



D15 Sustainability Plan “beyond NET4Age-Friendly”



International Interdisciplinary Network on
Smart Healthy Age-Friendly Environments | NET4Age-Friendly

COST Action 19136 (2020-2024)



Funded by
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EXECUTIVE SUMMARY

The sustainability and use of the COST Action 19136 NET4Age-Friendly results focus on the exploitation of the identified Key Exploitable Result SHAFE – NET4Age Full Package. The SHAFE Foundation, supported by SHINE 2Europe, will exploit this Key Exploitable Result. The participating organisations in the COST Action NET4Age-Friendly are invited to join the exploitation efforts.

This deliverable describes the activities that led to the exploitable results, the Key Exploitable Result analysis and roadmap, and the future activities of the SHAFE Foundation.

1. INTRODUCTION

In 2020, the journey of COST Action NET4Age-Friendly started, in which the Smart Healthy Age-Friendly Environments (SHAFE) concept would take further shape through knowledge exchange, networking and joint publications in the Action network. This deliverable is one of the final products of NET4Age-Friendly and takes the reader along on this journey of future exploitation and sustainability, which for NET4Age ends in the launch of the SHAFE Foundation to build a sustainable future for SHAFE.

This deliverable will start with a short overview of the exploitation activities that were performed within the COST Action. Then, it will focus on the Key Exploitable Result, the main results of the COST Action as a package and make an analysis and a roadmap for the future in the following three years after the Action closure.

The Chair and Vice-Chair/Grant Holder of the COST Action were both active as exploitation managers and collaboratively working on the future of SHAFE.

2. SMART HEALTHY AGE-FRIENDLY ENVIRONMENTS

COST Action NET4Age-Friendly created a network of researchers and innovators and delivered reports on the topic of Smart Healthy Age-Friendly Environments (SHAFE). SHAFE originated in Portugal and The Netherlands and initially started as Thematic Network and delivered a Joint Statement on behalf of 160 organisations in 2018.[1]

SHAFE aims to achieve better health and well-being for citizens, independent living, social participation and sustainable environments through combining the social, physical and digital environments of people and places.

The focus activities of SHAFE are:

- Focus on people and places.
- Improvement of citizens' capacities and their societal engagement.
- Improved alignment between the green, the built and the digital environment for the benefit of residents.
- Focus on inclusiveness and a lifelong approach.
- Focus on collaboration and implementation of practical examples in communities.

To realise the aims of SHAFE, it needs to combine sustainable built environments, with inclusive and accessible communities, digital technologies and health and social care.

In 2022, the United Nations, Department of Economic and Social Affairs, Sustainable Development, acknowledged SHAFE and the COST Action NET4Age-Friendly as a good practice.[2]



Figure 1. The SHAFE concept

3. WORKING ON THE EXPLOITABLE OUTCOMES OF THE ACTION

COST Action NET4Age-Friendly consisted of five Working Groups (WG) as was written in the Memorandum of Understanding of the Action.[2]

The Working Groups of COST Action NET4Age were:

- WG1: User-centred inclusive design of age-friendly environments and communities. Focus: inclusion, accessibility, usability, and engagement in environmental, design, technology, and infrastructure design thinking.
- WG2: Integrated health and wellbeing pathways. Focus: policies, regulations and practice of integrated age-friendly healthcare and social provision, focusing on personalised and user-centred pathways.
- WG3: Digital solutions and large-scale sustainable implementation. Focus: smart technologies in co-creation, scale-up and large-scale implementation, valuing climate-neutral and energy-efficient solutions and opportunities.
- WG4: SHAFE impact and sustainability: Focus: advocacy and policy networking, funding opportunities, business models and cost-benefit evaluation.
- WG5: Reference framework: Resources and structures, practices, guidelines, standards, indicators, handbooks.



Figure 2. Working Groups CA 19136 NET4Age-Friendly

Working Groups 1-4 aimed to synthesise existing knowledge and critically assess practices of integrated healthcare provision and capacity building.[3] These Working Groups delivered a mid-term report on the state of the art and practices of the topics they worked on. The final deliverable of each Working Group was the delivery of a module to the Reference Framework of Working Group 5.[4]

Working Group 5 started with a further refinement of the SHAFE concept and the creation of an ontology.[5] With the support of the networking tools of the COST Action, this ontology was delivered in 2022. The combined work of the Action members resulted in a Reference Framework, the final outcome of WG5.

