



# Empowering older persons in regions

## European Week of Regions and Cities 2020

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# Report on the Impact of Demographic Change in Europe

1

In 2018, life expectancy at birth increased to **78.2 YEARS** for men and **83.7** for women.



This growth is projected to continue: men born in 2070 are expected to live **86 YEARS**, and women **90**

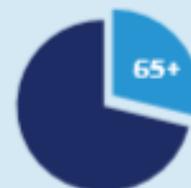
2

In 2018, the average number of childbirths per woman was **1.55** and their median age at childbirth **31.3**.



3

**By 2070...**  
the share of people **65 years or older** is projected to be



**30.3%**  
(compared to 20.3% in 2019)



the share of people **80 years or older** is projected to be **13.2%** (compared to 5.8% in 2019)



# Report on the Impact of Demographic Change in Europe

4

In the EU as a whole, the composition of our households is changing – households composed of two parents with children are being joined by households consisting of people living alone, single parents or couples without children.



5

Some of us opt to move around or live abroad, but the size of these flows is volatile and can change quickly.



**The Commission's Demography Report** presents the main drivers of demographic change and the impact they are having across Europe. It launches a process that will help identify concrete actions and solutions, mindful of lessons learned from COVID 19, to support people, regions and communities that are most affected and to enable them to adapt to changing realities.

6

The share of Europe's population in the world is shrinking and by 2070 it will account for just about **4%** of the world's population.





## WHO

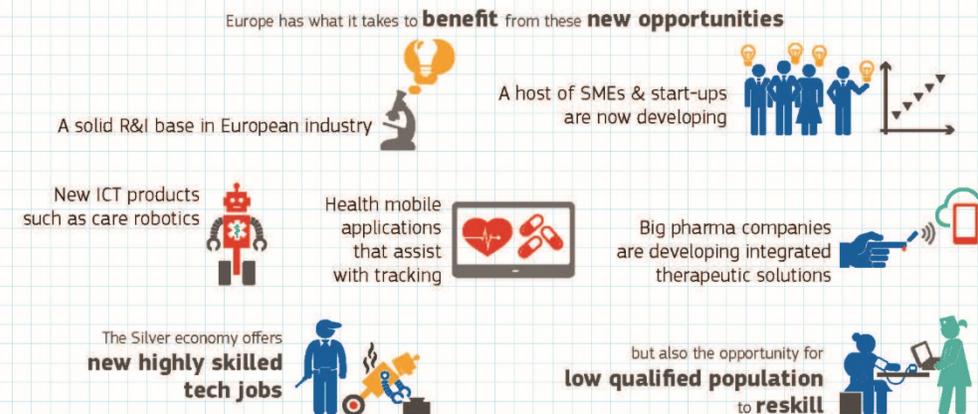
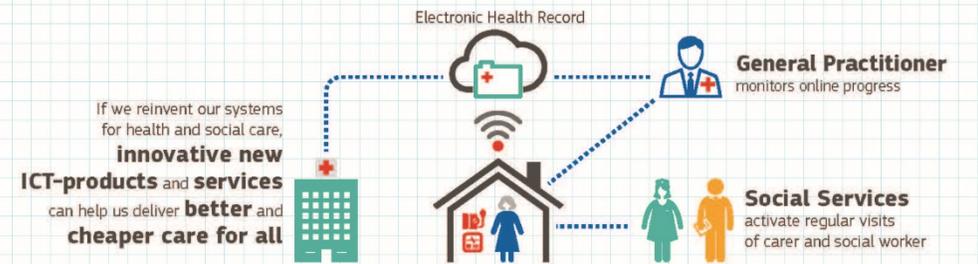
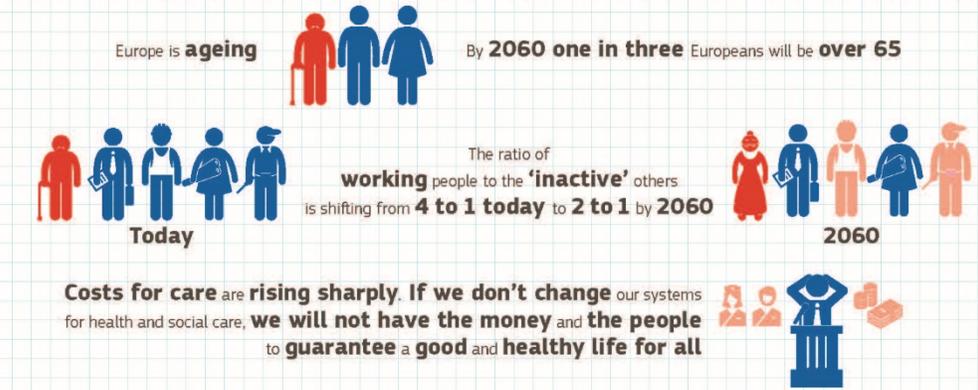
A unique public-public partnership of 26 public funding agencies:

