



**CARES PROJECT**  
Remote Healthcare  
for Silver Europe

**Welcome to**  
*Conference in Linköping*  
*Tuesday 14 May and Wednesday 15 May 2024*

## **CARES PARTNERS**

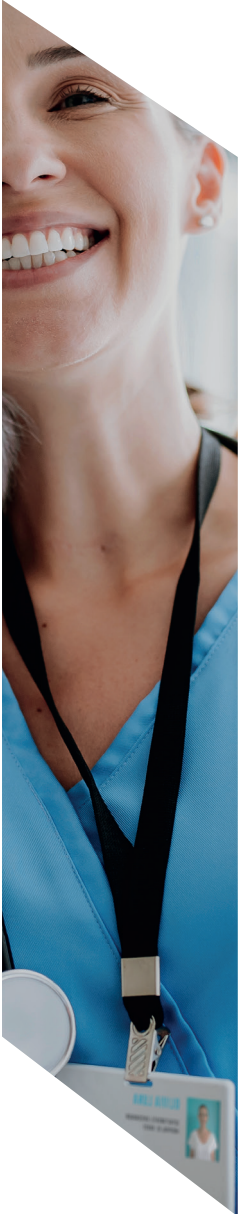
**We are glad to welcome  
you to Linköping.**

In this event you will learn about the care system and challenges in the Swedish context, discover good practices in the area of telecare, telemedicine services and welfare technology from the partners in CARES. You will also more in depth discover 4 good practices from the region of Östergötland. Take the opportunity to meet and exchange experiences during this study visit in Linköping.

*We hope you will enjoy this  
programme.*



*Interregeurope.eu*



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# Programme

## Study visit n°3 in Linköping – CARES Tuesday 14 May 2024

**Tuesday, May 14, 2024**

Location: The city hall municipality of Linköping (Storgatan 43, 581 81 Linköping)

> On the first day, the members of the regional Local Stakeholder Group of Östergötland will participate

| TIME          | CONTENT   | SPEAKER  |
|---------------|---|--|
| 08:30 – 08:45 | Welcoming participants<br>Coffee/Registration   |  |
| 08:45 – 09:00 | Opening<br>> Objective: Welcoming the European partner to the city and region of Östergötland   | Jonathan Hermansson,<br>President of the Care Committee of the municipality of Linköping |
| 09:00 – 09:15 | Welcoming european partners<br>> Objective: Identify European partners  |  |
| 08:45 – 09:00 | The swedish health and care system<br>> Objective: Introduce the Swedish healthcare system and present the complementarity between the different levels of government in Sweden | Mats Eriksson Head of the R&D Center   |
| 10.00 - 10.30 | Coffee break  |  |

|                      |   |   |
|----------------------|---|---|
| <b>10.30 - 12.00</b> | <p><b>European good practices</b><br/> President of the Care Committee of the municipality of Linköping<br/> &gt; Objective: Discover a good practice from each CARES region<br/> <i>10-15 min per partner to present a concrete initiative, for example the good practice you prepared for the reporting period 2 of the project</i></p> | The European CARES project partners   |
| <b>12.00 - 13.15</b> | <p><b>Lunch at Clarion Collection Hotel</b><br/> (Address: Storgatan 72)</p>  |   |
| <b>13.15 - 16.00</b> | <p><b>Good practices in Östergötland</b><br/> &gt; Objective: Showcase several good practices in the region, in the form of interactive Q&amp;A session</p> <p>BEATA<br/> Welfare technology library<br/> EVIKOMP<br/> Internet-based psychological treatments for older adults and informal caregivers</p>                               | Joakim Jederström,<br>Marie Valfridsson,<br>Gunilla Starräng<br>Matilda Spets,<br>Gerhard Andersson |
| <b>15.00 - 15.30</b> | <p>Coffee break</p>   |   |
| <b>16.15 - 16.50</b> | <p><b>Reflection and exchange</b><br/> &gt; Objective: european exchange, networking, reflection and learning</p>   |   |
| <b>16.50 - 17.00</b> | <p>Conclusion and thanks</p>  |   |
| <b>17.00 - 19.00</b> | <p>Free time</p>  |   |
| <b>19.00</b>         | <p>Dinner at Stångs magasin<br/> (Address: Södra Stånggatan 1)</p>  |   |

