



ASTAHG ALPINE SPACE TRANSNATIONAL  
GOVERNANCE ON ACTIVE AND HEALTHY  
AGEING

AHA INNOVATION

OBSERVATORY

O.T3.2

Trieste, December 2020

WP T3



PARTNERS



REGIONE AUTONOMA  
FRIULI VENEZIA GIULIA



PROVINCIA  
AUTONOMA  
DI TRENTO



REGIONE DEL VENETO



ULSS 1  
DOLOMITI



EUROPEAN CENTRE FOR  
SOCIAL WELFARE POLICY  
AND RESEARCH

**Responsible partner for work package 3:**

Area Science Park (Italy)

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**ASTAHG I Project Partners**

[FVG](#) | Autonomous Region Friuli Venezia Giulia (Italy, Lead Partner)

[AREA](#) | Area Science Park (Italy)

[PAT](#) | Autonomous Province of Trento (Italy)

[AULSS1](#) | Local Health Authority n.1 Dolomiti (Italy)

[PLUS](#) | Centre for Ethics and Poverty Research at University of Salzburg (Austria)

[European Centre](#) | European Centre for Social Welfare Policy and Research (Austria)

[PSP PACA](#) | Professional network of home care service providers in Provence-Alpes-Côte-d'Azur (France)

[NIJZ](#) | National Institute of Public Health (Slovenia)

[GINA](#) | Geneva International Network on Ageing (Switzerland)

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**More information on the project:**

<https://www.alpine-space.eu/projects/astahg>

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## AIM OF THIS REPORT

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This output provides the AHA innovation observatory that gathers all innovations, identified through the parameters of the O.T2.1, in order to raise the awareness on the business and research opportunities in AHA through case studies.

More specifically, AHA innovation observatory lists the following types of AHA good practices collected by the ASTAHG project:

- AHA good innovations, which are not formalized as official policies but may serve or relate to a policy in some way;
- AHA good initiatives, which may introduce new technologies, products, services, or processes and which may be piloted or implemented for routine use in any of the project regions.

The creation of the present observatory, based upon the analysis of current AHA innovation models in the AS, is mainly aimed at supporting AHA innovation thanks to:

- the analysis of the new initiatives developed or under development, defining their potential to promote AHA in the population of the single and specific region of application;
- the support for policy makers in identifying the most suitable initiatives for their specific territory;
- the support in the implementation and monitoring of each AHA innovations and initiatives.

The observatory will, in turn, be a useful tool to improve the sustainability of health care systems, care systems and other sectors of public service delivery and, on the other side, will contribute to the competitiveness of local economies by promoting innovation in the AHA sector.

The AHA innovation observatory is one of the elements (the others are OT2.1 “Framework for collaboration on AHA initiatives” and OT3.1 “AHA governance good practice portfolio”) at the

base of the strategic actions for AHA in the AS that will be set by Committee members representing the thematic groups in ASTAHG project, in order to support transnational governance of the AHA at the macroregional level and to keep alive the intersectoral and multilevel cooperation beyond the project end.

The observatory has to be used as an in-progress tool, in fact could be further improved and expanded as new AHA good practices will be developed and analysed by the Transnational Observatory Board.

It should be noted that we decided to include in the present observatory all AHA good practices (i.e., AHA good practices and AHA good innovations) collected by project partners through the ASTAHG survey. The selection was in fact already done *a priori* by the partners, since collected AHA practices had to be met the following requirements:

- be effective (i.e. achieve their objectives)
- have impact (i.e. achieve changes in the respective target population)
- be cost-effective (i.e. are regarded to provide good value for money, compared to a suitable alternative)
- be deemed transferrable to other AS regions represented in the project (or at least there are no critical "knock-out-factors" that would hinder the transfer to another context)
- be multisectoral (e.g. healthcare + social care + mobility or culture and tourism + social care, etc.).

Due to this pre-selection process, all the collected AHA good practices (i.e., AHA good practices and AHA good innovations) were considered as promising and included in the AHA innovation observatory.