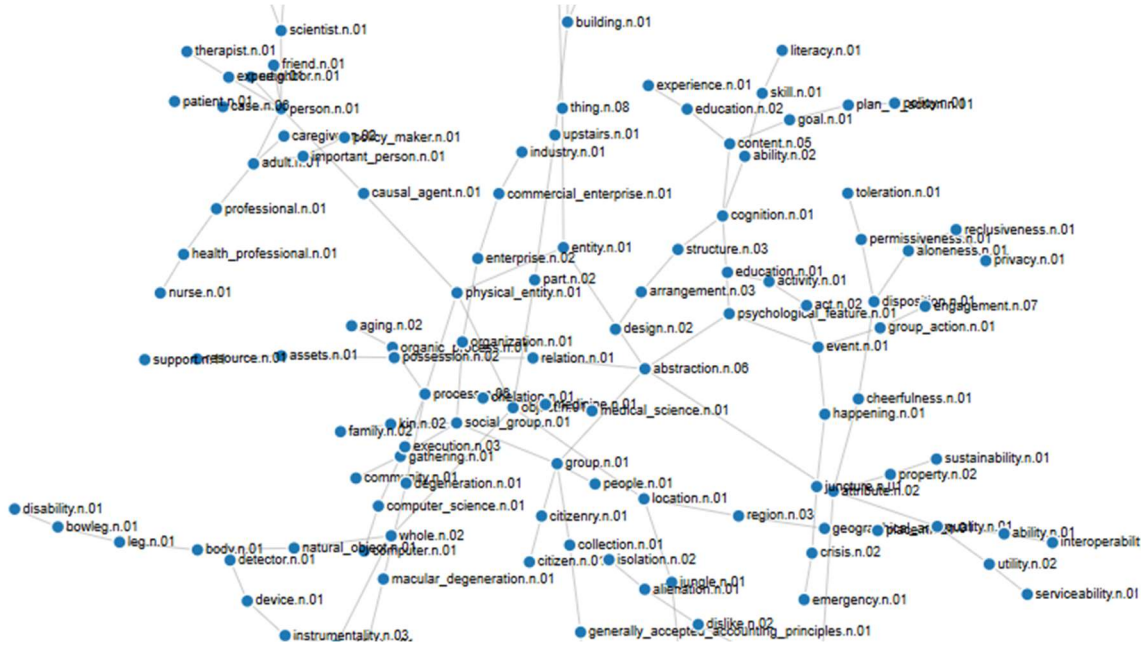


Figure 3. Ontology SHAFE

4. SHAFE STAKEHOLDERS

During the lifetime of the COST Action, the stakeholders of SHAFE were defined and further refined. SHAFE recognises the target and facilitators groups as stakeholder:

Target groups of SHAFE:



Citizens

Citizens of all ages, conditions, health, finances and education, represented in an exemplary European family: the Garcias.

Figure 4. The Garcia Family

The main facilitators of Smart Healthy Age-Friendly Environments are:



POLICYMAKERS

Politicians and policy advisors at local, regional, national or European levels in the fields of social innovation and urban planning.

HEALTH AND CARE PROVIDERS

Professional carers providing or coordinating the provision of health and social care services to people.





MULTI-DISCIPLINARY PROJECT TEAMS

Groups of practitioners from multiple domains involved in designing, planning, implementing, integrating and maintaining SHAFE.

PROMOTERS/DEVELOPERS

People or companies developing a building or a service to be used by people.



RESEARCH AND ACADEMIA

Research on participation, prevention, social inclusion, digital technologies, and sustainable environments.

Figure 5. SHAFE Facilitators

With the support of the final outcome of the COST Action NET4Age-Friendly, D14 *Reference Framework*, the SHAFE Stakeholders are equipped with the necessary tools to implement smart inclusive environments on their territories. Tools are, for example, five modules of learning about user-friendly design, integrated health and well-being pathways, digital solutions, business and evaluation models and opportunities for funding and impact.

5. KEY EXPLOITABLE RESULT ANALYSIS

The exploitation managers of the COST Action identify the full package of SHAFE-related deliverables and activities, as connected in D14 *Reference Framework*, as the Key Exploitable Result of NET4Age-Friendly and it is named SHAFE – NET4 full package.

