



Dear readers,

We hope that your summer has proved relaxing and refreshing. On our side, we are back in full swing with many new exciting opportunities which we are happy to report in this newsletter.

As discussed during our latest AGM in June 2017, Eurocarers' work programme for the next four years (2018-2021) will not only aim to contribute to the momentum that currently exists around carers in Europe but will aim to foster new tangible initiatives to support and empower carers in the field. At the end of the day, none of Eurocarers' achievements at EU level will make a difference unless ambitions and aspirations translate into policy making at national and regional level so, with your help, we want to initiate a more proactive in-country outreach programme: an essential shift to working on implementation within states and regions, thus calling for events in direct connection with stakeholders in communities.

As always, the collection of convincing evidence and documentation of promising practices will be of utmost importance to make a real difference. We are therefore delighted to announce that Eurocarers will play an active role in six new research projects funded through Erasmus+ and Horizon 2020. These will allow to collect new data and identify positive initiatives over the coming years in fields that are at the core of European carers' daily life, including measures to strengthen the resilience of young adult carers, tools to help education professionals with the identification and support of young carers, ICT solutions to provide carers access to peer support and new carer-friendly training pathways for primary care professionals. The learnings of these projects will also serve to strengthen our evidence-based policy messaging and campaigning activities.

You will find more details about these latest developments and more in this edition of our newsletter. As always, we hope that you will find it useful and inspiring!

Stecy Yghemonos,

Executive Director

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EU Policy Developments

The State of the Union 2017: Catching the wind in our sails



On 23 September 2017, European Commission President Jean-Claude Juncker delivered his 2017 State of the Union Address, before the Members of the European Parliament in Strasbourg, presenting his priorities for the year ahead and outlining his vision for how the European Union could evolve by 2025 (see [full speech](#)). He presented a Roadmap for a More United, Stronger and More Democratic Union (see [Roadmap Factsheet](#)).

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EPSCO: Digital technologies must support the overall health policy goals

At the 20 July informal meeting in Tallinn, the EU ministers for health discussed the future of digital solutions in health. The ministers identified areas for closer collaboration among Member States and possible EU level actions to overcome the main challenges of data-driven digital innovation in health.

Possible areas of further cooperation include:



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Commission launches public consultation on Health and Care in the Digital Single Market

On 20 July the European Commission has launched a public consultation on how Europe should promote digital innovation in health and care, for the benefits



of citizens and health systems in Europe.

The input will feed into a new policy Communication to be adopted by the end of 2017, as announced in the recent review of the Commission's Digital Single Market strategy.

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67th session of the WHO Regional Committee for Europe, Budapest, Hungary, 11–14 September 2017

Health ministers and high-level representatives of the 53 Member States of the WHO European Region as well as partner organizations and civil society took part in the 67th session of the WHO Regional Committee for Europe in Budapest, Hungary, on 11–14 September 2017.



Key technical health issues on this year's agenda included:

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OECD - Future trends in health care expenditure: A modelling framework for cross-country forecasts



A new OECD working paper on "Future trends in health care expenditure: A modelling framework for cross-country forecasts" has recently been published.

Abstract

Across the OECD, healthcare spending has typically outpaced economic growth in recent decades. While such spending has improved health outcomes, there are concerns about the financial sustainability of this upward trend,

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OECD Health Statistics 2017

On 30 June, the online database OECD Health Statistics 2017 has been released.



All datasets have been updated in the June version, except for Pharmaceutical Market and Health Care Quality Indicators, which will both be updated in November 2017.

The OECD Health Database offers the most comprehensive source of comparable statistics on health and health systems across OECD countries.

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Eurofound - Annual review shows working life in Europe in transition

Working life in Europe is in a period of transition; economic growth has picked up, unemployment rates are generally in decline, and 2016 was the third consecutive year of increased employment.



However, social partners are concerned about the challenges posed by the UK's withdrawal from the EU, particularly in relation to business, trade, and conditions for workers in the UK. There has also been a renewed focus on the issue of pay inequality throughout Europe.

