Center, Rotterdam*

For this aim, in the SEFAC consortium, several European partners join their forces, including ISRAA, AGE UK and the Erasmus Medical Center in Rotterdam. They developed a generic framework for an interactive program: 'Citizens Training CHANGING LIFESTYLE PROGRAM'. Before summer, ISRAA and AGE UK took the initiative to train the key trainers in four participating SEFAC countries (Croatia, Italy, the Netherlands, and the UK).

ISRAA, Istituto per Servizi di Ricovero e Assistenza Anziani based in Treviso (Italy) is an innovative care provider that meets a wide range of elderly needs. ISRAA addresses the persons needs firstly. Then, also appropriate management of chronic conditions is organised. Age UK Cornwall & Isles of Scilly is the largest community-based initiative in the area committed to the support of people over the age of 50 by involving volunteers. It has become a leader in the field of services for older citizens.

The SEFAC training protocol for healthy lifestyle behavior has been developed in collaboration between ISRAA and AGE UK. The purpose is to support self-management of citizens in their efforts to live healthy. It increases the awareness regarding chronic conditions and appropriate prevention strategies that citizens can apply. It triggers behavioral changes among the participants. The training will be supported by ICT tools that will be provided by VIDAVO in Greece.

A toolkit and a manual to 'train the trainers' have been produced that can be used by health and social workers in collaboration with volunteers. In SEFAC, involvement of volunteers is a key factor for the implementation of community based interventions. In addition, community events (see this newsletter) have been organized in the participating communities to promote the importance of self-management of health.

The ICT tools, developed by VIDAVO in Greece to support the implementation of the SEFAC model is about to be tested in four pilot regions (Rijeka in Croatia, Treviso in Italy, Rotterdam in the Netherlands, and Cornwall in the UK). A total of 1000 citizens will be involved. The next SEFAC newsletter will be dedicated to this tool.



# TRAIN THE TRAINERS WEEK 2018

## ROTTERDAM

OSCAR ZANUTTO AND ANTONELLA BURANELLO – ISRAA TREVISO

### SEFAC CITIZENS TRAINING: CHANGING LIFESTYLE PROGRAM

During the week from the 26th to the 30th of March 2018, the SEFAC (Social Engagement Framework for Addressing the Chronic Disease Challenge) “Train the trainers” Programme took place in Rotterdam, at the Erasmus Medical Centre.

Fourteen professional experts on health care took part in the training as trainers and trainees representing the four pilot sites where the projects will be implemented. The partners involved were ErasmusMC (Netherlands), AGE UK Cornwall (United Kingdom), ISRAA (Italy) and MEDRI (Croatia).



During the first three days the training was headed by ISRAA to provide general guidelines on how to implement and deliver **SEFAC Citizens Training CHANGING LIFESTYLE PROGRAM**. The last two days AGE UK Cornwall **led the Care Navigation Training**, a social engagement model training, in order to be able to recruit volunteers. The objective is to provide the volunteers with the skills to cascade the learning across the organizations and expand the functions of Care Navigation in all roles.

The ISRAA training had been organised in seven modules that provided a detailed guide to develop the key skills in teaching and training the SEFAC Programme. It used a mix of theory, role plays, practice delivery and exercises to give participants a practical toolkit. The purpose is to engage the trainers, who will drive behavioural and attitude change.

The learning outcomes for trainees were:

- an understanding of the key principles of the SEFAC Integrative Health Model;

- an explanation of the goals of the SEFAC Citizens Training START FROM YOURSELF LIFESTYLE CHANGING PROGRAM and of SEFAC volunteers Training;
- the setting up and delivery of the SEFAC Citizens Training START FROM YOURSELF LIFESTYLE CHANGING PROGRAM and the SEFAC volunteers Training;
- an understanding of the roles and responsibilities of being a trainer for SEFAC Trainings;
- learning and recognition of the principles of adult learning;
- the use of facilitation skills to deliver an effective training.

*Improve life skills for adopting healthy lifestyles, empowering people and fostering resilience in order to enable citizens to reach their own potential and live well in their community*

The first day, conducted by Antonella Buranello, aimed to explain the first module of the SEFAC citizens lifestyle changing Programme.

The objective was to give the participants a theoretical framework of the SEFAC integrative Model based on Salutogenic and PersonCentred Care approach, Health Coaching, Mindfulness and Compassion based interventions, Positive Psychology and Change Behaviour Theories. In addition, an overview of the trainer's role and responsibilities together with the Citizen Handbook module structure were provided.