A Key Exploitable Result (KER) is a tangible or intangible output of a project. It is identified as a main interesting result that has a high potential to be “exploited” – meaning to make use of and derive benefits.[6] The KER will be further analysed in the table below. The analysis is based on the inclusion of early adopters among the SHAFE facilitators who will work on the development and implementation of smart, healthy age-friendly environments.

KER SHAFE – NET4 full package	
Problem	<p>Early adopters among the SHAFE facilitators are policymakers, developers, health and care professionals, multidisciplinary project teams and research and academia. Each group has its own challenges, but in common they are seeking for additional information, inspiration and training for the implementation of smart inclusive environments. In more detail see the bullet points.</p> <ul style="list-style-type: none"> • Policymakers: How can inclusive environments for all citizens be achieved against a minimum of financial efforts in times of budget cuts? • Developers: what are the prospects for the development of solutions for the SHAFE market, including citizens of all ages, in every condition and financial opportunity? • Health and care professionals: how to deliver care and support to a growing number of demand and less supply? • Multidisciplinary teams: how can we successfully combine multidisciplinary and diverse expertise to realise smart inclusive environments? • Research and academia: what are the components and ingredients to successfully improve the social inclusion, health and well-being of the population, and which funding opportunities are there?
Alternative innovative solutions	<p>Early adopters often resort to alternative strategies, including:</p> <ul style="list-style-type: none"> • Implementing controversial measures like taxes or bans. • Investing heavily in communication campaigns to influence behaviour. • Allocating resources to market analyses for products and services. • Incurring costs through trial-and-error approaches in solution development. • Managing increasing demand with waiting lists in health and social care.

	<ul style="list-style-type: none"> • Employing less qualified, and therefore more affordable, personnel in health and social care. • Universities or research centres focusing primarily on securing funding and resources for their activities. • Training on topics related to smart inclusive environments.
<p>Unique Selling Point</p>	<p>COST Action NET4Age-Friendly’s Unique Selling Point is that it offers a distinctive, customised blend of innovative solutions aimed at fostering inclusive and sustainable communities.</p> <p>NET4Age-Friendly is:</p> <ul style="list-style-type: none"> • User and stakeholder centred • Versatile: multi-utility (multiple solutions available) • Easily accessible • Customised blended • Built with the expertise of almost 800 researchers from 50 countries • Training and inspiration offers
<p>Description</p>	<p>The SHAFE – NET4 Full Package is a set of tools, practices and insights on the implementation and coordination of Smart Healthy Age-Friendly Environments. In more detail the Full Package is:</p> <ul style="list-style-type: none"> • An Ontology on SHAFE • State-of-the-art reports on the topics and practices of the four working groups on user-centred design, integrated health and well-being pathways, digital solutions, policies, strategies and funding • A set of unique learning modules on business and evaluation models, digital innovation and implementation, integrated health and well-being, policy, strategies and funding and user-centred inclusive design • A set of deepening studies performed as Short-term Scientific Missions or Virtual Mobility activities • A reference framework bringing above-mentioned information together.
<p>Target market</p>	<p>The primary target market includes housing companies or investors, policymakers, health and social care innovators, social workers and other individuals aspiring to engage in the social and housing sectors. These stakeholders operate across various societal domains, such as public administration, health and social care, research and academia, social work, and housing.</p>

	Our initial focus will be on the market represented by nearly 800 participants of COST Action 19136 NET4Age-Friendly. This network spans 50 countries and comprises an interdisciplinary group of young researchers, innovators, scientists, citizens, public authorities, architects, and businesses working in the field of smart, healthy, and age-friendly environments.
Early adopters	As early adopters, we recognise a group of around 40-50 active members of NET4Age-Friendly and the experts and stakeholders of the SHAFE-related Horizon project SIRENE[7]. They will be further targeted by active campaigning and involvement in the uptake of the NET4 outcomes and the future of the SHAFE Foundation.
Competitors	SHAFE has multiple competitors, although they often only represent single solutions to support social inclusion, independent living or better health and well-being. A holistic approach such as SHAFE is missing.
Go to market – use model	The SHAFE – NET4Age Full Package is offered as an open, accessible source of tools and information on different aspects of smart healthy, age-friendly environments, stakeholders and outcomes. Extra support, such as consultancy, study visits and advice, will be offered as a paid service through the SHAFE Foundation.
Go to market - timing	The time to market is the 1 st of November 2024.
Go to market – IPR background	The background of SHAFE – NET4Age Full Package: - SHAFE and NET4Age-Friendly need to be properly acknowledged concerning the COST Action itself and the authors' SHINE 2Europe and AFEdemy
Go to market – IPR foreground	Ownership of the results of VMs and STSMs is for the persons who generated them. A participant who generated the results solely, will solely own the rights associated with them.