Please note that the observatory, as structured in the present output, reports only some of the information collected by ASTAHG project-partners. For further details on all AHA information survey items (listed in DT2.1.3), the database has been uploaded in the project website and, consequently, can be accessed and consulted. In such way, the Transnational Governance Board will have access to all relevant information (e.g., the geographic context,

the initial problem, target, costs, impacts and recommendations) in order to value the feasibility and the transferability of initiatives in their own territory.



**AHA innovation Observatory (AHA good innovations)**

Name	Short description of the AHA innovations reported	Country
“Begegnung durch Bewegung”	It consists in the creation of a meeting zone in the form of a motor and slackline park, in Wagrain, with the aim to promote active and healthy movements for people of different ages and with different needs.	Austria
“Kräuterwissen im Lammertal”	This project aims to guarantee knowledge transfer concerning herbal healing, their applications, effects, and processing from older people to future generations, through the organization of interviews and workshops as well as the publication of a dedicated book.	Austria
"Wissen wohin!"	The creation of a “Social Route Plan for the City of Salzburg”, a printed and pdf brochure, that provides basic information about counselling and assistance services offered in the city of Salzburg. The brochure offers basic information about the legal situation and claims in difficult life situations.	Austria
“VergissDEINnicht”	It promotes a simple access to information about dementia, through regular dementia cafes for affected and their relatives, to provide a bundle of measures to enable people to live active and as independent as possible and to grow older in the community in which they live.	Austria
“DGA App: Digital gesund Altern”	Trainers encourage elder people to make use of electronical devices and app, specifically developed by Donau University Krems, to enable, in a playful manner, access to relevant health information so that individuals may improve their health literacy, lead a healthier lifestyle, ameliorate social contacts, improve activities and autonomy.	Austria
“W3-Shuttle: Leitsystem W3-Shuttle”	To promote the use of shared and accompanied taxi in the remote rural areas of Werfenweng, Werfen, Pfarrwerfen, to increase transport possibility in regions in which regular traffic development is difficult to achieve due to the peculiar structure and topography of the environment.	Austria
“Bahn.Standort.Bischofshofen Seniorenmobilberatung”	– The project aims to massively increase the level of awareness of the mobility in the region, to encourage people in the region to take advantage of the offer. Supports for special target	Austria



	groups, such as senior citizens, and for municipalities and tourism organisations in improving the quality of information will also be provided.	
“Generationenpark St. Veit”	Medical generation park for the promotion of active and healthy movements for people of different ages and with different needs. <b>*not submitted and implemented by the promotor</b>	Austria
Live differently - Cheval Blanc	The project offers a social housing gathered around a common space, that includes an activity room, a "service house" as well as a regional observatory and the university of the Provençal language, in the Municipality of Cheval Blanc, dedicated to elderly people. The consortium wishes to propose a global offer allowing accessibility to social housing, good quality of life and social quality while remaining in a qualitative, practical, and adapted housing environment, for older people. Specific attention concerning health security (e.g., prevention of falls) and ICT utilization has been also foreseen.	France
IsèreADOM	<p>IsèreADOM is a single project composed by 2 separate activities.</p> <p><u>First part - public website</u>: an innovative device deployed over 24 months to test an integrated organization of human and technical assistance. The first part, intended for the public, is a web and telephone platform (from a toll-free number) for information, guidance and putting Isérois people in touch with home care services. This device will promote to stay at home as long as possible in good condition, anticipating potential difficulties, and improve equity and access to rights and quality information on autonomy.</p> <p><u>Second part - Personalised support</u>: The second component is a personalised support for 4 test panels of users benefiting from human and technical assistance (connected objects installed in the home), and the mobilisation of those involved in care in a "sentinel process". This support will promote to stay at home as long as possible in good condition, anticipating potential difficulties, and improve access to and quality of health care pathways related to loss of autonomy and chronic pathologies</p>	France
Training to identify the frailty of people at risk of loss of autonomy for the personnel of home care and assistance services	The project consists in action-training courses to identify the frailty of people in loss of autonomy. These training courses are aimed at professionals working at home to help and care for the elderly. The primary aims consist in the improvement and consolidations of the	France