The second and third day, conducted by Emanuela Capotosto and Stefania Macchione, aimed to explain the other 6 modules of the SEFAC citizens lifestyle changing Programme.

The main goals were to improve life skills for adopting healthy lifestyles, empowering people and fostering resilience in order to enable citizens to reach their own potential and live well in their community.

Each module covers a specific health topic and their objective is to improve precise life skills. More precisely, the second and third modules were focused on healthy habits and a healthy mindset. They explain how habits work, the importance of autopilot, how our comfort zone works and how to change a bad habit.

Furthermore they provide a definition for healthy and growth mindset, and what it means to live and age mindfully. Lastly the importance of the loving kindness and gratitude, vulnerability, resilience and self-compassion were enhanced.

The fourth and fifth modules were focused on healthy lifestyles: self-efficacy, empowerment, self-coaching, healthy relationships and mindful and healthy eating together with physical activity.

The seventh module, only for people with chronic conditions, are focused on strategies for coping with vulnerability, acceptance and especially self-management of chronic conditions.

The common ground of each module was centred on: health topics, reflection, coaching activities, mindfulness practices conducted by Antonella Buranello, who is a qualified mindfulness trainer as well.



## **AGE UK - CARE NAVIGATION TRAINING: SOCIAL ENGAGEMENT MODEL**

The last two days, Scott Bennet, Tracy Roose and Nigel Clark presented the AGE UK Cornwall training, which was divided into three modules. The first was an introduction to care navigation showing how it can be useful to support people taking control of their well-being. It included the knowledge of the communities, valuing and measuring what really matters, and the importance of storytelling and peer support.

*Supporting people taking control of their well-being.*

The second module focused on the skills that we can teach to volunteers in order to support citizens. One of them is a conversation guided by individual, person centred and focused on a problemsolving approach. Another main skill underlined was developing individual interests expressing empathy and reinforcing positive behaviours. In this module members also suggested some tools for recruiting and managing volunteers.

Finally, the third module focused on the skills that a trainer should have.

The modules by ISRAA on the healthy lifestyle changing Programme and the care navigation Programme for volunteers by AGE UK Cornwall were combined in a specific new programme. Its purpose is thus to increase awareness among citizens and to create a social engagement framework where volunteers will have an active role in supporting people.



# PARTNERS NEWS

## THE SEFAC PROJECT AT RIJEKA HEALTHY CITY 23RD AND 24TH OF MAY 2018, RIJEKA

UNIVERSITY OF RIJEKA, FACULTY OF MEDICINE (MEDRI) AND THE CROATIAN TEAM

The SEFAC project has been presented on the 23rd and 24th of May 2018 in Rijeka, Croatia within the Health City Programme, entitled Rijeka - Healthy City" and the National Programme "Healthy Living". It has been illustrated in the module "Volunteers in the Park".

The organizers were the Teaching Institute of Public Health of the Primorsko-Goranska County and the City of Rijeka in cooperation with the Faculty of Health Studies in Rijeka, the Croatian Medical Chamber and the Faculty of Medicine of the University of Rijeka. The purpose was to empower and involve people of 50 and 50+ who have or are at risk of a chronic disease to take control over their own health including them in the SEFAC activities.



On Wednesday May 23rd a series of presentations were held in the Rijeka City Hall "Rijeka - Healthy City: Active and Healthy lifestyle in the Third Age" tackling the improvement of citizens' health. While at Faculty of Medicine of the University of Rijeka, Professor Vojko Kavčič, an international expert from the Institute of Gerontology at Wayne State University in Detroit, delivered a lecture focusing on "Effectiveness of cognitive training".



This was the perfect set for inviting the audience to participate in the SEFAC activities and bring the project information closer to potential participants through posters and banners.

On Thursday May 24th, the SEFAC project team MEDRI presented the EU project SEFAC in Mlaka Central Park. They invited citizens and other interested people (age 50+) to inform them about the project activities inviting them to enroll. The citizens were asked to answer a questionnaire on risk factors for chronic disease, in order to identify those at risk of developing chronic disease or suffering from one or more.

*“During our first Open public health event within the SEFAC project more than 50 citizens were included to participate in the project activities”*

Students from the Faculty of Medicine have measured blood glucose tests, blood pressure and handgrip strength test for interested citizens, while the students from the Faculty of Health Studies organized a gathering and conducted exercises for citizens of all ages.