- From currently 20 countries around Europe plus Canada
- R&D, innovation, health & regional support focus

## WHY:

1. Enhancing older adults' quality of life through innovative digital technology-based solutions
2. Support long-term sustainability of health & care systems
3. Strengthening the emerging industrial base in Europe

# The Silver Economy



# European Innovation Partnership on Active and Healthy Ageing

- *Launched to increase the average healthy lifespan by two years by 2020 and to pursue a Triple win for European citizens*
- *102 Reference Sites to scale up innovation for active and healthy ageing*
- *Twinning Schemes*



## 6 ACTION GROUPS



# Digital Health and Care



TRANSFORMATION OF HEALTH AND CARE IN THE DIGITAL SINGLE MARKET - Harnessing the potential of data to empower citizens and build a healthier society

## European health challenges

- ⊗ Ageing population and chronic diseases putting pressure on health budgets
- ⊗ Unequal quality and access to healthcare services
- ⊗ Shortage of health professionals

## Potential of digital applications and data to improve health

- ✂ Efficient and integrated healthcare systems
- ✂ Personalised health research, diagnosis and treatment
- ✂ Prevention and citizen-centred health services

## What EU citizens expect..

90% agree

To access their own health data (requiring interoperable and quality health data)

80% agree

To share their health data (if privacy and security are ensured)

80% agree

To provide feedback on quality of treatments

## Support European Commission:

### 1 Secure access and exchange of health data

#### Ambition:

Citizens can securely access and share (e.g. with doctors or pharmacies) their health data anywhere in the EU.

#### Actions:

- eHealth Digital Service Infrastructure will deliver initial cross-border services (patient summaries and ePrescriptions) and cooperation between participating countries will be strengthened.
- Proposals to extend scope of eHealth cross-border services to additional cases, e.g. full electronic health records.
- Recommended exchange format for interoperability of existing electronic health records in Europe.



### 2 Health data pooled for research and personalised medicine

#### Ambition:

Shared health resources (data, infrastructure, expertise..) allowing targeted and faster research, diagnosis and treatment.

#### Actions:

- Voluntary collaboration mechanisms for health research and clinical practice (starting with "one million genomes by 2022" target).
- Specifications for secure access and exchange of health data.
- Pilot actions on rare diseases, infectious diseases and impact data.

### 3 Digital tools and data for citizen empowerment and person-centred healthcare

#### Ambition:

Citizens can monitor their health, adapt their lifestyle and interact with their doctors and carers (receiving and providing feedback).

#### Actions:

- Facilitate supply of innovative digital-based solutions for health, also by SMEs, with common principles and certification.
- Support demand uptake of innovative digital-based solutions for health, notably by healthcare authorities and providers, with exchange of practices and technical assistance.
- Mobilise more efficiently public funding for innovative digital-based solutions for health, including EU funding.



## Ambition:

Citizens can monitor their health, adapt their lifestyle and interact with their doctors and carers (receiving and providing feedback).

