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# ADVANTAGE JOINT ACTION

A comprehensive approach to promote a disability-free advanced age in Europe:  
the ADVANTAGE initiative





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**ADVANTAGE JA  
NEWSLETTER N.2  
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ADVANTAGE is the first Joint Action (JA) on the prevention of frailty. It is co-funded by the Third European Health Programme of the European Union 2014-2020 and the Member States (MS). It will run from 2017 to 2019. This JA will contribute to a more homogeneous approach to frailty, improving screening, prevention, assessment and treatment, as well as to the reform of health systems and the identification of priorities in training and research programmes. Its main objective is to establish a common European framework for addressing frailty, which is the main condition associated with the risk of developing disability. The ADVANTAGE Consortium embodies 22 Member States and over 32 European entities.

For more information please visit [www.advantageja.eu](http://www.advantageja.eu)

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**IL RAPPORTO SULLO STATO DELL'ARTE DELLA FRAGILITÀ DELLA JA  
ADVANTAGE È ONLINE**

**THE ADVANTAGE JA STATE OF THE ART ON FRAILTY REPORT IS ONLINE**

**Demographic ageing is one of the most serious challenges that Europe is currently facing. Older people are at greatest risk of becoming frail and developing disability, which will ultimately impact on the wellbeing of the individuals and on the sustainability of healthcare systems. However, frailty is not an inevitable consequence of ageing, it can be prevented and treated to foster a longer and healthier life. To this end, the Joint Action (JA) ADVANTAGE, has prepared the State of the Art on Frailty Report, which will support frailty as a public health priority and inform future planning of frailty prevention and management.**

Frailty is very common especially among older people and has a clear impact on the costs of health services in Europe. The work that ADVANTAGE JA is implementing is particularly relevant in



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Europe at present as it addresses the demographic change and the associated increasing demands for social and health care from the burden of chronic diseases, frailty, disability and older age, which are a central priority for the EU and its Member States.

The findings presented in the State of the Art on Frailty Report are the result of scientific evidence elaborated by the ADVANTAGE JA partners and discussed with a Panel of Experts in order to produce a common conceptual framework for further work and for future social-health policy recommendations.

The document answers key questions to best address frailty:

what is frailty?

why is it a public health problem?

what is the relationship with chronic diseases?

how can frailty be prevented?

how should health care and social systems adapt to address frail patients?.

The report covers different areas of interest:

Frailty definition. Relationship of frailty with chronic diseases and multi-morbidity. Individual screening and diagnosis;

Epidemiology. Population screening, monitoring and surveillance;

Prevention. Clinical management and treatment (including nutrition, physical activity, drugs and ICTs);

Health and social care models for frailty management;

Education/training of the workforce. Research.

The key messages are grounded in scientific knowledge and acknowledge the heterogeneity of the Member States health and social care systems in a scenario of demographic change and economic constraints across the EU. These messages will be an instrument of added value to advocate for policy driven decisions on frailty prevention and management in the JA participating Member States and subsequently towards a reduction of disability in the older population in Europe.

Further information and the specific reports are available at the JA website [www.advantageja](http://www.advantageja).



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## State of the art report on the prevention and management of frailty

Managing Frailty. A comprehensive approach to  
promote disability-free advanced age in Europe:  
the ADVANTAGE initiative  
Grant number: 724099



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### **Prof. Leocadio Rodríguez-Mañás appointed as corresponding member of the Royal Academy of Medicine of the Valencian Community**

Professor Leocadio Rodríguez-Mañás, Coordinator of the ADVANTAGE JA, has been recently invited to become corresponding member of the Royal Academy of Medicine of the Valencian Community.



The Royal Academy of Medicine of the Valencia Community is a prestigious Spanish institute, which has the primary goal of promoting studies and research in the medical sciences in the entire Autonomous Community of Valencia. It also collaborates with the health, academic and judicial authorities at all levels of public administration, releasing high-quality medical reports when required by any of these official organizations.

The decision to appoint Prof. Rodríguez-Mañás was taken unanimously by the Board of Governors of the Academy. His official proclamation took place on the 25th of January in Valencia. As a new member, Prof. Rodríguez-Mañás delivered a lecture titled "Frailty: a clinical and research challenge". Professor Jose Viña, permanent member of the Academy and co-leader of WP1 in ADVANTAGE JA introduced the lecture.

### **Healthcare for elderly people – current trends and models of healthcare. Interview with Professor Anne Hendry**



Professor Anne Hendry was interviewed by the "Management in Health" journal on the issue of healthcare in an ageing society. Professor Hendry is actively involved in

several projects and initiatives focused on healthcare for older people both at national (Scotland) and international level and is the leader of the Work Package Models of care to prevent or delay progression of frailty and enable people to live well with frailty in ADVANTAGE JA.