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Work-life balance: Informal EPSCO and stakeholders' reactions

On 19 and 20 July 2017, under the aegis of the Estonian Presidency, EU social protection and labour ministers exchanged views and best practices at the Tallinn Creative Hub (Kultuurikatel) regarding how member states can support people in finding ways to balance work and private life.

On 19 July, the discussions focused on finding solutions that could give people better opportunities for starting a family and taking care of relatives while also being active in the labour market.



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Joint Hearing EMPL/FEMM on Improving the Work-Life balance for formal and informal carers



On 22 June, the European Parliament Committees EMPL (Employment and Social Affairs) and FEMM (women's and gender equality) held a joint hearing on 'Improving the work-life balance for formal and informal carers'. Stecy Yghemonos (Eurocarers) was one of the four experts invited to share their views and experience and to present information on this topic. The other experts were: Chris Botterman (Geopa-Copa), Irena Kotowska (Institute of Statistics and Demography, Warsaw School of Economics) and Paola Panzeri (COFACE).

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Initial Appraisal of the European Commission Impact Assessment accompanying the proposal for a directive on Work-life balance for parents and carers

In a [note](#) dated September 2017, the Ex-Ante Impact Assessment Unit for the European Parliament's Committee on Employment and Social Affairs analyses the strengths and weaknesses of the [European Commission impact assessment \(IA\)](#) accompanying the proposal for a directive on Work-life balance for parents and carers.



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Research in Action

The TRACK training is now available!

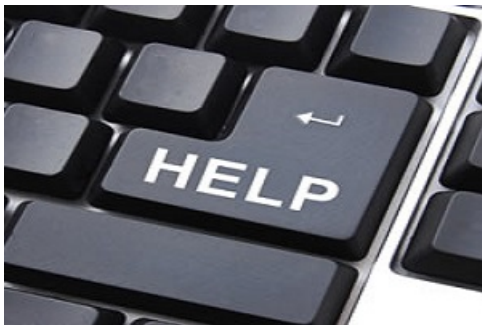
The ERASMUS + TRACK project (for TRAINing and recognition of informal Carers' sKills), that focused on training for informal carers caring for a person affected by dementia, has come to an end after two years of fruitful cooperation between Eurocarers and our five partners from Austria, France, Germany and Spain.

As announced during the final conference held in Brussels last 21 June,



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CARE4DEM: Eurocarers is involved in a new projects on online support groups



Eurocarers is a partner in the new Erasmus+ project entitled 'CARE4DEM', starting from September 1st and coordinated by ANZIANI E NON SOLO (ANS), a member of Eurocarers from Italy, together with three other partners from Portugal, Romania and Spain.

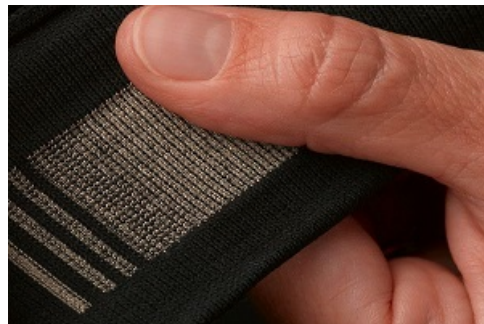
The CARE4DEM project aims to develop a new and innovative model of mutual aid groups, which promotes carers' involvement,

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MATUROLIFE: a participative approach to designing assistive technology

Eurocarers is a partner in a new project entitled 'MATUROLIFE', funded under the Horizon 2020 programme, focusing on assistive technology for older people.

Building on the most advanced technology, the project aims to produce an innovative assistive technology, that will achieve a better integration of sensors into fabrics and textiles, allowing designers to create AT products for older-people that are not only functional, but also more desirable and appealing as well as being lighter and more comfortable.



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Eurocarers is involved in a new Horizon 2020 Project on Psychosocial Support for Promoting Mental Health and Well-being among adolescent Young Carers in Europe (Me-We)

Working together for and with adolescent young carers!