	skills of those involved in the early detection of signs of frailty in the elderly, to identify and share with local territorial actors a coherent network around the elderly person, able to constantly adapt responses to emerging needs.	
Aging well in retirement	This initiative supports insured retired persons who are weakened by a health problem or loss of autonomy, through prevention and support actions adapted to the needs of insured persons according to their age and level of fragility. Focused on preserving autonomy, these actions take the form of information and advice on living well in retirement; collective prevention sessions on aging well (fall prevention, nutrition, memory, etc.); or enhanced support after a global need's assessment.	France
E.CA.R.E.: Elderly Home Care Residential Engagement	ECARE promotes the adoption of healthy lifestyles and the creation of social relationship among older adults to foster independent living and ageing at home.	Italy
HEALTHNET	HealthNet promotes the creation of cooperation in the field of integrated primary and secondary care supported by ICT solutions.	Italy
CAT: "Centenari a Trieste"	CaT is a population-based study designed to investigate the clinical, cognitive, biological, and social characteristics of centenarians living in the province of Trieste (Italy). CaT will provide new information on extreme longevity to improve health and social needs, that will be collected in a database of centenarians living in Trieste and, in the future a centenarian register.	Italy
"AALxAAL: Abilitazione a largabanda di AAL" (Broadband enabling of AAL)	The project uses Light Fidelity technology to deliver punctual and geo-localized information to users within the hospitalization structure without using any form of radio frequency transmission. This technology can distribute notifications not only of a general nature (broadcast) but also directly to the user via LiBeacon.	Italy
"Grigio Brillante"	The project wants to consolidate the value of elderly people in the society thanks to the promotion of inter-generational experiences.	Italy





PollicloT: Localization platform for people with cognitive impairment and dementia	PollicloT offers a comprehensive solution dedicated to the care of Alzheimer's patients: through to a Web platform, the caregiver can locate the patient or receive alarm notifications in the event of fall or exit, thanks to a Wearable device equipped with GPS sensors, and combined with a Web platform, that identify the position and the movements of the patient, thus ensuring timely and adequate intervention.	Italy
Salute+: Trentino Salute +: an App for the promotion of healthy lifestyles	Trentino Salute +" is a free app characterised by a virtual Coach that, directly interacting with the user, proposes "health challenges". The aim is to support the change from unhealthy behaviours towards long-lasting healthy lifestyles.	Italy
"CrossCare: Approccio Integrato Transfrontaliera nella cura dell'Anziano"	Enhance the cooperation in frail elder people care section through the development of new service models.	Italy
IC-Health: Improving the digital health literacy of European citizens	IC-Health develops several Massive Open Online Courses (MOOCs), in eight different languages, to help improve the digital health literacy and thus to reduce health inequalities of European citizens, in line with the EU strategic guidelines on eHealth development.	Italy
AGEDESIGN	The project aims to develop a wearable device that can help people in handling ageing, monitoring their hydration status, heart rate and loss of balance.	Italy
"Ginnastica del benessere"	It promotes physical activities in elderly people to support physical and psychological improvements.	Italy
T.A.A.F.E.: Towards an alpine age friendly environment	The project will promote the development of an age friendly environment in the alpine space, thanks to a co-creation process involving citizens/stakeholders/policy makers. A mixed bottom- up and top-down approach will be adopted in order to match community needs/idea/resources with policy makers strategies.	Italy
StarVital: Joint Actions for the Vital Aging of Older Workers	The STAR-VITAL promotes the setting up of safe and healthy workplaces in SMEs to extend working activity of older workers in Slovenia.	Slovenia
"Prostofer, Zlata mreža živeti z nasmehom : Zlata mreža"	The project addresses the problem of independent mobility in elderly people, especially outside the city centre where there is no bus network. The more remote are often unable to get out of their jobs when they wish, but to adjust to the opportunities or times when	Slovenia