The SEFAC project team emphasized the importance of encouraging citizen awareness of the significant problem of chronic diseases in Croatia, Europe and the world. Furthermore, they presented how to practice the art of being present, mindfulness, and how to bring it into our daily routines. Promoting the adoption and maintenance of healthy habits is a major challenge, but starting small and setting realistic goals can teach us how to make healthier choices and, in the process, reduce our risk for chronic diseases.



# STAKEHOLDERS MEETING

## TO DISSEMINATE SEFAC PROJECT AND INVITATION TO COLLABORATE - 13TH JUNE 2018, TREVISO

OSCAR ZANUTTO AND STEFANIA MACCHIONE - ISRAA TREVISO

On the 13th of June, the SEFAC stakeholders meeting took place in ISRAA, Treviso, one of the four pilot sites where the project will be implemented. The executive director of ISRAA and the psychologist Stefania Macchione presented the objectives, future actions and next phases of the project. SEFAC aims at promoting healthy lifestyles empowering people over 50 with chronic conditions or at risk.

Among the participants from Treviso there were Public Health and Local Volunteering Associations dealing with aging and chronic diseases, such as: the Department of Prevention, the Diabetic Association, the Italian Association of Culture and Sport (AICS TV), Informatics Without Frontiers (ISF), the volunteering association AUSER TV, the Volunteer Service Centre (CSV TV), the Hospital Volunteering Association (AVO) and the Italian Red Cross- department (CRI TV).

The aim was not only to inform citizens about the project, to start the dissemination among the main local organizations but also to create a long-lasting net of local stakeholders and volunteers to promote healthy lifestyles and social engagement, which are the two main objectives of the SEFAC project. It was also the opportunity to present the Italian Internet website of the SEFAC project (<http://sefacproject.eu/cities/treviso>), a great instrument where the community can interact, read the news and participate to the trainings.

*Promoting healthy lifestyles  
empowering people over 50 with  
chronic conditions or at risk*





The participants demonstrated great interest in the project and in collaborating with ISRAA to disseminate and recruit citizens and volunteers in order to improve community engagement and social inclusion. The next step will be to invite more local organizations and start a series of round table meetings to discuss how to enhance the collaboration between the stakeholders and create public events to inform the community on health and social themes. Moreover, it would be useful to **create a protocol to strengthen the alliance of local stakeholders for the future projects and initiatives.**

With this meeting, we made the first step in the prevention of chronic diseases, such as type 2 diabetes and cardiovascular diseases, and the promotion of healthy lifestyles on a local framework. The hope is that many future steps will be made to help citizens improve their health, with the support of all the Associations and public bodies that wish to be part of this change.

## **THE NEXT SEFAC CONSORTIUM TRANSNATIONAL MEETING CORNWALL 11 -12 OCTOBER 2018**

HOSTED BY AGE UK CORNWALL & ISLES OF SCILLY



Age UK Cornwall is a brand partner of AGE UK, a national charity committed to being the voice of older people to the government, statutory health and social care providers and various influential institutions.

AGE UK is leading the design and the scaling up of a successful Social Engagement Framework (including the involvement of volunteers) for chronic diseases prevention and management at community level.

# EU NEWS

## **The I-PROGNOSIS project: the App that could recognize the early Parkinson's disease**

I-PROGNOSIS is an app made by the European Horizon 2020 research project. It aims to find an algorithm able to recognize the early Parkinson's disease.

The algorithm analyses the changes in the way by the person uses its mobile phone (movement and non-motor symptoms), understanding which might be indicative of the disease. Furthermore, the project would implement the app, making it able to have a healthy impact on the life of the patients affected by Parkinson's.

<http://www.i-prognosis.eu/>

## **Stakeholders confirm support for strengthened EU cooperation on HTA**

The 9TH of July, more than 300 stakeholders, patient representatives and policy makers were together to discuss the future of the HTA (Health Technology Assessment). Their aims was to help the patients to have access to the best health technology and to make a proposal to improve the sustainability of the European health system.

These were the main points:

- Engaging with patients and clinician on HTA
- Improving transparency in the health system
- Managing uncertainty in the post-launch phase

[http://ec.europa.eu/newsroom/sante/newsletter-specific-archive-issue.cfm?newsletter\\_service\\_id=327&newsletter\\_issue\\_id=9886&pdf=true&fullDate=Fri%2007%20Sep%202018&lang=default](http://ec.europa.eu/newsroom/sante/newsletter-specific-archive-issue.cfm?newsletter_service_id=327&newsletter_issue_id=9886&pdf=true&fullDate=Fri%2007%20Sep%202018&lang=default)

## **AAI Seminar 27th - 28th September 2018**

From the 8th to the 11th of October, Bruxelles will host the European week of Regions and Cities. During these days, there will be side event which are linked to the healthcare topic.

