



Dear readers

2015 has been particularly eventful and prolific for our network. Building on the partnership agreement signed with the European Commission in 2014, we have comprehensively reviewed our way of working, redeployed our resources, defined new packages of services, and welcomed eleven new members while securing our membership's buy-in at a very fruitful General Assembly. Our network was represented – and our message conveyed – at more than 125 events this year. Our members were also offered the opportunity to take part in numerous capacity building, coordination and networking events. The latest of these was our very first regional seminar held in Krakow in November, which gave an opportunity to identify and discuss the specific challenges facing carers in Eastern-European countries. These activities are meant to generate and maintain the necessary momentum around carers in Europe and collaboration amongst member organisations. We are happy to report that we just finished paving the way for a rich programme of activities in 2016.

The EU institutions are also preparing for another challenging year. The European Commission's work programme – judiciously entitled '[no time for business as usual](#)' - reaffirms the ten priorities set out in the Agenda for Jobs, Growth, Fairness and Democratic Change and anticipates further emphasis on Member States' employment and social performance. In here exchange of views with the European Parliament, Commissioner Thyssen stated that the EC's first priority is to strengthen the social dimension of the EU's market economy. The Commission's goal, she stressed, is to reduce precariousness and ensure that new job opportunities are translated to quality jobs. The crisis has left too many people unemployed or in precarious employment. Considering that the work world is changing, more efforts are needed on a pillar of social rights to ensure that the EU keeps pace with developments in the labour market and remains relevant to modern working life, while also not hampering innovation. We have no doubt that this will generate plenty of opportunities to highlight the role and added value of informal carers but also the strain that they have to deal with. The first one relates to a new initiative on working parents and caregivers which will seek to target women's participation in employment and provide caregivers with better work/life balance.

Find more information about these initiatives and more in the present newsletter and on our website. We hope you will find this edition of the newsletter interesting, the next one will be circulated at the end of February. In the meantime, I would like to wish you a very relaxing seasonal break on behalf of the Eurocarers secretariat. We sincerely thank you for your great support this year and look forward to more exciting collaborations in 2016!

Stecy Yghemonos - Executive Director



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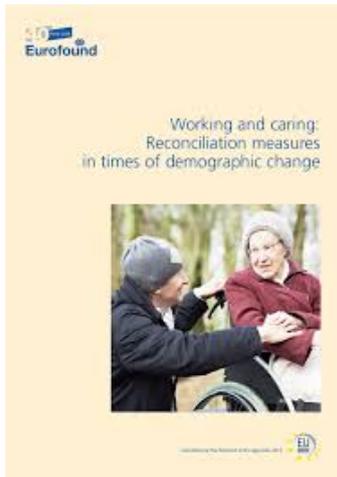
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EU Policy Developments

Eurofound - Working and caring: Reconciliation measures in times of demographic change



As the average age of the European population and of the European workforce rises, more people of working age will have to combine employment with the provision of care, especially to elderly relatives. There are many actors and institutions involved in organising such care, and many institutional frameworks governing the issue of reconciling care and employment. This study shows the challenges involved in combining work and care, and what measures are available to working carers to allow them to balance these demands.

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WHO Europe - Engaging people in every step: patients and carers explain the benefits of people-centred health care

This collection of personal stories describes experiences in health systems associated with improved health and well-being. While these examples are not intended to replace technical guidance on how to organise, finance or deliver health and social services, they emphasise people-centred approaches from the perspective of patients and carers.



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What does it take to make integrated care work?



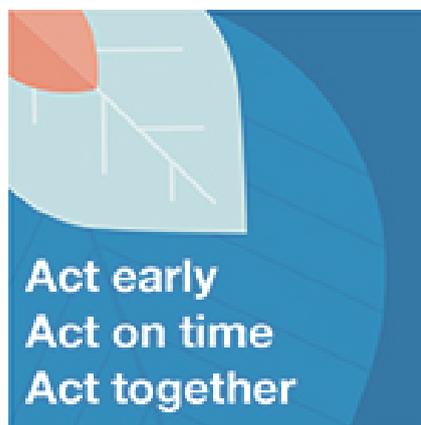
The Advancing Care Coordination & Telehealth Deployment (ACT) Programme is the first to explore the organisational and structural processes needed to successfully implement care coordination and telehealth (CC&TH) services on a large scale. This EU-funded programme includes a consortium of healthcare authorities, clinical experts, universities and industry partners.