## Horizon 2020

DG CNECT has funded more than 180 R&I projects through [Horizon 2020](#) under Societal Challenge 1 'Health, demographic change and wellbeing'.



3 Digital tools and data for citizen empowerment and person-centred healthcare



**mHealth**

**What it covers**

- mobile devices
- Personal Digital Assistant (PDA)
- smart watches & other body-worn devices or implants

With these devices it is possible to **collect big amounts of data** such as

- health monitoring
- lifestyle
- daily activity

with this data, your doctor will make a better diagnosis & give the best treatment

patients can take control of their health: accessing their records or getting reminders about their medication



# Citizen empowerment – some H2020 examples



**SAAM** - Supporting Active Ageing through Multimodal Coaching- creates a virtual assistant supporting people over 60 years living in their own homes and the work of those taking care of them (family, friends, and social carers).

<https://saam2020.eu/>



**SmartWork** builds a worker-centric AI system for **work ability sustainability**, integrating unobtrusive sensing and modelling of the worker state with a suite of novel services for context and worker-aware adaptive work support. Formal and informal carers are able to continuously monitor the overall health status and risks of the people they care for, thus providing full support to the older office worker for sustainable, active and healthy ageing.

[www.smartworkproject.eu](http://www.smartworkproject.eu)



**FreeWalker** integrates several proven components of AAL assistive devices and technologies, for a flexible and versatile solution for guiding and monitoring elderly or impaired persons in the outdoor environment and supporting caregivers by providing emergency information to recover **disoriented persons** safely. The primary target groups in FreeWalker are persons with cognitive impairments living at home or in an intramural care organization, and their (in)formal carers. [www.freewalker-aal.eu](http://www.freewalker-aal.eu)

# i-PROGNOSIS

**i-PROGNOSIS** - enables early Parkinson disease detection and improves patients' health-related quality of life as the disease progresses over time.

<http://www.i-prognosis.eu>

**HEARTMAN** - The HeartMan System provides patients with heart failure with a personalized exercise plan, nutrition advices and medication reminders, as well as assistance in self-monitoring and managing their environment. <http://heartman-project.eu/>



**NESTORE**

Novel Empowering Solutions and Technologies for Older people to Retain Everyday life activities. The main concept is to develop NESTORE as a friend and a coach able to support both the individual and the social dimension. By understanding the emotional status as well as the 'weaknesses' of the user, NESTORE can propose actions and activities that improve and maintain wellbeing.



**RAMCIP** – A service robot supporting elderly persons with Mild Cognitive Disorder and early Alzheimer's Disease in their daily activities at home. <http://www.ramcip-project.eu>



Sound of **Vision**

**Sound of Vision** – A wearable assistive system with enough capabilities to substantially alleviate the situation of visually impaired people. It allows them to perceive the environment and move independently, in indoor or outdoor areas. <https://soundofvision.net/>

# ERDF, Horizon Europe, EU4H, RRF, DEP

- The European Commission supports the deployment of Digital Health with EU **Structural funds**. A mapping of the investments in Health and eHealth is available [here](#). This will continue under the new MFF as well.
- **Horizon Europe** partnership: “Transforming health and care systems”
- **EU4Health**
- **Recovery and Resilience Facility** – 750 Billion EUR
- **Digital Europe Programme** – AI, Cybersecurity, Interoperability, HPC, Skills

