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Module

Integrated health and wellbeing pathways

Working Group 2
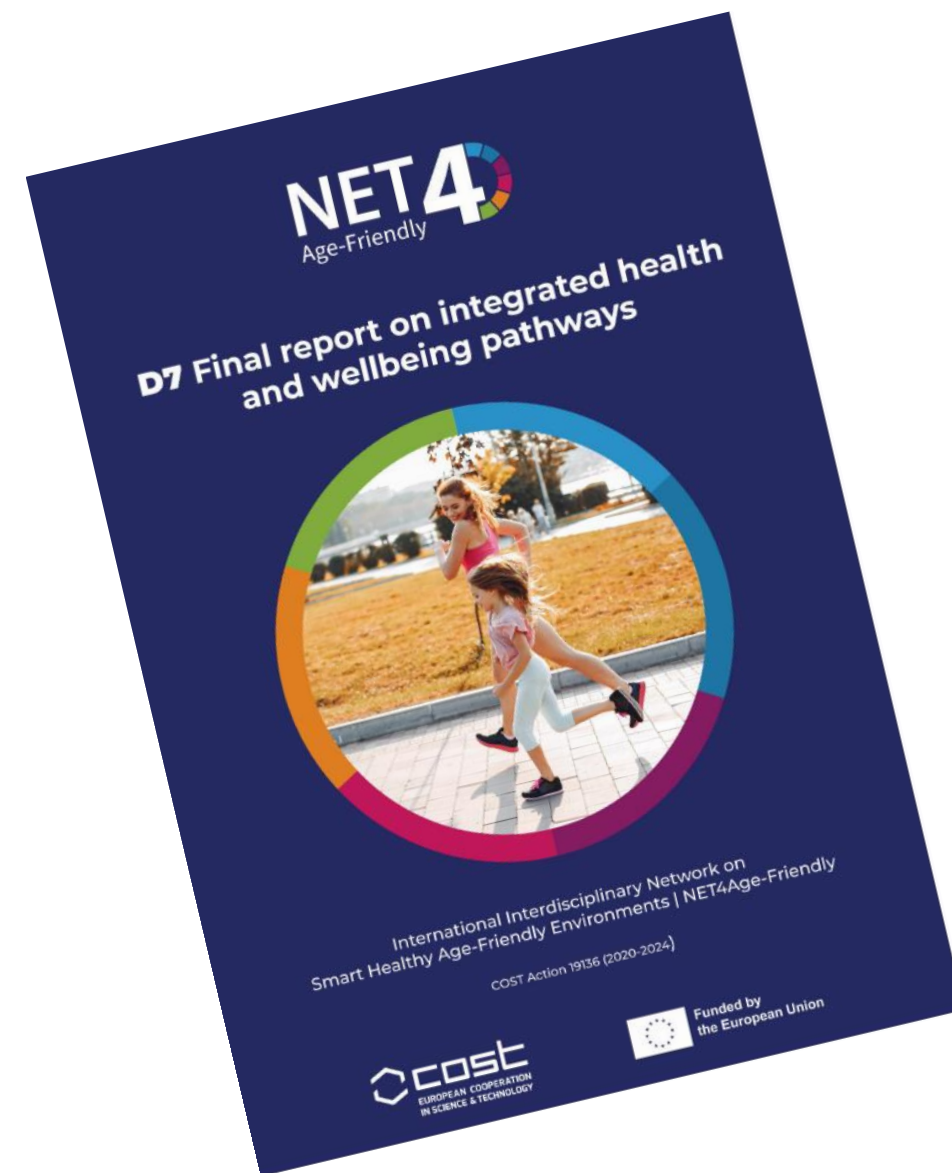
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INTRO

D7 - Integrated health and wellbeing pathways

The purpose of this report is to provide an overview of the current state-of-the-art on integrated health and well-being pathways. It delves into the primary factors and strategies influencing the development and sustainability of integrated health and well-being initiatives.