	<p>Joint ownership is defined for the authors of the deliverables and modules within the lifetime of the COST Action.</p> <p>Ownership will be further detailed in the exploitation roadmap.</p> <p>The concept of the Garcia Family is developed by SHINE 2Europe and AFEdeemy.</p>
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Table 1. KER analysis

6. SHAFE – NET4AGE ROADMAP

This chapter is dedicated to the exploitation roadmap of the Key Exploitable Result. The roadmap describes the actions foreseen for the next three years; the roles partners will play in these actions, the milestones for the first year, expected costs and revenues and the expected impacts in three years' time.

SHAFE – NET4Age Full package Roadmap	
Actions	<ol style="list-style-type: none"> 1. The present deliverable defines the agreement for further exploitation by the SHAFE Foundation and eventually other partners, and it also establishes the proper acknowledgement of the Garcia Family for SHINE and AFEdemy. 2. Develop and execute a communication and dissemination plan to showcase the full NET4Age and SHAFE package. 3. Develop a sustainable business plan for the SHAFE Foundation for the SHAFE -NET4Age Full package, including the use model for the NET4 results, the opportunities for study tours, training and consultancy. 4. Build the network of members and ambassadors of the SHAFE NET4Age Full package. 5. Apply for funding for SHAFE in upcoming proposals with acknowledgement of the COST Action NET4Age-Friendly. 6. Co-organise a yearly meeting on SHAFE.
Roles	<p>SHAFE Foundation:</p> <ul style="list-style-type: none"> • Exploitation agreement with acknowledgement of the IPR Foreground ownerships and the expected future use of the COST Action SHAFE - NET4Age Full package. • Communication and dissemination plan • Business plan • Network building • Funding opportunities and application • Yearly meeting organisation
Milestones of the first year	<ul style="list-style-type: none"> • Exploitation agreement, communication and dissemination plan, business plan is ready. • The network of the SHAFE Foundation has reached 200 network members and 5 ambassadors. • Three applications have been submitted with SHAFE Foundation as partners or coordinators. • The yearly meeting has been organised.

Costs	<p>The costs per action have been divided over 3 years.</p> <ol style="list-style-type: none"> 1. Exploitation agreement and acknowledgement Garcia Family: 45 working days to create the exploitation agreement and have it legally checked and designed: € 27,750. 2. Communication and dissemination: Year 1: Communication and dissemination plan: 10 days. Communication and dissemination activities: 100 days (€ 18,000). Year 2: Communication and dissemination activities: 100 days (€ 14,500). Year 3: Communication and dissemination activities: 100 days (€ 14,500). Total costs € 154,500 3. Business plan and activities Year 1: Business plan: 30 days = € 13.500, Business activities: 10 days = € 4,500. Total: € 18,000 Year 2: Business activities: 10 days € 4,500. Year 3: Business activities: 10 days € 4,500. 4. Networking: Year 1-3: networking activities 75 days per year, plus € 15,000 travel costs. Total costs per year: € 48.570. 5. Apply for funding: Year 1: 100 days, other expenses € 4,000. Year 2: 120 days, other expenses € 4,000. Year 3: 180 days, other expenses € 4,000. 6. Yearly event: Year 1-3: 80 days per year, other expenses per year € 4,000. Total costs per year: € 40,000 <p>Total expected costs: € 576,000, mainly in personnel costs.</p>
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Revenues	3. Business activities.
	Year 1: € 10,000
	Year 2: € 20,000
	Year 3: € 30,000
	5. Funding.
	Year 2: € 100,000
	Year 3: € 150,000
6. Yearly event.	
Year 1-3: € 20,000 per year on funding, sponsoring.	
Total expected revenues: € 370,000.	