# Recovery and Resilience Plan

## Investment Priorities

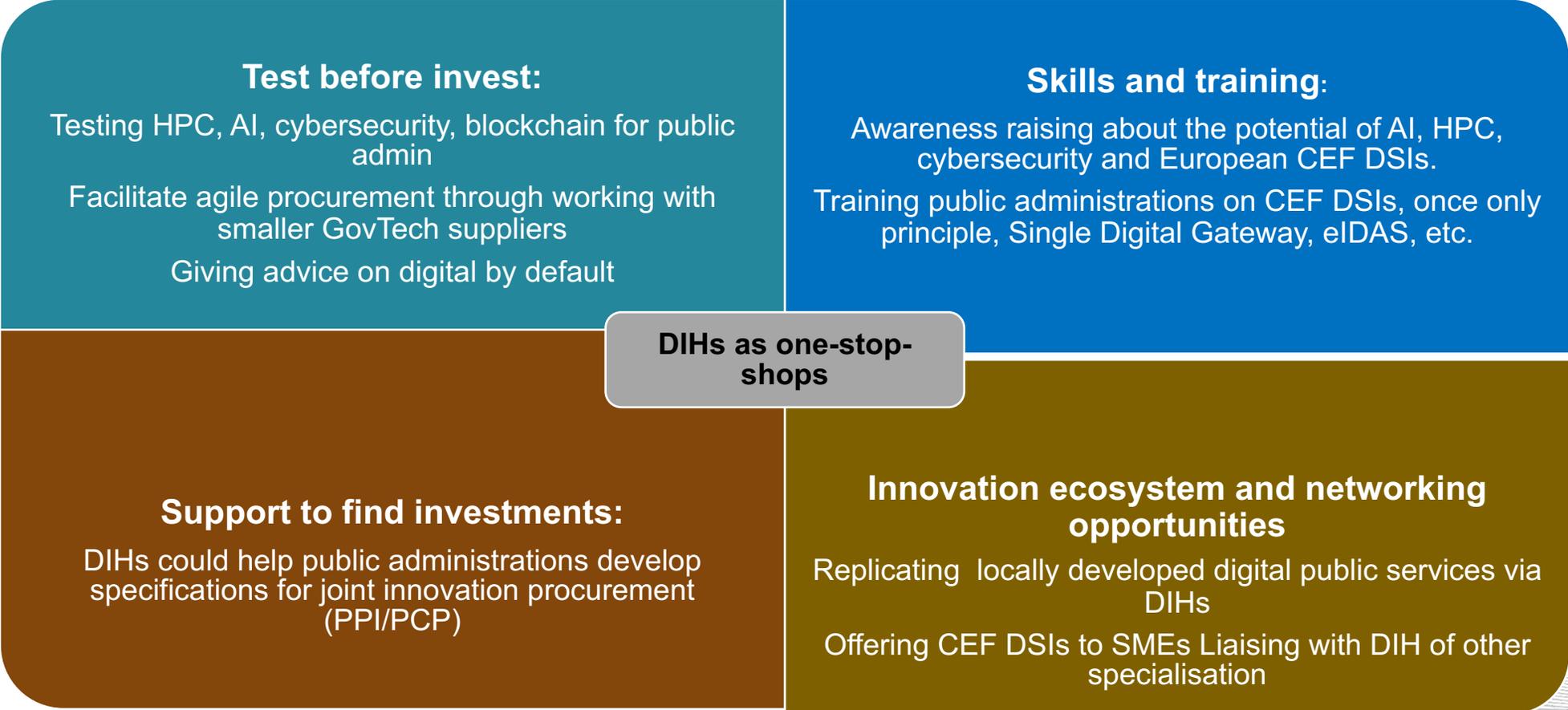
The recovery strategies of EU countries should:

- Address the main challenges they are facing identified in the European Semester, in areas such as competitiveness, productivity, education and skills, health, employment, and economic, social and territorial cohesion.

- Ensure adequate focus of these investments and reforms on the challenges related to the green and digital transitions, to help create jobs and sustainable growth and make the Union more resilient.



# European Digital Innovation Hubs provide technological expertise and experimentation facilities to enable the digital transformation of the industry and the public sector



**DIHs as one-stop-shops**

# Trust in a Digital Society



# Thank you!

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- eHealth: <https://ec.europa.eu/digital-single-market/en/policies/ehealth>
- R&D&I: <http://ec.europa.eu/horizon-europe>
- Digital Programme: [http://europa.eu/rapid/press-release\\_IP-18-4043\\_en.htm](http://europa.eu/rapid/press-release_IP-18-4043_en.htm)