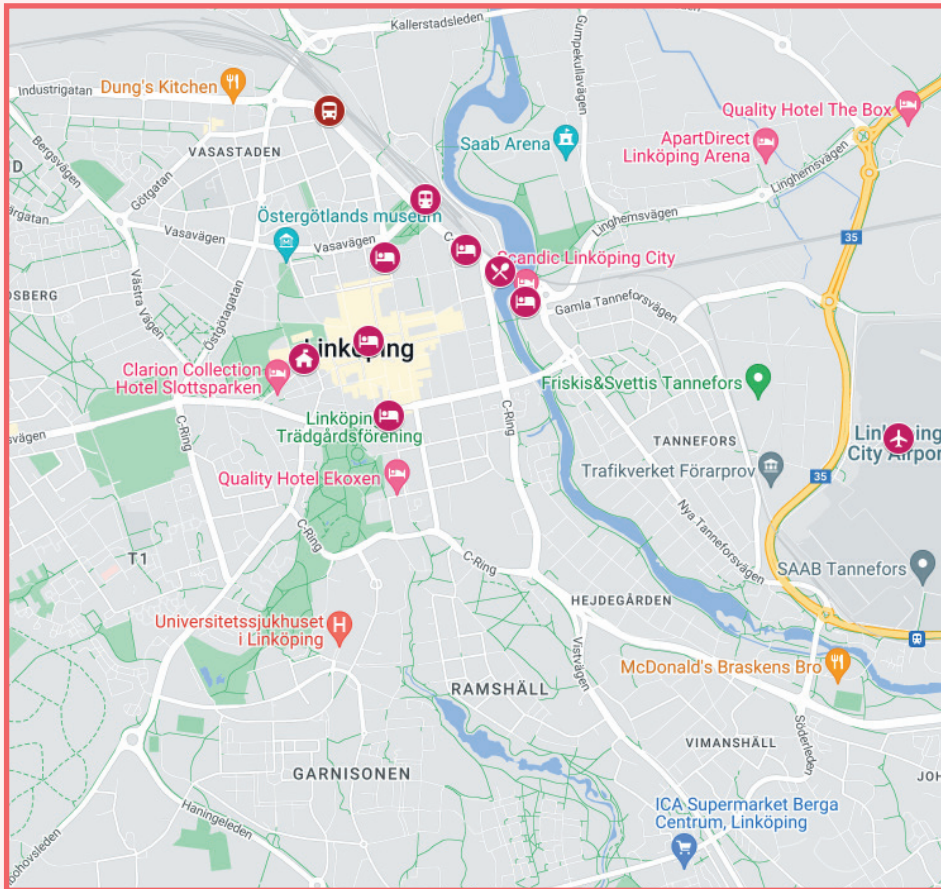
# Programme

## Study visit n°3 in Linköping – CARES Wednesday 15 May 2024

| Wednesday, May 15, 2024 |   |   |
|-------------------------|---|---|
| TIME                    | CONTENT   |   |
| 09.00                   | Bus pick up at long distance bus terminal (Fjärrbussterminalen in swedish)  |   |
| 09.15 - 09.50           | Short tourist stop at Bergs slussar   |   |
| 10.15 - 11.45           | Study visit: BEATA in action at Ekhults residential care home   |   |
| 11.45 - 12.45           | Lunch   |   |
| 13.00 - 13.30           | Bus transfer to Linköping city centre   |   |
| 13.30 - 15.30           | <i>[The European CARES project partners only]</i><br>Internal project meeting<br>Location: R & D office, Repslagaregatan 6, 5th floor | <i>[Local Stakeholders only]</i><br>14.00 - 15.15<br>Sightseeing tour of Linköping with a local guide |

# Key locations

We have referenced all the key locations such as the first day's venue and hotels on a map. Feel free to use and save it.