Professor Hendry emphasized the urgency to enhance current models of healthcare for meeting increasingly complex and changing needs of older people. Among older people, frailty is a common condition which is considered one of the major public health challenge in Europe. As regards needs of care, frailty shares many features of a chronic condition - said Anne. She continued explaining that such a complex syndrome requires coordinated actions and interdisciplinary approaches to be appropriately addressed.

At European level, several expert groups are working to identify the best possible strategies to be put in place in the next future. Prof. Hendry highlighted the relevant contribution of ADVANTAGE JA in promoting a common understanding on frailty in Europe that can facilitate a common approach to diagnosis, care and education of older people.



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Professor Rodríguez-Mañas was awarded with the medal and diploma of the Royal Academy of Medicine, becoming the first geriatrician appointed as corresponding member.

More information are available (in Spanish only) at:

<http://www.cibersam.es/noticias/leocadio-rodriguez-ingresa-en-la-real-academia-de-medicina-de-la-comunidad-valenciana>

Read the full interview with Anne Hendry at the following link :

<http://journal.managementinhealth.com/index.php/rms/article/viewFile/485/1>



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## **SUSTAIN – HOW TO IMPROVE INTEGRATED CARE FOR ELDERLY PEOPLE LIVING AT HOME IN EUROPE**

The phenomenon of the population ageing brings about several challenges. Among others, the increasing demand for care and support of frail older people is challenging health and social care systems in Europe. On the one hand, older people's needs are becoming more complex (e.g. multiple diseases, chronic conditions, coexistent social needs) and thus require multiple interventions. On the other hand, health and social care systems shall optimise care service utilisation and costs.

Integrated care programmes, namely those initiatives providing personalised and integrated care to frail older people in their own home environment, have been recognised as a promising strategy for both meeting needs of older individuals and sustaining health and social care systems. However, some key questions still remain. How can we further improve and increase integrated care for older people living at home? How can we also make these improvements applicable and available to other health and social care systems in Europe?

In this context, SUSTAIN project aims at supporting improvements to integrated care initiatives by fostering a person-centred, prevention-oriented, safe and efficient care and at identifying how to transfer specific practical good-practices of existing initiatives to other health and social care systems. SUSTAIN is a four-year European research project funded under the Horizon 2020 program, coordinated by Dr. de Bruin at the Dutch National Institute for Public Health and the Environment, involving 9 countries: Austria, Belgium, Estonia, Germany, Ireland, Norway, Spain, the Netherlands and the United Kingdom.

Lessons learned by SUSTAIN project will be translated into practical tools to inform and support policy-makers and other stakeholders involved in integrated care managing and improving care for frail older people living at home.

Read more about SUSTAIN research project at the following link:  
<https://www.ijic.org/articles/10.5334/ijic.3090/>.





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### **ADVANTAGE JA's team from the Netherlands meets Ageing Better**

On January 29th, the Dutch team of ADVANTAGE JA from the Dutch National Institute for Public Health and the Environment (RIVM) met the Ageing Better group (BeterOud in Dutch). Ageing Better is an umbrella stakeholders organization which represent several regional and national organisations in the Netherlands working on a broad range of key issues such as primary care, long-term care, local care services and social services, housing for elderly, health inequalities and welfare.

The meeting involved twelve organisations affiliated to Ageing Better. It was a great opportunity for presenting ADVANTAGE Joint Action and its work packages and collecting valuable inputs on activities and achievements. The relevance of the JA and its objectives was largely acknowledged by the stakeholders.

For updates on the stakeholders events please visit <http://www.advantageja.eu/index.php/news-titolo/events/71-events-to-present-the-ja-to-stakeholder-groups>





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## ICIC18 – 18th International Conference on Integrated Care, Utrecht

The 18th International Conference on Integrated Care (ICIC) "Value for People and Populations: Investing in Integrated Care" organised by The International Foundation of Integrated Care (IFIC) in partnership with RIVM and Vilans will take place in The NBC Congresscentrum, Utrecht, Netherlands between 23-25 May 2018.

This conference aims to bring together researchers, clinicians and managers from around the world to share experiences and the latest evidence about integrating Public Health, Health and Social Care and the New roles and Possibilities for Hospitals, producing Positive and Curative Integrated Mental and Physical Care, mobilising key enablers like policy making and Mobile and Digital Health Solutions, and investment in an Integrated Care Workforce, clinical leadership and coproduction with individuals, careers, communities and populations.