As of January 2018, Eurocarers and nine partners will work together for and with adolescent young carers, in the framework of the project Psychosocial Support for Promoting Mental Health and Well-being among adolescent Young Carers in Europe (Me-We).



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Eurocarers is involved in a new Erasmus+ Project on “Innovative School Education Methodologies and Tools for Guaranteeing Social Inclusion of Young Carers” (Edy-Care)

Project duration: 01-10-2017 – 31-03-2020

Project aim: Empower teachers and other school staff (e.g., school nurses, psychologists, social workers, management) in upper secondary education (ISCED-3 level) to recognise adolescent YCs (16-19 years old) in classes and maximise their learning opportunities.

The issues at stake:

Caring responsibilities can constitute a barrier to educational attainment for young carers.



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Eurocarers is involved in a new Erasmus+ Project on “Domiciliary Assistance REvisited through Integrated Services” (DARE)



The context:

The access to information related to available services for home assistance depends on the level of social connection of the person/family. The geographical isolation, the need to provide a continuous care, the knowledge of the territory or the language (in the case of migrants) influence the ability to find and use services related to the support of care at home. Hence, the idea to have a single care hub, with the aim to ensure social inclusion of families otherwise isolated and more coordinated provision of different services.

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New Eurohealth on Measuring efficiency in health care

Being able to measure efficiency is one of the cornerstones of assessing the performance of health systems, and can help to achieve several objectives.

This issue's Eurohealth Observer section features two articles that explore central issues related to measuring the performance of health systems:

- » Identify the causes of inefficiencies in health systems and
- » The challenges of using cross-national comparisons of efficiency to inform health policy.



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Telemedicine: A robotic doctor is gearing up for action



A robotic doctor that can be controlled hundreds of kilometres away by a human counterpart is gearing up for action.

Getting a check-up from a robot may sound like something from a sci-fi film, but scientists are closing in on this real-life scenario and have already tested a prototype. 'The robot at the remote site has different force, humidity and temperature sensors, all capturing information that a doctor would get when they are directly palpating (physically examining) a patient,

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Events and Calls for proposals

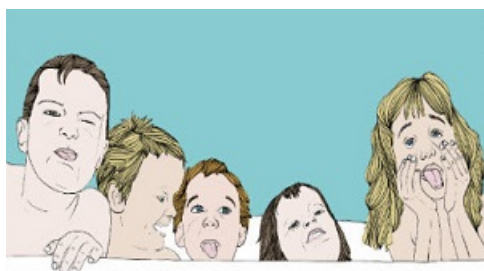
Save the date: ECPC and Eurocarers present the new White Paper on Informal Carers of People with Cancer, 19 October 2017, European Parliament, Brussels

On Thursday 19 October 2017, from 09:00am to 11:00am the European Cancer Patient Coalition (ECPC) and Eurocarers will present the new White Paper on Informal Carers of People with Cancer, in an event hosted by MEP Heinz Becker (EPP, Austria). The White Paper tells the stories of those looking after people with cancer in the European Union. It is undeniable that these carers fulfil a vital role for our patients and health system.



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Save the date: “Supporting siblings of people with mental illness”, 8 December 2017, Brussels



FriHa is organizing its first major colloquium on Friday, December 8th, from 9 am to 4 pm. It will be an opportunity to bring together brothers and sisters, parents and professionals on the theme of support for siblings of people with mental illness. An exceptional event not to be missed!

In the program :

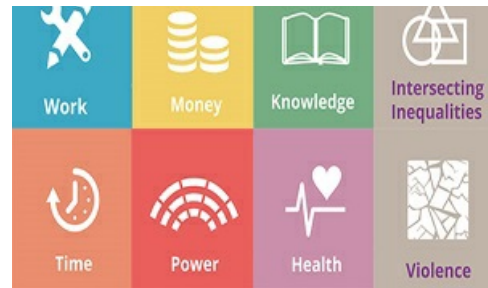
Testimonials from several brothers and sisters and one parent

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The Gender Equality Index 2017 will be released on 11 October, in the Council of the EU, Brussels

On 11 October 2017, the European Institute for Gender Equality (EIGE) will release its 3rd edition of the Gender Equality Index. The findings will be presented at a conference at the Council of Europe in Brussels. The event will be livestreamed and will

serve as a forum for around 300 decision-makers and practitioners to discuss recent trends and seek solutions to gender inequalities in the current political and economic context.