Scan the QR code to go to the map online

# CARES: a European project

## CARES in a nutshell

CARES (Remote Healthcare for Silver Europe) aims at empowering policies on telecare and telemedicine solutions for older people and people with disabilities.

Via the exchange of good practices, the transfer of know-how and participation in joint workshops with experts and study visits, partners will learn about modern digital solutions to improve standards of care for seniors and will be able to implement the solutions they have learned within their respective regions.

To address the issues targeted by CARES and to enable the joint development of solutions, 3 thematic areas have been defined:

### **1. Increased availability**

of telecare and telemedicine services for peripheral areas

### **2. Widespread use of innovative digital tools**

enabling effective monitoring and medical diagnosis for the older adults

### **3. Increased institutional capacity and educated medical staff**

## THE CARES PROJECT ACTIVITIES

### **1. STATE OF THE ART**

- Local Stakeholder Group Seminars
- Policy Context Analysis

### **3. TUTORING AND MAPPING**

- Tutoring sessions: in-depth exchange of experience to select best practices

### **2. EXCHANGE AND LEARNING**

- Good practices internal database
- Study visits

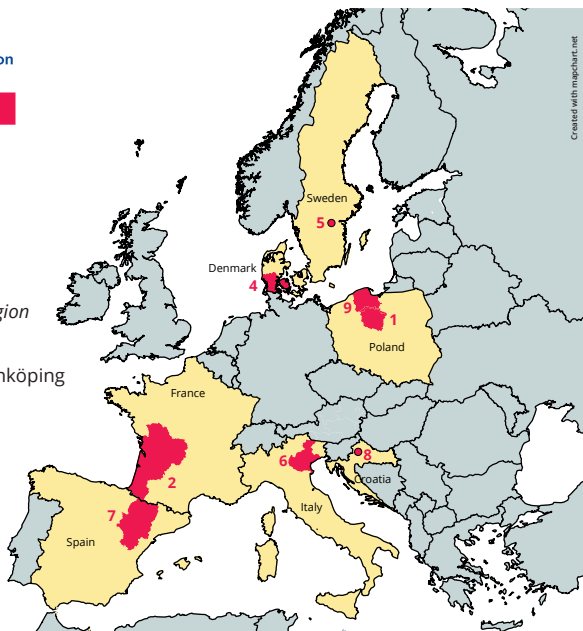
### **4. POLICY IMPROVEMENTS**

- Roadmap: recommendations and policies adjustment/improvement process



## CARES partners:

1. Kujawsko-Pomorskie Voivodeship
2. G erontop ole Nouvelle-Aquitaine  
*Associated partner: Nouvelle-Aquitaine Region*
4. Southern Denmark Region
5. The R&D center the municipality of Link oping
6. ULSS7 Pedemontana Agency  
*Associated partner: Veneto Region*
7. Arag on Healthcare Service - SALUD
8. City of Zagreb
9. Pomorskie Voivodeship



### Twitter (X)

[twitter.com/CARESProje44812](https://twitter.com/CARESProje44812)

### LinkedIn

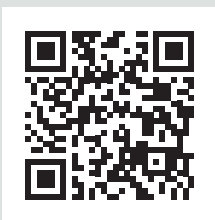
[www.linkedin.com/in/cares-remotehealth-for-silver-europe-6ab296281](https://www.linkedin.com/in/cares-remotehealth-for-silver-europe-6ab296281)

### Facebook

[php?id=100090346136824](https://php?id=100090346136824)