	<p>family or friends can help them. Some people use a taxi, but that costs extra, which for many is an overstock.</p> <p>The project promotes a free-of-charge transfers for seniors to increase mobility, social inclusion, interconnection, mutual assistance, thus ameliorating the quality of life and promoting independent living at home as long as possible.</p>	
“INTESI: Celostne prostorske strategije za zagotavljanje storitev splošnega pomena”	INTESI promotes and spreads the delivery of SGI (service of general interest) via integrated territorial strategies and policies.	Slovenia



***AHA innovation Observatory (AHA good initiatives)***

<b>Name</b>	<b>Short description of the AHA initiatives reported</b>	<b>Country</b>
“Generationenbauernhof”	“Generational farm” is a farm in which high-quality food is produced and sold. The farm is intended to create awareness of high-quality produced food. Senior citizens can spend time on the farm and introduce children to farm activities.	Austria
“Seniorenplattform Pinzgau”	Information platform about services for elderly people in the Region Pinzgau.	Austria
GEMED: Multiprofessional geriatric medication management in stationary geriatric facilities	Multiprofessional geriatric medication management in stationary geriatric facilities, aimed to minimise drug-related problems and thus considerably improve the quality of life of the senior citizens.	Austria
“Begegnung durch Bewegung”	"Encounter through movement" promotes the interaction of different people and generations.	Austria
“OIR Silver économie”: Operations of regional interest (ORI - OIR) Silver economy	“OIR Silver économie” aims to transform the Provence-Alpes-Côte d'Azur region in a European reference site in the Silver economy, through the creation of favourable conditions for the development of regional companies thanks to a network of economic and institutional actors.	France
To age well in the Sud region and Corsica	www.bienvieillir-sudpaca-corse.fr is a new website that aims to facilitate the access for older people to relevant preventive actions and activities at their disposal, according with their age and level of frailty. Older people will have access to forums (focused on rights and health, screening, balance, living well in retirement, etc.), conferences (referred as an example to sleep, memory, healthy cooking), thematic workshops as well as plays, coffee-debate.	France
EDEN55plusNW: Developing the network of tourism products for seniors – building a cooperation along the tourism value chain for	Project EDEN55plusNW with slogan “Slow down to feel the life in EDEN destinations” addresses the development of tourism products for senior’s network. The aims are to design suitable cross-border tourism products in pilot EDEN destinations for seniors 55+ to increase tourism flows in low/medium seasons in these EDEN areas, to	Italy



EDEN destinations in partner countries for more competitive and sustainable growth	facilitate the internationalization of tourism businesses and to increase the awareness about natural and cultural heritage in each EDEN destination.	
SmartCare: SmartCare Project-Joining up ICT and service processes for quality integrated care in Europe	SmartCare focused on designing, developing and delivering care pathways for older persons who have complex needs, thanks to the deployment of information and communication technologies to facilitate: (i) person-centred, co-ordinated care for individuals and their cares, (ii) greater levels of self-care and self-management, (iii) a unified approach of the health and social care system, (iv) effective and efficient communication between all parties, (v) a better use of resources, less duplication and more streamlined care.	Italy
Impronte: geocaching for active ageing	“Impronte” (“Footprints”) is aimed to promote active and healthy ageing of people through geocaching maps to follow in the open air, monitored by pedometers. The initiative is intended to enhance physical, mental, and social potential of the elderly people. Furthermore, geocaching allows to share and strengthen the interest in the historical and artistic heritage of the city.	Italy
PANGeA: Physical Activity & Nutrition for Quality Ageing	PANGeA aims to set up healthy ageing criteria portfolio, based on interconnected interdisciplinary knowledge and specific experimental measurements on the elderly, thus creating the basis for constructing a permanent network of institutions to offer health care and rehabilitation services.	Italy
NutriAct: Personalized paths for physical and dietary re-education for the prevention and treatment of sarcopenia	This project aims to define a specific personalised programme, based on specific physical exercises and personalised diet supplementation, to counteract and slow down the sarcopenia associated with aging. The development of dedicated applications allows the user to monitor and manage training and diet programmes.	Italy
PRISMA 7: Research Programme concerning the Integration Services for Autonomy Maintenance	A screening protocol for the identification of older persons with significant functional decline. It aims to construct a regional map of the potential frailty in order to (i) to orient the services and activities of the Region towards the real needs of the population, (ii) to prevent a worsening of the state of frailty, thus favouring an aging in physical and social well-being.	Italy