[https://europa.eu/regions-and-cities/home\\_en](https://europa.eu/regions-and-cities/home_en)

## **Luxembourg:**

### **Joint Action on Health Inequalities kicks off, 21-22 June 2018**

During the first meeting of the Joint Action on Health Inequalities, the European Commissioner for Health and Food Safety: Vytenis Andriukaitis expressed the Joint Action's goals:

- Contributing to the planning and development of policies to tackle health inequalities at European, national, regional and local level;
- Implementing actions that provide the best opportunity to tackle health inequalities in participating Member States;
- Strengthening a cooperative approach in tackling HI and facilitate exchange and learning among Member States;
- Facilitating transferability of good practices.

Coordinated by the Istituto Superiore della Sanità from Rome, the 3 years program of the Joint Action will be focused to understand what role the socio-economic position and the life-style of the patient have to determine the health inequality.

[http://ec.europa.eu/newsroom/sante/newsletter-specific-archive-issue.cfm?newsletter\\_service\\_id=327&newsletter\\_issue\\_id=9439&pdf=true&fullDate=Thu%2021%20Jun%202018&lang=default](http://ec.europa.eu/newsroom/sante/newsletter-specific-archive-issue.cfm?newsletter_service_id=327&newsletter_issue_id=9439&pdf=true&fullDate=Thu%2021%20Jun%202018&lang=default)

### **Health and Social issues - always entwined, and now funded through the same program**

The post 2020 European Pillar of the social rights will include some health principles. The framework will be called ESF+ and it aims will be making the access to treatment and therapy easier for people with low incomes. The challenge is to guarantee a sustainable health system to an ageing population. Anyway, with 413 million's budget, the ESF+ aims to have a strong impact on social issues such as employment, family and community engagement as well.

[https://ec.europa.eu/health/health-eu-newsletter-218-focus\\_en](https://ec.europa.eu/health/health-eu-newsletter-218-focus_en)

## **Call for application European Sustainability Award 2018**

The aim of the award is championing inspiring cases of initiatives about the topic of: "Empowering people and ensuring inclusiveness and equality". It will be possible to apply until the 14th of September 2018. The stakeholder which could apply to the Award will be: youth, public bodies, private bodies and civil society.

[https://ec.europa.eu/info/strategy/international-strategies/global-topics/sustainable-development-goals/multi-stakeholder-platform-sdgs/european-sustainability-award\\_en](https://ec.europa.eu/info/strategy/international-strategies/global-topics/sustainable-development-goals/multi-stakeholder-platform-sdgs/european-sustainability-award_en)

## **European Week of Regions and Cities**

**8th - 11th October 2018**

From the 8th to the 11th of October, Bruxelles will host the European week of Regions and Cities. During these days, there will be side event which are linked to the healthcare topic.

[https://europa.eu/regions-and-cities/home\\_en](https://europa.eu/regions-and-cities/home_en)

## **ENSA General Assembly 2018**

**"EU Pillar on Social Rights: delivering at local level"**

**Vänernborg, 5th/ 6th/ 7th December**

You are invited to participate in the upcoming ENSA General Assembly to be held in Vänernborg, Sweden. This event is a joint collaboration between ENSA, the Veneto Region, the European Youth Care Platform and the Vänernborg Municipality. It counts with the support of the ELISAN network.

Objective: EU leaders proclaimed the European Pillar of Social Rights at the Social Summit in Gothenburg, Sweden, on November 2017. Joining the efforts of all actors to deliver results, this year General Assembly chooses Vänernborg to focus on the implementation of the Pillar at local level. The areas will address elderly, disability, youth child and family issues. Policies, projects and practices will be collected with the purpose to include them in the civic dialogue between the European Institutions and both public and private stakeholders. We will focus on the following principles: Active support to employment; Education, Training and life-long learning; Equal opportunities; Childcare and support to children; Inclusion of people with disabilities; Long-term care.

# GREETINGS FROM THE SEFAC PARTNERSHIP!



## **We updated our product for GDPR compliance effective May 25th, 2018:**

Right to Control Your Data – You can withdraw consent to our data processing at any time.

Right to Access Your Data – You can request a copy of the personal information we have about you

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