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WHO Europe - Healthy ageing requires a life-course approach

The first World report on ageing and health calls for

urgent, comprehensive public health action to address population ageing. It summarizes current evidence, redresses common misconceptions and assumptions and outlines a framework of action to foster healthy ageing worldwide. Key messages of the report underpin those of the upcoming WHO European Ministerial Conference on the life-course approach: Start early to maximize functional ability.



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Exchange of views with Commissioner Marianne Thyssen on the 2016 European Commission Work Programme



On November 10, the EMPL Committee held an exchange of views with Commissioner Thyssen on the employment and social aspects of the European Commission's 2016 Work Programme, and on the implementation of the 2015 Work Programme. Members of the Committee highlighted a number of issues, including the Commission's proposals on a social pillar of economic governance, a new Skills Agenda, a targeted review of the Posting of Workers Directive, the upcoming Labour Mobility Package, the review and consolidation of the occupational health and safety Directives, and the new start for work/life balance.

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A cost/benefit analysis of self-care systems in the European Union

This new study offers added value to existing literature on self-care, which tends to focus on pharmaceutical treatments for the use in self-care. By assessing the effectiveness of self-care treatments, assessing self-care initiatives in cost-benefit analysis and developing a methodology for transferability of best-practice self-care initiatives, scientific evidence could be supplemented by a practical guide for policy-makers for identifying and transferring best-practices in self-care.



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WHO: Number of people over 60 years set to double by 2050; major societal changes required





With advances in medicine helping more people to live longer lives, the number of people over the age of 60 is expected to double by 2050 and will require radical societal change, according to a new report released by the WHO for the International Day of Older Persons (1 October).

“Today, most people, even in the poorest countries, are living longer lives,” says Dr Margaret Chan, Director-General of WHO. “But this is not enough.

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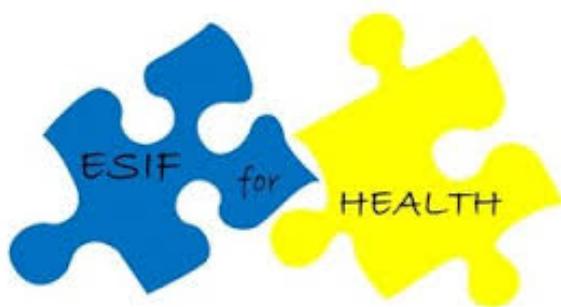
Eurofound survey shows diverse picture of Europe at work - but with some positive developments

Most workers are satisfied with their working time (58%), feel supported by their manager (58%) and colleagues (71%) and say their organisation motivates them to give their best job performance (63%). At the same time, while female managers are on the increase, gender segregation remains persistent across the European labour market, younger workers experience greater work intensity and job insecurity, older workers report less access to training, physical risks remain and there are significant differences in job quality across occupations.



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Health investments in the EU: Commission launches mapping report showing use of European Structural and Investment Funds (ESIF)



In the context of the project “Effective use of European Structural and Investment Funds (ESIF) for health investments in the programming period 2014-2020”, co-financed by the EU Health Programme, the Commission has launched a mapping report providing an overview of actions that Member States envisage for support from ESIF in the health sector in the programming period 2014-2020.

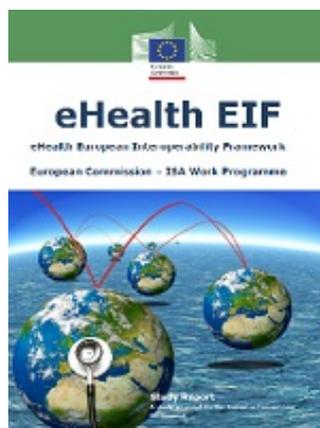
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eHealth interoperability: The scene is now clearly shaped

Last July, the European Commission recognised 27 profiles and standards for healthcare systems to be developed through public procurement. This is a step

forward for reaching the European Digital Single Market in eHealth.

Many countries in Europe are developing eHealth strategies in order to offer their citizens a better quality of care within a financially sustainable healthcare system. The population is ageing and has specific needs, whilst mobility is increasing in Europe.



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Research in Action

ProFouND

Eurocarers is part of the European Stakeholders Alliance for Active Ageing through Falls Prevention - European umbrella organisations of professionals in health and social care, fitness and leisure, carers organisations, and older people's interest groups- that assists the ProFouND project partners in raising awareness and initiating concerted actions for falls prevention amongst older people in Europe.