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Second International Seminar on the Active Ageing Index, 27–28 September 2018, Spain, Call for papers

SECOND INTERNATIONAL SEMINAR ON THE ACTIVE AGEING INDEX

27–28 September 2018
Bilbao, Spain

The European Commission, UNECE, the University of the Basque Country, the Oxford Institute of Population Ageing, with the support of the Government of Biscay (Spain), are organising a Second International Seminar on the Active Ageing Index (AAI) in Bilbao in September 2018.

The seminar aims to bring together

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Caregiver Action Network Releases 10 Tips for Family Caregivers Infographic

On 24 August 2017 the Caregiver Action Network released their new **10 Tips for Family Caregivers infographic**. These tips are simple guidelines to help the 90 million Americans caring for a loved one with a chronic condition, disability, or the frailties of old age. The updated, visually stimulating infographic presents information specifically for caregivers in an easy-to-use, memorable format.



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Save the date: 26th European Social Services Conference, Seville, 28-30 May 2018



The 26th European Social Services Conference (ESSC) will take place for the first time in Seville on 28-30 May 2018 in association with the Regional Ministry of Equality and Social Policies of the Regional Government of Andalusia.

Building on the key messages from the 2017 conference, the conference will explore how we can improve services by empowering the people and communities at the heart of social welfare.

Make sure to book these dates in your diary!

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AAL Forum 2017, 2-4 October, Coimbra (Portugal) - Bridging the gaps between technology and active ageing. What can YOU do?

The Ambient Assisted Living Programme promotes innovative technological product ideas and supports



them until they launch on the market. These innovations are presented at the annual AAL Forum, one of the largest European events of its kind. The Forum features workshops, keynote presentations and a large exhibition area.

The AAL Forum hosts over 700 international congress participants, 50 exhibitors, 30 workshops and various keynote speakers about new AAL products and services.



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Save the date: the 4th Annual COCIR Digital Health Summit will take place on 6 December 2017, in Brussels



The 4th Annual COCIR Digital Health Summit, which will take place on 6 December 2017, Brussels.

The title this year is: Digital Transformation of Health and Care – The Voice of Stakeholders

The Summit will be organized around four themes:

1. Accelerating large-scale deployment of digital health to transform health, social and long-term care models in the EU.

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Newly re-launched European Investment Project Portal (EIPP)

DG SANTE has informed us about the possibilities of the newly re-launched European Investment Project Portal (EIPP).

The EIPP is a European Commission initiative within the framework of the Investment Plan for Europe (IPE or Juncker's Plan). The EIPP is currently showcasing over 190 European investment projects to partners and investors worldwide.



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Vacancies at Linnaeus University (Sweden)



Linnaeus University is searching for new members of staff.

Two doctoral students in the international multidisciplinary research programme Sustainable Care: connecting people and systems - focusing on new technologies to support informal care

Scientific coordinator/Research fellow (eq. Assistant professor) in the EU Horizon 2020 project Psychosocial Support for Promoting Mental Health and Well-being among Adolescent Young Carers in Europe

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Eurocarers participated in the 21st International Association of Gerontology and Geriatrics (IAGG) World Congress, San Francisco, 23-27 July 2017

The 21st International Association of Gerontology and Geriatrics (IAGG) World Congress took place on 23-27 July 2017 in San Francisco, California. Eurocarers (represented by Stecy Yghemonos, Executive Director) participated in the event, that gathered together more than 6,000 attendees representing 75 countries.

IAGG 2017 reminded us that there is nothing more powerful than when our community comes together in an open dialogue to reflect on our progress and further the initiatives to advance healthy aging.