Overview costs and revenues	Actions	Days	Euros (€ 450/day)	Other expenses	Total costs	Benefits
	1. Exploitation agreement		40	€ 18.000	€ 5.000	€ 23.000
Garcia family acknowledgement		5	€ 2.250	€ 2.500	€ 4.750	
2. Communication/diss						
C&D Plan		10	€ 4.500		€ 4.500	
C&D Activities year 1		100	€ 45.000	€ 5.000	€ 50.000	
C&D Activities year 2		100	€ 45.000	€ 5.000	€ 50.000	
C&D Activities year 3		100	€ 45.000	€ 5.000	€ 50.000	
3. Business plan and act						
Business plan		30	€ 13.500		€ 13.500	
Business activities year 1		10	€ 4.500		€ 4.500	€ 10.000
Business activities year 2		10	€ 4.500		€ 4.500	€ 20.000
Business activities year 3		10	€ 4.500		€ 4.500	€ 30.000
4. Networking						
Networking activities year 1		75	€ 33.750	€ 15.000	€ 48.750	
Networking activities year 2		75	€ 33.750	€ 15.000	€ 48.750	
Networking activities year 3		75	€ 33.750	€ 15.000	€ 48.750	
5. Apply for funding						
Application year 1		100	€ 45.000	€ 4.000	€ 49.000	
Application year 2		120	€ 54.000	€ 4.000	€ 58.000	€ 100.000
Application year 3		180	€ 81.000	€ 4.000	€ 85.000	€ 150.000
6. Yearly event						
Yearly event year 1		80	€ 36.000	€ 4.000	€ 40.000	€ 20.000
Yearly event year 2		80	€ 36.000	€ 4.000	€ 40.000	€ 20.000
Yearly event year 3		80	€ 36.000	€ 4.000	€ 40.000	€ 20.000
TOTAL			€ 576.000		€ 667.500	€ 370.000

Table 2. Roadmap

7. NEXT STEPS - SHAFE FOUNDATION

The results from NET4Age-Friendly and other initiatives such as the SIRENE project will be transferred to the SHAFE Foundation (registration number NL 82637393, <https://shafe.eu/>). The current directors of the SHAFE



SHAFE Foundation

Smart Healthy Age-Friendly Environments

Foundation are the CEOs of SHINE 2Europe and AFEdemy. The SHAFE Foundation guarantees the open access and public availability of the SIRENE results for the coming five years.

The SHAFE Foundation's mission is to research, develop, network and promote the implementation of Smart Healthy Age-Friendly Environments (SHAFE) in Europe and in other regions of the world. To achieve the goals of this mission, the Foundation will:

- 1) Develop fundamental and applied research, creating and collaborating on research reports, publications and other forms of research in the scope of SHAFE or adjacent fields.
- 2) Create, maintain and promote cooperation in a network of all types of stakeholders from every region of the world, working in the field of SHAFE or related areas.
- 3) Develop and promote the creation of political strategies and training, actions and activities related to policy making and skills development, enabling the promotion and implementation of SHAFE at all levels.
- 4) Promote by all means the implementation of societies that are inclusive and fit for all people, regardless of their age, gender, race, culture or specific needs through a coordinated approach to the combination of the built environment, ICT, health and care and the personal and social context.
- 5) Communicate and disseminate SHAFE and related areas in all possible ways.
- 6) Fund relevant initiatives in the field of SHAFE and make efforts to obtain the necessary donations and public and private funds.

The short-term actions of the SHAFE Foundation are to select and appoint Ambassadors of SHAFE in the world and to offer the opportunity to SIRENE and NET4Age-Friendly members to become a Network member of the SHAFE Foundation. The Network members will be invited for SHAFE-related events, proposals, projects and other opportunities. The Foundation further considers appropriate funding opportunities at regional, national and European levels and will apply (in partnership) for them.

For the longer term, the SHAFE Foundation aims to organise networking events to keep the network alive, fund local or regional pilot initiatives, and actively participate in projects. The first project was gained in the field of Erasmus+: Artificial Intelligence in for healthcare professionals (2024-2026).

8. CONCLUSIONS

What started as a small concept in 2017 has now grown in 2024 into a big network of almost 800 participants and some real tangible results. The future of the COST Action will be sustained within the activities and network of the SHAFE Foundation. The expected impact and exploitation of SHAFE will enhance mainly the use of SHAFE and its results developed within the COST Action instead of concrete financial revenues. The desired impact of SHAFE, however, is still to enable a better world for all citizens and have a healthy and happier future for all. The usage of SHAFE results aims to contribute to that future, and further steps within the SHAFE Foundation will soon be taken.

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