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Funding for eHealth projects in the new Horizon 2020 Work Programme 2016-2017



The new Horizon 2020 Work Programme covering 'Societal Challenge 1: Health, demographic change and wellbeing' is available (total budget €658 Million) and the calls have been published on the Participant Portal. Here is a selection of funding opportunities that have ICT for Health and Wellbeing as their main theme. Except for the SME instrument, all of them have a single-stage deadline model, meaning there is one deadline and the proposals will be evaluated in only one stage. Deadline: From 20/10/2015 to 14/03/2016.

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Empowering patients through eHealth: a case report of a pan-European project

This paper crystallises the experience developed by the pan-European PALANTE Consortium in dealing with the generation of relevant evidence from

heterogeneous eHealth services for patient empowerment in nine European Regions. The European Commission (EC) recently funded a number of pan-European eHealth projects aimed at empowering European patients/citizens thus transforming the traditional patient/citizen role in the management of their health (e.g., PALANTE, SUSTAIN, CARRE, HeartCycle, Empower).



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The challenge of ageing population to be tackled with the first Horizon Prize for Social Innovation



The challenge of an ageing population has received the biggest support in an open, public vote run by the European Commission, and becomes the topic of the first Horizon Prize for Social Innovation. Based on this result, the Commission, in cooperation with the European Investment Bank Institute, will launch in early 2016 a Horizon Prize that rewards the innovator or team who comes up with the best solution to address the challenges and opportunities of ageing and to improve the quality of life of senior citizens.

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Update Joint Programme Initiative 'More Years, Better Lives'

The latest meetings of the Societal Advisory Board (SOAB) of the Joint Programme Initiative (JPI) 'More Years, Better Lives' (MYBL) took place on the 29-30 October 2015 in Berlin. The first meeting was of the SOAB itself while the second combined the SOAB with the Scientific Advisory Board (SAB) of this JPI. Eurocarers, as a member of the SOAB, attended both of these meetings. Here are Henk Bakkerode's observations on several agenda items.



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Update on 'My Parkinson Disease (My PD) Journey', a project of the European Parkinson Disease Association (EPDA)

The last meeting of the European Steering Committee of the project 'MY PD Journey' was held in Egham (UK) on November 10th. Eurocarers is represented in this Committee by Henk Bakkerode. Here is an update on this project:

1. New Composite (Quality of Life) Scale
The PD Composite Quality of Life Scale is a clinical, rate-based scale for assessing the severity impact of motor and non-motor manifestations of PD.

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Events and Calls for proposals

Work-Life Balance for parents and caregivers: Commission launches public consultation

The European Commission has launched a public consultation on how to improve work-life balance for parents and caregivers and reduce obstacles to their participation in the labour market. The Commission's new initiative aims to improve the current EU legal and policy framework to ensure a better balance between caring and professional responsibilities for parents with children or those with dependent relatives, allow for a greater sharing of caring responsibilities between women and men, and strengthen gender equality in the labour market.



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DG Santé - Call for Expression of Interest: establishing a working group on mHealth assessment guidelines



The Commission is launching a call for expression of interest to appoint organisations as members of the working group on mHealth assessment guidelines. The mandate of the group is to develop guidelines for assessing the validity and reliability of the data that health apps collect and process. These guidelines could be used by public authorities, health care providers, professional and patient associations, developers and other relevant bodies, for example in the context of linking that data to the electronic health records.

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Integrated care in focus at COCIR's upcoming eHealth Summit

COCIR is organising its 2nd Annual COCIR eHealth

Summit, which is taking place in Brussels on 26-27 January 2016. This year, the main topic of discussion is Integrated Care: how can we break the silos which hinder efficiency in healthcare? The Summit is endorsed by the European Commission and it is in partnership with the European Federation of Nurses Associations (EFN) and the European Hospital and Healthcare Federation (HOPE).



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Spotlight on Short Breaks



A major international conference is coming to Scotland for the first time. Experts from around the world are coming to the 10th International Short Breaks Association (ISBA) conference on Short Breaks and Respite Care in Edinburgh on the 13-15 September 2016. The theme of the conference is Unlocking the Potential of Short Breaks and the 3-day event will explore the exciting developments taking place internationally to achieve better breaks for all.

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Conference 'Which priorities for a European policy on multimorbidity?'