The report focuses on integrated care models in the world and delivers some inspiring examples, with specific sections devoted to care for older adults and to younger people.

https://www.net4age.eu/d7-integrated-health-and-wellbeing-pathways

Age-Friendly Integrated Health Care

- It refers to **coordinated care** addressing all aspects of patient health, focusing on **individual needs**, and involving a multidisciplinary team.

- Improved access to family- and community-oriented primary care services, ensuring **continuity of care** through **efficient and cost-effective** secondary and tertiary hospital care.

- Particularly crucial due to the rising ageing population and chronic diseases in Europe, making integrated care essential for **sustainable healthcare systems**.
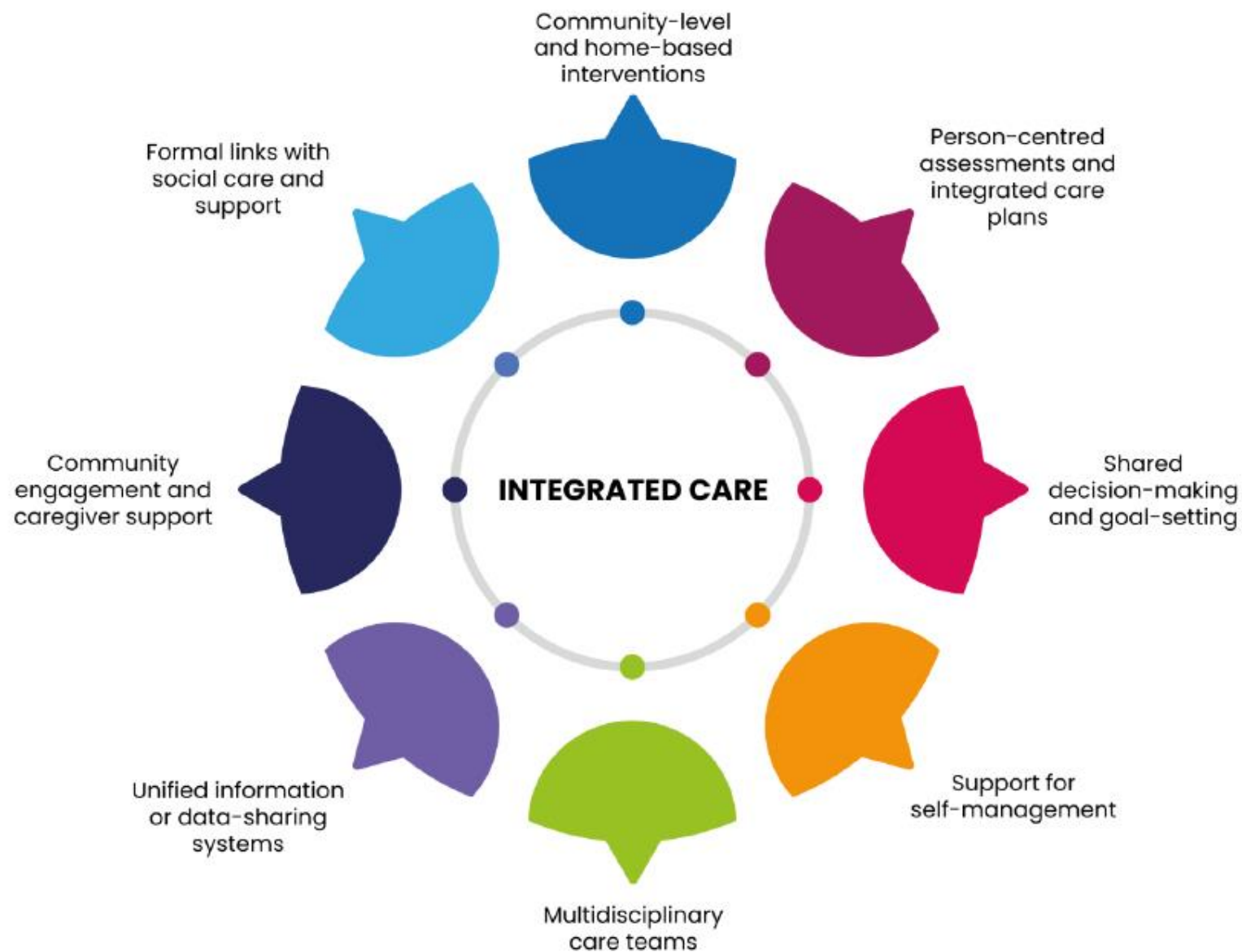
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- An **overall evaluation** that an individual makes of his or her life in all its important aspects, often referred to as "subjective well-being."