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Austrian Carers' Association participated in the UNECE NGO Forum on ageing



Birgit Meinhard-Schiebel, from Carers' Organisation Austria participated in the UNECE NGO Forum on Ageing, held on 20 September 2017, in Lisbon, Portugal. The Forum preceded the UNECE Ministerial Conference on Ageing (21-22 September 2017).

About the UNECE NGO Forum on Ageing

The objective of the NGO Forum is to foster a dialogue in and among civil society organisations representing older persons and dealing with ageing issues around the 3 themes of the UNECE Ministerial Conference on Ageing 2017

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News from Belgium: Carers Week, 2 -8 October 2017

The 4th edition of the Carers Week will take place from 2 to 8 October 2017, in different places in Wallonia, Belgium. More than 100 activities have been organised by the Eurocarers member Aidants proches asbl and its partners, including opportunities for reflection and discussion (e.g. cine-debates, information sessions...) and moments of respite and socialisation (e.g. cooking workshops, dancing afternoons, walk in the nature...).



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News from Greece – EPIONI Workshop on “Caring for Carers”, 19 September 2017

The Greek Carers Network EPIONI was established in 2016 and it is a member of Eurocarers.

One facet of EPIONI activities is the organisation of meetings, with the participation of psychologists, psychiatrists, social workers, lawyers and other professionals, aimed at the general public, and especially caregivers of people





with a disability or illness.

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News from Ireland - Research on Work-Life Balance and Supporting Working Carers

Family Carers Ireland was a co-applicant for a Health Research Board Emerging Investigator Award granted to Dr Attracta Lafferty of University College Dublin. The project, titled 'Development of a workplace-based programme to promote health and self-care behaviours among working family carers' will involve a major, four-year study focusing on self-care behaviours of working carers. It will investigate how better to support carers in maintaining their health and wellbeing,



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News from Austria: Presentation of the Carers' Association



The Austrian Carers' Association (Interessengemeinschaft pflegende Angehörige) is willing to share with other Eurocarers members a presentation, underlining the aims and activities of the community of interest, as well as how everything started, back in 2010.

The Austrian Carers' Association is committed to the interests of the family members who look after and accompany their family members / friends at home or in inpatient facilities throughout Austria.

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News from Ireland: Family Carer Research Conference, on 31st August 2017

Attended by in excess of 50 researchers, practitioners and Family Carers from across the island of Ireland, this second bi-annual Care Alliance Research Conference was this year co-hosted by the School of Nursing, Midwifery and Health Systems at University College, Dublin.

Associate Dean for Research, Innovation and Impact for the School Prof. Thilo Kroll opened the conference, and welcomed the speakers to UCD.



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News from Greece: "Interventions for caregivers of people with dementia in Greece"

Alzheimer Hellas has established, since 2007, two



ALZHEIMER HELLAS HAS ESTABLISHED, SINCE 2007, TWO Day Centers for Dementia Caregivers in Thessaloniki, in order to provide medical, psychological support, educational and counseling services. These 10 years, more than 3.000 caregivers have participated in a lot of different interventions: Therapeutic programs, based on international literature and tailored to caregivers' psychological needs, have been developed in various forms, such as face to face or online.

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News from Norway – Carers Survey 2016

Pårørendealliansen (Norwegian Alliance for Carers) did the first official Carer-survey after getting approved from the Ministry of Health. It is estimated that 800.000 people of a population of 5.2 million are caring for 1 or more old, sick or disabled person. 1 out of 6 persons is a carer. We formed 23 questions + 5 demographic information options and sent out via social media and emails. We got 3.127 answers and over 4.000 comments!



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Opinions

Opinion from Diaconia ECCB / Institute on Dignified Aging (Czech Republic): How the caregivers and the patients play

Childhood is a "golden age" of games. I do not know if the adulthood is "silver age" or even "diamond age". Proponents of the psychological direction of transactional analysis (founder Eric Berne) claim that people play their social games in adolescence, adulthood and old age. Directly the fertile soil of these games are social relations. It can not be confused with the mathematical theory of games.



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