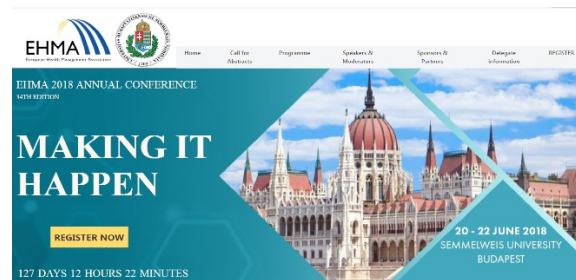


The main themes of the conference are: Value based Integrated Care, Population Health, Engaging and empower people in communities, Funding of Integrated Care, Vulnerable populations & Populations at risk, Role of primary care in integrated care, Concept of

## 34th European Health Management Association (EHMA) 2018 annual conference

The EHMA 2018 Annual Conference "Making it Happen" will be held at the important academic centre, Semmelweis University, in Budapest, Hungary from the 20th to the 22nd of June 2018.

The Annual Conference, will bring together policy makers, health managers, health professionals, educators and heads of research programmes. In this context, there will be the opportunity to interact, share knowledge and explore fundamental managerial and policy issues.



The theme of this year's conference aims to raise discussions about the delivery of changes and overcoming challenges in policy implementation through cutting-edge presentations, provocative debates and high-level networking sessions. The main themes of the conference, among others, are: the health workforce, best practices in clinical process and innovation management, health and social care interface, primary care, integrated care, patient & public involvement, and health futures.

This year's conference will be different and more innovative; with interactive workshop sessions, E-posters, certified management





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positive health.

ADVANTAGE JA will actively participate in the Conference where WP1 and WP7 partners will moderate sessions related with frailty: Preventing frailty; Identifying frailty; Managing frailty; Organising for frailty; Developing the workforce for frailty

Website:

<https://integratedcarefoundation.org/events/icic-18-18th-international-conference-on-integrated-care-utrecht>

sessions presented by the most reputable universities and sponsor sessions which will altogether present a perfect synthesis of practice and research.

ADVANTAGE JA will participate in the Conference where WP1 will present ADVANTAGE JA main activities and first results related to frailty prevention and management.



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## 14th International Congress of the European Union Geriatric Medicine Society, Berlin

The 14th International Congress of the European Union Geriatric Medicine Society (EuGMS) “Advancing Geriatric Medicine in a Modern World” will take place in Berlin From 10th to 12th October 2018.



Leading medical experts from all over the world will gather to attend one of the largest and most influential academic conferences and exhibitions on Geriatrics, with more than 1,500 attendees from Europe and from all over the World. This edition of the Congress will be targeted at specialists and health care professionals sharing the same interest in geriatric medicine as well at anyone taking care of older patients, in order to understand the medical, clinical and psycho-social approaches to geriatric diseases.

The experts will focus on the most relevant issues related to the main theme of the Congress, including: differentiating ageing and disease in old age; multi-morbidity; polypharmacy; new concepts of care for geriatric patients in the community.

ADVANTAGE JA will actively participate in the Conference, where WP1, WP4, WP6 and WP8 partners will moderate sessions related with frailty, presenting and discussing the recommendations derived from the analysis of the State of the Art, the first draft of the MS

## 11th European Public Health Conference

The 11th European Public Health Conference (EPH) “Winds of change: towards new ways of improving public health in Europe” will take place in Cankarjev Dom, Ljubljana, (Slovenia) from the 28th of November to the 1st of December 2018.

Today’s societies are faced with challenges that have an important impact on population health in Europe. On the other hand, there are also new opportunities to improve health and



wellbeing of European population. The annual EPH conferences are considered the premier European gatherings of public health professionals. Delegates include researchers, policymakers, practitioners and educators in public health and many other related fields. Over 1,500 delegates are expected to attend the Ljubljana conference. It is co-organized by by EUPHA – European Public Health Association and National Institute of Public Health (NIJZ), Slovenia, leader of WP6 in ADVANTAGE JA.

The 11th EPH Conference offers excellent opportunities to learn from the latest research and practice, to network with experts and colleagues and to expand professional horizons. European public health systems are



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roadmaps and issues relating to training.

Abstracts should be submitted in English and sent by May 15, 2018.

Website: <http://www.eugms.org/2018.html>

varied, reflecting different societal choices. Despite organisational and financial differences, they are built on common values: universality, access to good quality care, equity and solidarity. The need to make health systems financially sustainable in a way which safeguards these values into the future is also widely recognised.

The themes of the conference are the main challenges facing public health include inequalities, the economic crisis, globalization, migration and urbanization, environmental degradation and climate change. These factors all influence the lifestyles and health of the European population, resulting in changing disease patterns and new public health emergencies.

As societies and countries change, so do the public health challenges. This requires a strong public health sector that adapts and responds to societal changes and provides adequate answers to questions like:

Are public health systems adequately prepared for changing disease patterns?

How can public health practitioners be more effective in today's societal systems?

Which models of public health systems work best and at which levels?

What public health leadership is required to deal with these challenges?

Abstracts can be submitted from 1 February until 1 May 2018.

Website: <https://ephconference.eu/>