### Website:

[www.interregeurope.eu/cares](http://www.interregeurope.eu/cares)



8 partners



1,9 M  budget



Duration : 4 years  
Mar 2023 > May 2027

## The Local Stakeholder Group in Region of Östergötland

### THE CARES LOCAL STAKEHOLDER GROUP AIMS AT:

- Sharing needs and ideas for implementing the Regional Health Roadmap in the field of eHealth
- Identifying and exchange regional good practices
- Learning from the European initiatives of the CARES project



*Local steering group consists of representatives from the 13 municipalities in the region*

## LGVO Workplan 2022-2023

**Vision: To provide an integrated care in the region where the residents of Östergötland should have good and equal health and access to care on equal terms.**

LGVO is a strategic collaboration group between the regional Health care and the 13 municipalities in the region. The workplan target strategic common actions where the overall theme is to provide integrated care by:

- Support the use of digital health solutions
- Support and secure (attract, develop and keep staff) the competence supply
- Support initiatives based on research and evidence-based experience

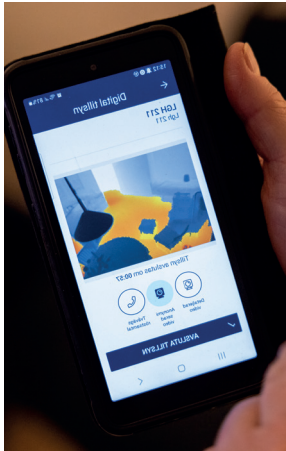


**GOOD PRACTICES**  
in the region of  
**Östergötland**



## BEATA

Presented by Joakim Jederström, development officer, Municipality of Linköping department of digitalization, on Tuesday 14 May at 13.15.



### SHORT SUMMARY

BEATA is a change- and development work with the aim is to investigate how safety-creating technology in combination with changed working methods for staff can be used in order to work smarter and use the resources where and when they are needed with disabled in residential homes in Linköping.

### INSTITUTION IN CHARGE

Municipality of Linköping

### TIMESCALE

2020 - ongoing

### AREA

Municipality of Linköping

### CARES THEMATIC

Widespread use of innovative digital tools

### CONTEXT / WHY

Residential homes for disabled

### FOR WHOM?

Professionals in care, medico-social and social sector.

### CONTENT

This technical solution supervises and informs the staff when the care recipient is in a risky situation and in need of assistance. It is possible to make individual adjustments depending on the status and needs of the care recipient.

### RESULTS ACHIEVED & IMPACT

The same technology has been tested with both elderly and disabled living in a residential home. The main result of the testing is that the safety-creating technology needs to be used and adjusted for disabled in another way than using it with elderly.

### CONTACT

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of Linköping,  
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## Welfare technology library

Presented by Marie Valfridsson, Business developer, Municipality of Kinda department of digitalization, on Tuesday 14 May at 13.45.



### SHORT SUMMARY

Test out welfare technologic solutions in your own home to see how they works.

### INSTITUTION IN CHARGE

Municipality of Kinda

### TIMESCALE

2022 - ongoing

### AREA

Municipality of Kinda

### CARES THEMATIC

Widespread use of innovative digital tools & Accessibility of Services

### CONTEXT / WHY

Welfare technology only creates value when it is used

### FOR WHOM?

Citizens in the municipality of Kinda

### CONTENT

Preventive efforts, increased knowledge and use of welfare technology solutions that enable increased people to stay in their own homes. With an increase in remaining residents, we reduce the need for home care interventions and the need for places in special housing.

### RESULTS ACHIEVED & IMPACT

- Improved ability to self care
- Independent living

### CONTACT

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**Eva Hulth**  
Deputy head of health  
and care  
Administration  
municipality of Kinda  
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## EVIKOMP

Presented by Matilda Spets project director, R & D Center, on Tuesday 14 May at 14.30



### SHORT SUMMARY

EVIKOMP is a model for competence development for professionals in care and social care using workplace learning as a method. This means that learning takes place at the workplace for the entire work group at the same time. The aim is to increase the learning of individuals, groups and organizations in parallel.