CoHousing	Cohousing is a way of collaborative living which produces advantages for both the individual and collective sphere, producing positive impacts on the society and the territory in which it is created. The goal of Cohousing is to carry out collaborative living projects (in Cohousing, Coliving and Ecovillages) in all the municipalities of Trentino Alto Adige.	Italy
“Smart card pensionati”: Free Bus card for the over 70 (smart card)	A new measure, introducing the free circulation on public transport vehicles, for all residents in Trentino who are over 70 years old, in order to foster elderly mobility and independency.	Italy
“MuoverSi”	Muoversi is a customised one-man transport and accompaniment service that foster the mobility and, consequently, the autonomy of disabled people. It aims to increase social inclusion and to promote equal opportunities for disabled people.	Italy
“Spazio d'argento”	“Spazio Argento” is a new service system dedicated to the elderly in the Trentino valleys. It primarily aims to promote elderly welfare and to contribute to the definition of future territorial social / health planning dedicated to the elderly.	Italy
“I giochi dimenticati”	The initiative “forgotten games” aims to enforce the intergenerational exchange and to strengthen the experiences between young and elderly, thanks to the collaborations between non-profit elderly associations, volunteers, and schools (especially kindergartens and primary schools).	Italy
“Pronto P.I.A.: Progetto P.I.A. - Persone Insieme per gli Anziani”	Pronto Pia (“together for the Elderly”) was born from the experience of the "Emergency First Aid for the Elderly". The initiative consists in the creation of a toll-free number (800 29.21.21) as reference point for elderly needs. The toll-free number is intended to be a tool made available to the elderly to find out who is available to help them in their neighbourhood (associations as well as various subjects active in volunteering).	Italy
“Saluta il tuo vicino” (Greet your neighbour)	The “greet your neighbour” initiative aims at taking care of oldest-old (+85) citizens, in the Municipality of Casarsa della Delizia, and of their needs. The Initiative strengthens the response to the specific needs of the elderly at greater risk of social exclusion, to those situations characterised by weak primary network, conditions of progressive disengagement and loss of economic and relational role.	Italy



"FVG in movimento" (FVG on the move)	The initiative will create stable pathways (10 thousand steps each) in different municipalities of the FVG Region to promote physical activity and aggregation of the population. The main objectives are: (i) to encourage aggregation and socialization among people, through the creation and support of walking groups; (ii) to counteract loneliness; (iii) to encourage movement and physical activity; (iv) to promote healthy lifestyles and the well-being; (v) to prevent non-communicable chronic diseases.	Italy
POR FESR 1.3b 2014-2020 "Support to Standard and Strategic R&D projects to be developed by public and private partnership in the field of Maritime Technology and Smart Health"	The funds collaborative projects developed by private companies based in FVG region universities and public research bodies to enforce the productive environment by means of the realization of new products, processes and innovative services in the smart health market.	Italy
"Due passi in salute con le Acli"	The project aims to promote active aging and healthy lifestyles through the utilization of new technologies. Within this initiative a series of naturalistic and cultural outings will be organized on the territory. Participants will get the opportunity to receive advice and information on good practices to maintain a correct lifestyle, also thanks to the utilization of the "Two steps" app.	Italy
eZdravje: The National E-health Project combines a range of electronic solutions for safer and more efficient health services	The National eHealth project aims to bring greater safety and quality to the implementation of health services. The aim of the eHealth is to introduce modern and multilateral useful information solutions in the operation of the Slovenian health system and the connection of local information systems to the functional National health information system. Such a link to the local information systems provides citizens and healthcare professionals with the bridging of several obstacles to the search for information relevant to the health care process and allows managers to better monitor their business.	Slovenia
I help: "Prvi posredovalec" (The first intermediary)	"The first intermediary" is an individual who, as a rule, does not have a health education and responds to the call of the dispatching service of health and comes to the place of the event with a view to implementing measures to preserve life before the arrival of the NMP service and is included in the system T. I. Silent, the activation of forces for protection and rescue.	Slovenia