- Essential for individuals to maximize their potential, **lead active and fulfilled lives, and participate** fully in their local community.

- **Physical and mental health** are closely linked, and both are crucial for overall well-being.

An integrated approach to health and well-being emphasizes the importance of fostering participation, sustainability, and ownership in local initiatives through direct collaboration with communities.
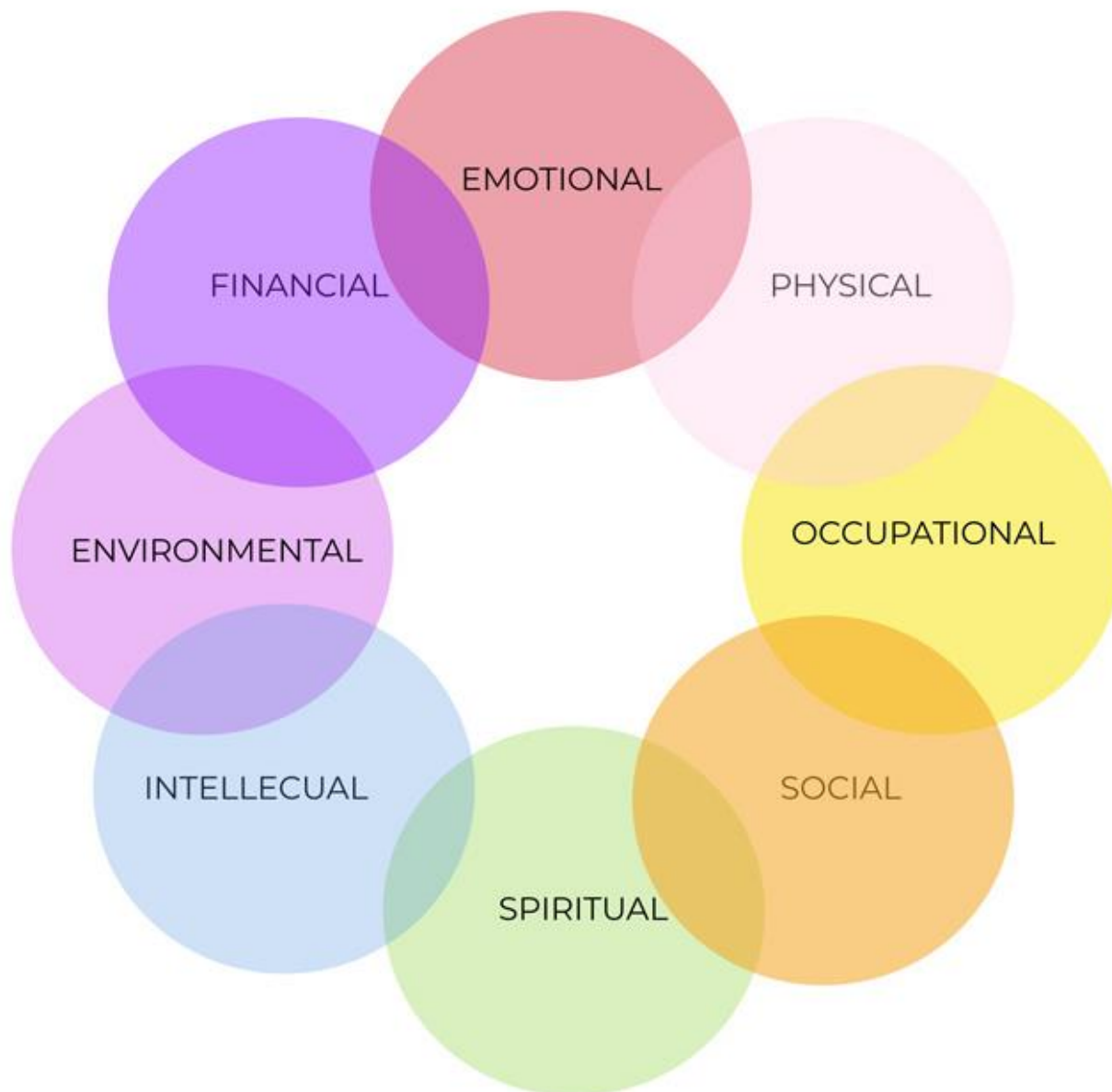
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This approach considers various levels and factors:

1. Individual Health and Social Care - Personal health management and social support tailored to individual needs.

2. Lifestyle - Promoting healthy lifestyle choices, including diet, exercise, and stress management.

3. Activities - Encouraging active engagement in community activities and social interactions.

4. Local Community - Building strong, supportive community networks that promote inclusion and participation.

5. Local Economy - Enhancing economic opportunities and resources that support community health and well-being.

6. Environment - Ensuring a healthy, sustainable environment that contributes to overall quality of life.

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European Commission. New European Bauhaus Progress Report. Brussels: European Commission; 2023 Jan 16. Report No.: COM(2023) 24 final. Available from: https://ec.europa.eu/newsroom/neb/items/774118/.

SOCIETAL CHALLENGE

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SOCIETAL CHALLENGES that benefit from the implementation of INTEGRATED CARE

DEMOGRAPHIC CHALLENGES

ECONOMIC CHALLENGES

TECHNOLOGICAL CHALLENGES

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European Commission. New European Bauhaus Progress Report. Brussels: European Commission; 2023 Jan 16. Report No.: COM(2023) 24 final. Available from:
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1. **Population Ageing -** as the global population ages, there is a higher prevalence of chronic conditions, which demands for more comprehensive and continuous care.

2. **Increased Life Expectancy at Birth and Decreasing Fertility Rates -** these factors contribute to an increasing proportion of older individuals in the population, exacerbating the need for extensive health and social care services.

3. **Shrinking Working-Age Population and Labour Shortages** - a declining workforce affects the availability of caregivers and healthcare professionals, creating a strain on the healthcare system.

1. Rising Costs of Healthcare Services - the escalating costs associated with advanced medical treatments and technologies put pressure on healthcare budgets and sustainability.

2. Financial Challenges for Providers - healthcare providers face financial constraints that impact their ability to deliver comprehensive care, especially in underfunded areas.

3. Shortage of Healthcare Professionals - there is a significant shortfall in healthcare workers, which affects the quality and accessibility of care.

4. Need for Improved Mental Health Systems - mental health services often lag in terms of funding and infrastructure, necessitating urgent improvements.

5. Increased Demand for Personalised Care - patients are increasingly seeking care tailored to their individual needs, requiring more resources and sophisticated healthcare delivery models.

1. **Big Data and Cybersecurity Issues -** managing large volumes of health data poses challenges in terms of storage, analysis, and security. Protecting patient data from cyber threats is a critical concern.

2. **Artificial Intelligence (A.I.) -** Integrating A.I. into healthcare systems offers potential benefits but also poses challenges in terms of implementation, ethical considerations, and ensuring the accuracy and reliability of AI-driven decisions.

MAIN FINDINGS

1. Comprehensive assessments of health and care policies, with special attention to older adults' care.

2. Policy action for sustainability and adequacy of care

3. Tailored integrated care models adapted to national/regional/local needs

4. Appropriate funding and support mechanisms.

5. Key performance indicators (KPIs) with standardised metrics.

KEY RECOMENDATIONS

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1. Policy Reviews and Revisions

Regularly review and update policies to reflect the changing needs of the ageing population and advancements in health and care.

2. Sustainable Funding Models

Develop funding models that ensure long-term sustainability and adaptability to demographic changes.

3. Customized Care Approaches

Implement care models that are tailored to the specific health, economic, and social contexts of each country.