### INSTITUTION IN CHARGE

R & D Centre in collaboration with the regional health care and the 13 municipalities in the region.

### TIMESCALE

2018 - ongoing

### AREA

Region of Östergötland

### CARES THEMATIC

Increased institutional capacity

### CONTEXT / WHY

The vision is attractive and learning workplaces where employees are given the conditions to develop a reflective and solution-oriented competence.

### FOR WHOM?

Professionals in the care, medico-social and social sector

### CONTENT

An E-learning platform with learning material co-created by the users connected with support and teacher resources coming out to workplaces. The model also includes leadership training in workplace learning, development-oriented leadership, co-creation and EVIKOMP in practice. The model aims to encourage, facilitate and secure workplace learning and exchanges between professionals.

### RESULTS ACHIEVED & IMPACT

- The benefits for professionals: Increased professional knowledge and development of skills
- 19 000 users

### CONTACT

**Matilda Spets**  
Project manager  
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## Internet-based psychological treatments for older adults and informal caregivers

Presented by Gerhard Andersson, Ph.D in Clinical Psychology and in Otorhinolaryngology, University of Linköping



### SHORT SUMMARY

The research focus is clinician-supported internet-based psychological treatments for older adults and informal caregivers. What are the core components and how do they work?

### INSTITUTION IN CHARGE

Linköping University

### TIMESCALE

ongoing

### AREA

Health care

### CARES THEMATIC

Access to services & Increased institutional capacity

### CONTEXT / WHY

Internet-based psychological treatment reduces the need to travel as well as ensuring equal access to care regardless of the patient's geographical location or mobility.

### TIMESCALE

International project in Lithuania completed (EU-project). Swedish studies planned and ongoing. Earlier studies on internet-based cognitive behavior therapy for older adults with depression and anxiety. Completed projects with national recruitment.

### FOR WHOM?

Senior citizens with symptoms of anxiety and depression. Persons who serve as informal caregivers.

### CONTENT

In the presentation background and program content will be presented.

### RESULTS ACHIEVED & IMPACT

- Results of randomized controlled trials will be covered both regarding depression, anxiety and informal caregivers
- The results illustrate the modern information technology can serve as an adjunct to regular service provision

### CONTACT

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[liu.se](http://liu.se)



## R&D Center

The Research and Development Center (R&D Center) is a public organisation funded by the thirteen municipalities in the region in combination with funding from the state and project funding. There is also a strong connection to the regional Health Care, the university in the region as well as universities around Europe. The R&D Center focuses on questions around social work and municipal care and social care through different development projects, evaluations, networks and learning activities.

### OBJECTIVE

The aim of the R&D Center is to support the municipalities in the region of Östergötland to develop an integrated social welfare meeting the needs of the residents.

### MAIN STRATEGIES / OUR MISSIONS

Contribute - research and knowledge

Cooperate - building alliances with municipalities and research organisations

Mediate - highlight initiatives

Develop - new solutions and innovative ways of working in social work, care and social care

Provide - knowledge, learning and resources for development

Coordinate - support common development activities

Promote - an arena for exchange between partners locally, regionally and internationally



# Region of Östergötland and Linköping

## ÖSTERGÖTLAND KEY FIGURES

- Östergötland is the fourth biggest region in Sweden
- 467 000 inhabitants
- The region has 13 municipalities
- Area: 9 979 km<sup>2</sup>



## LINKÖPING KEY FIGURES

- 165 000 inhabitants (2023)
- Largest city in the region of Östergötland
- JAS Gripen is produced in Linköping by SAAB (trainings with planes flying over Linköping City each Thursday)





## Contacts



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# CARES PROJECT

Remote Healthcare for Silver Europe

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Co-funded by  
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