	The primary objective of the project, which introduces new forms of tackling social and other issues, is raising the quality of life of citizens. The core area on which the project grows, is the area of social protection directly linked to the field of health in synergy with the field of sport, culture, education, employment, and others. It is an innovative project of networking, problem detection and rapid response for solving the problem.	
3FIT: Fit and healthy towards old age	The project aims to promote health among older residents of Upper Carniola region, using a holistic approach and focusing on individual specific needs as well as restrictions.	Slovenia
Elderly for elderly: Elderly for higher quality of life at home	This initiative brings together volunteers and older citizens within their respective neighbourhoods. Volunteers, properly trained, help identifying the needs of elderly people and direct them towards relevant information and assistance services. The project promotes social inclusion and integration since it specifically targets older people with little or no social participation.	Slovenia
housing community	The Davca Housekeeping Community is a housing community that brings together six seniors, able to take care of themselves in primary care, living in style and peace on the hill of Mr Prezelj's estate. This initiative allows the elderly to live in a residential community and remain independent into old age.	Slovenia
"Srebrna nit - združenje za dostojno starost" (Silver thread, association for a decent age)	The Srebrna nit, a voluntary, independent, non-profit association, aims to help solving professional and social-humanitarian problems and developments in the field of care for the older population, towards a multilevel approach that involves older people and their relatives, institution, nursing homes as well as governmental and non-governmental organizations that protect the elderly people.	Slovenia
"Spominčica - alzheimer Slovenia"	Alzheimer Slovenia (Spominčica), a voluntary, independent, non-profit, interdisciplinary professional association, primarily aims to provide professional and effective assistance to people with dementia, their relatives and caregivers.	Slovenia
"Simbioza Genesis"	The initiative connects older and young people across Slovenia in a computer and internet literacy campaign. Once a year, they connect with each other for whole week with sporting	Slovenia



	event in many locations around Slovenia. The aims are (i) to educate seniors in the field of digital technology and (ii) to connect generations through sports.	
ZDUS: Slovene Federation of Pensioners' Associations	ZDUS, a non-governmental, non-profit, and self-help organization for seniors, successfully implements many national and international projects in different areas, such as lifelong learning, active aging, combating discrimination against the older people, etc.	Slovenia
MC: "Medgeneracijski centri" (intergenerational centers)	MC is an intergenerational centre promoting socialization and integration especially in vulnerable target groups to empower fragile groups and to prevent social exclusion. MC also strengthens the collaboration between public institutions, non-governmental organizations, social enterprises, municipalities.	Slovenia
Silver Smes: Identification and Implementation of Regional Policies to take advantage of the SILVER Economy derived opportunities to engage SMEs in growth and entrepreneurship spirit"	Silver SMEs will identify and improve policy measures for the promotion of the Silver Economy. Thanks to this programme, regional authorities will acknowledge the opportunities linked to the Silver Economy and develop tools for the business environment linked to ageing society.	Slovenia
"Socialnovarstveni program za starejše: Aktivna starost – sožitje seneracij"	The programme contributes to improving the quality of life of older people in the local environment and its aims are to prevent the social exclusion of older people, to raise awareness of existing forms of assistance, to contribute to ameliorate the quality of their lives, to enable active and healthy ageing and quality leisure.	Slovenia
«Mobilni socialni servis(pilotni projekt Občine Bohinj)»	"Mobile social service" is a pilot project developing in the Municipality of Bohinj. It aims to create a network of volunteers across all settlements in the municipality, to rapidly identify not only potential social and health-related issues emerging in the territory but also the possible solution or social/health service to activate.	Slovenia