Multimorbidity, usually defined as the co-occurrence of two or more chronic conditions in one person, has become the norm rather than the exception in primary care patients and is set to become more prevalent as our populations age. Multimorbidity is therefore a growing concern in our society and a challenge facing patients, health professionals and health systems' sustainability.



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The European Meeting of people experiencing poverty 2015 “Towards Social Convergence in the EU”

On 19 and 20 November 2015, Eurocarers participated in the 13th edition of the [European Meeting of People experiencing Poverty](#), organised by the European Anti-Poverty Network ([EAPN](#)) with the support of the European Commission and the Luxembourg Presidency of the Council of the



European Union. These annual gatherings bring together delegations of people with direct experience of poverty, representatives of national and EU institutions, social NGOs and other relevant actors to exchange on policies that are impacting on the poor's daily lives.

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4th Strategic Dialogue Meeting on the EC initiative for a Pillar of Social Rights

On 10th December 2015, Eurocarers has taken part in the 4th Strategic Dialogue Meeting with the civil society in the context of DG EMPL civil dialogue. The meeting focused on the Pillar of Social Rights initiative.

The President of the European Commission, Jean-Claude Juncker, announced in his State of the Union speech his intention to develop a European Pillar of Social rights, which will take due account of the changing realities of Europe's societies and the world of work.



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News from the network

Eurocarers holds its first regional seminar in Krakow, Poland

As part of our annual work plan and renewed package of services, the Eurocarers secretariat has organised - with the precious help of Dr Jolanta Perek-Bia?as (Warsaw School of Economics & Jagiellonian University) - a first 'Regional Seminar' in Krakow, Poland on the 12th and 13th November 2015. The event brought together participants from Hungary, Poland and Romania.



It allowed to:

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France - La compagnie des Aidants wins the "La France s'engage" award

Winner of the French price "La France s'engage" in June and rewarded once again this month with the



ATOUT SOLEIL de GENERALI price, the association keeps making a name for itself.

Our latest news is very good news for all caregivers. Starting from 1 December 2015 and thanks to our partnership with Inter Mutuelle Assistance, the company's website for caregivers is now equipped with a helpline to provide support and assistance to caregivers to help them with their specific individual concerns.

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Greece – General Assembly of the Movement of siblings of people with mental health problems, KINAPSI

The Movement of siblings of people with mental health problems, KINAPSI held its Annual General Assembly on the 15th November 2015. The event was attended by 83 members and took place in the PEPSAEE Day Centre, in Athens .

The Assembly was addressed by Mrs. Efi Prokopaki, President of Estia, which provides support to people with intellectual disabilities, Dr Georgios Kallergis, Assistant Professor of Psychiatry and Mr. Panagiotis Diakakis representing Autoekprosopisi an organisation for people with mental illness.



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Ireland – The Care Alliance Ireland launches a discussion paper on defining carers



The word 'carer' is used across many sectors, and to describe many different groups of people. However, the word 'carer' – and in particular, the term 'family carer' – is often very consciously not used in certain sectors and circumstances. Language evolves, and has different meanings and connotations depending on the speaker, the listener and the context. This is why the Care Alliance felt it was important to review the language used around caring and family carers, and to understand the impact that language use has.

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Netherlands - Social (neighbourhood) teams: must or hype?

The beginning of 2015 saw the transition of responsibility for social care, youth care and

participation of vulnerable groups in the Netherlands to local authorities. Many Dutch municipalities saw this as a unique opportunity to start offering a suitable array of services to citizens who are unable to fully participate in society on their own. A large majority of municipalities chose to work with social care and support teams, usually centred in the neighbourhoods.



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2016 Campaign for Carers Rights heating up in Scotland!



2016 Campaign for Carers Rights heating up in Scotland!

New legislation to provide better rights and support for unpaid carers has been progressing through the Scottish Parliament in 2015. The final stage of the debate and amendments to the Carers (Scotland) Bill take place in late January 2016.

The Coalition of Carers in Scotland, Carers Scotland and national and local partners have prepared a major campaign for the final 4 weeks of the campaign to start in January.

At the same time, Scotland's National Carer Organisations (NCOs) launched the 2016 Manifesto for Unpaid Carers in Scotland on 16 December – produced with carers from across the country.

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EuroCarers, Eurocarers – European Association Working for Carers, 3, Rue Abbé Cuyppers, 1040 Brussels

Phone 0032 (0)2 741 24 05, Email info@eurocarers.org, Web www.eurocarers.org