4. Monitoring and Evaluation

Use KPIs to continuously monitor and evaluate the performance of integrated care initiatives, ensuring they meet their intended goals and objectives.

5. Stakeholder Engagement

Engage with a wide range of stakeholders, including citizens and patients, older adults, caregivers, healthcare providers, and policymakers, to ensure that integrated care models are comprehensive and inclusive.

SHAFE IN PRACTICE

1. **The New European Bauhaus (NEB) dashboard** - an interactive map when the NEB projects are deposed [NEB Dashboard] (https://web.jrc.ec.europa.eu/dashboard/NEB/)

2. **Wood4Bauhaus** – an open platform to reach out to the construction industry and all involved stakeholders [Wood4Bauhaus] (https://wood4bauhaus.eu/)

3. **European Fashion Alliance** - European creative fashion organizations formed an alliance with the aim of fostering a thriving, sustainable and inclusive European fashion ecosystem [European Fashion Alliance] (https://www.europeanfashionalliance.org/)

4. **Creative Europe** - Horizon Europe and the European Regional Development Fund (ERDF), the Single Market Programme, the Digital Europe Programme, and the LIFE Programme [Creative Europe] (https://ec.europa.eu/programmes/creative-europe/)

5. **Erasmus +** (https://ec.europa.eu/programmes/erasmus-plus/)

6. **Europe Solidarity Corps** (https://europa.eu/youth/solidarity_en).

7. **digiNEB.EU project -** aims to foster bridges between the digital and NEB Communities and raise awareness around EU digital solutions for all NEB stakeholders, establishing a pan-European NEB digital ecosystem. [digiNEB.EU project] (https://digineb.eu/).

8. **Worth Partnership Project II** (https://worthpartnership.ec.europa.eu/worth-partnership-projects/worth-ii-partnership-projects_en).

SHAFE PEOPLE

- **Community engagement and empowerment:** demand for policies that prioritise community involvement in decision-making processes related to health services and programs. Promote community empowerment to be actively participating in the planning, development, and evaluation of integrated health initiatives.

- **Health information exchange and technology integration:** demand seamless sharing of health information and the integration of technology to improve communication and a more comprehensive approach connection to health and care providers.
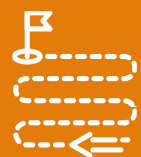
- **Strengthen inter-sectoral collaboration:** foster collaboration between health and non-health sectors such as education, employment, housing, and transportation. Develop policies that encourage cross-sectoral partnerships to address the various determinants of health and promote holistic well-being.

- **Incentivize integrated care models:** create incentives for healthcare providers to adopt integrated care models that focus on coordinating services across different healthcare settings. Support the implementation of accountable care organizations and integrated delivery networks to enhance continuity of care.

- **Health information exchange and technology integration:** develop and implement policies that facilitate seamless sharing of health information among different healthcare providers and systems. Encourage the integration of technology to improve communication and coordination, ensuring a more comprehensive approach to patient care.

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- **Legislation supporting integration and patient-centred care:** implement policies that prioritize patient-centered care, ensuring that individuals have an active role in their healthcare decisions. Foster a culture of shared decision-making and support the integration of patient feedback in the continuous improvement of health services.

- **Address socioeconomic disparities:** develop policies that specifically target socioeconomic determinants of health, such as income, education, and employment. Addressing these disparities is crucial for achieving true integration and improving health outcomes for all segments of the population.

- **Workforce training and development:** invest in training programs for healthcare professionals to enhance their skills in collaborative care and interdisciplinary communication. Foster a culture of teamwork and shared responsibility among healthcare providers from various disciplines.

LOOKING AT THE FUTURE

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What did we learn?

Awareness

Empowerment

Commitment

Changes

- Harmonised EU policies on ageing

- Health care and social care working together

- Recognition/support for informal caregivers

- Internal benchmarking built on best practices in care delivery

- Telehealth integrated within the care team

- Reimbursement that focuses on whole person health

- Involvement of peer counselling and the full spectrum of health and care providers

- Training for care providers to support sustainability

- Educate of the current and future workforce

MODULE INFORMATION

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THE END!