“Healthy settings for elder people are healthy settings for all: the experience of Friuli-Venezia Giulia, Italy”

Gianna Zamaro
Friuli Venezia Giulia Region
Central Directorate for Health, Social Policies and Disability
Social Policy Area
The regional context

We have been working for the last twenty years to create a supportive, resilient and friendly environment for citizens, especially for older people, starting with the awareness that something had to be done because:

1. demographic indicators were and are alarming
2. citizens were asking for it (HCP, CHDP, HAP)

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Friuli-Venezia Giulia</th>
<th>Italy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender gap (years)</td>
<td>5.1</td>
<td>5.5</td>
</tr>
<tr>
<td>Ageing index (%)</td>
<td>208.8</td>
<td>165.1</td>
</tr>
<tr>
<td>Structural dependency ratio (%)</td>
<td>61.4</td>
<td>55.8</td>
</tr>
<tr>
<td>Old age dependency ratio (%)</td>
<td>41.5</td>
<td>34.8</td>
</tr>
<tr>
<td>People at risk of poverty/social exclusion (%)</td>
<td>16.7</td>
<td>29.9</td>
</tr>
</tbody>
</table>

ISTAT: 1st January 2017
We have focused on the vulnerable groups of people: older people, children and disabled people because we believe that an environment suitable for them is an environment suitable for everyone.
A common methodology was developed for the three areas in FVG
The one concerning the older people is illustrated below
WHO identified 9 links between HA and SDGs which aim to achieve further progress in increasing the percentage of people who spend their last years in good health.

The nine SDGs relevant to older people show how they:

• contribute to economic development in formal and informal markets, and through unpaid care work for their families

• contribute to social, economic and political outcomes, since they vote in greater numbers

• strengthen social capital by their involvement in community and civic life.
Three strategic directions are directly relevant to healthy ageing:

- preventing disease and addressing health determinants by promoting multi- and intersectoral policies throughout the life-course
- establishing healthy places, settings and resilient communities
- leaving no one behind
The regional strategy for active and healthy ageing takes a **multisectoral approach**, implemented through **multistakeholder platforms** (clusters, networks, thematic working groups), that treats older people not just as beneficiaries of care services but also as key actors in their communities’ growth and socioeconomic development.

- The law for Healthy Ageing in 2014
- The permanent working table (year plans, programmes, actions, evaluation)
Friuli-Venezia Giulia’s regional government has promoted policies to support home care by:

- strengthening integrated social and health care services at home
- promoting the continuity of care between hospital and district (health care districts, general practitioners, social services of municipalities)
- promoting social housing and accessibility initiatives
- establishing a fund to support self-sufficiency and independent living and a fund for intensive home care (article 10 of regional law no. 17/2008)
Timeline of key achievements
Healthy Ageing web portal

In 2017, the active ageing web portal was created to respond to the requests of associations and entities that participated in writing the three-year programme for implementation of the 2014 law and in promoting healthy ageing.

The web portal aims:
• to give visibility to activities and initiatives for healthy ageing that Friuli-Venezia Giulia has put in place;
• to support networking of people concerned with healthy ageing;
• to share information, best practices, collaboration opportunities and give greater visibility to work in the field.

https://invecchiamentoattivo.regione.fvg.it/
Welcome

This site has been created for people who want to find activities, events, meetings, supports dedicated to healthy and active aging. There is information on what the Friuli Venezia Giulia Region, the Associations and the Institutions promote and implement on our territory and also abroad, by the Regional Office of Brussels. Good navigation and pass the word of this opportunity.

If you represent an association or an organization enter the dedicated area and register, you can introduce yourself and promote the activities you carry out.

News / Events

Published update of the Blueprint, EU document on digital transformation...
Regional Law 22/2014 «Promotion of active ageing»

Connect to the regional law, it was established an interdirectare technical table composed by 7 Regional Directorate and it was developed two Three-year Programs interventions implementing regional law 22/2014 - (2016/2018) (2018/2020) and Annual Programs.
The FVG Region promoted an innovative system to create a cross-sectoral collaboration amongst **7 of its Central Directorates and the Liaison Office of Friuli Venezia Giulia Region in Bruxelles** on Active Ageing by an Interdirectorate Technical Table.

The permanent working table is coordinated by the **Central Directorate for Health, Social Policies and Disability**. The 7 Centrale Directorates are:

- Central Directorate for Health, Social Policies and Disability;
- Central Directorate for Work, Training, Education and Family;
- Central Directorate for Infrastructures and local areas;
- Central Directorate for Culture and Sports;
- Central Directorate for Production Activities;
- General Directorate;
- Central Directorate for Local Authorities, Security and Immigration policies
Regional Law 22/2014 «Promotion of active ageing»

The innovative strategies of Regional Law 22/2014 and their areas of implementation

1. Family policies
2. Training
3. Civil commitment
4. Culture and social tourism:
5. Social transport
6. Health and wellness
7. Home, access to information, services and new technologies
8. Conclusion of working life
Some of our projects

The AMALIA project, started in 1997 to address the problem of solitary deaths of older people, has evolved over time into a support system for active ageing, intended:

- to counteract loneliness;
- to bring older people together to socialize;
- to monitor health and follow up conditions;
- to provide older people with opportunities for physical activity.

In 2017 AMALIA worked with 474 people; 87% were women aged over 81; 86% lived alone and 68% were self sufficient. AMALIA provided help through 15 367 telephone calls and 985 specific interventions and services, such as monitoring of therapeutic treatment, medication delivery, social integration and opportunities for physical activity for older people.
Some of our projects

In **2018** FVG launched screening for detection of friability in people aged over 74 years (Prisma7) in four Districts of the Region and in 2018 the project will be extended in all the Region.

During last 20 years FVG Region works on initiatives in support of Active Ageing, we became member of several European Networks for Healthy Ageing:

→ We are member of **Community of Regions for Assisted Living (CORAL)**. The FVG Region activated through CORAL network and funded and directed by EU projects as: CASA, SMART CARE, ENGAGED and ITHACA;

→ We are member of **European Innovation Partnership on Active and Healthy Ageing (EIP on AHA)**. It is an initiative launched by the European Commission to foster innovation and digital transformation in the field of active and healthy ageing.

→ We are member of **Regional for Health Network (RHN), WHO Regional Office Europe** in Venice. Moreover we briefly describe below the projects that our Region activated:

→ **ASTAHG- Alpine Space Transnational Governance of Active and Healthy Ageing** it was presented on priority 4 Well-Governed of Alpine Space Programme. ASTAHG is focuses on the governance of active aging;

→ **ITHACA InnovaTion in Health And Care for All**. ITHACA promotes the creation of regional ecosystems to support Active Ageing initiatives and services and to encourage the development of innovative solutions in health care, making way more effective their implementation;

→ **CrossCare Interreg V-A Italy-Slovenia 2014-2020**. The project promote cross-border solutions related to the ageing phenomenon.
A hotline for elder abuse T.A.M. (telefono anziani maltrattati) to tackle the issue in the Region & throughout Italy (2001)
- The hotline has helped abused older people regain their dignity.

- Its existence also reflects the need for a shift in the way of looking at older people in FVG and in Italy, to guarantee their enjoyment of their human rights.

The project is completely financed by Friuli-Venezia Giulia
the C.R.I.B.A. (the regional information centre on architectural barriers) offers free of-cost advice for the public and private citizens on the construction or renovation of buildings, houses and apartments free of architectural barriers, to promote the mobility of frail people and allow them to stay at home as long as possible
The Blind Café is an initiative started by the Regional Rittmeyer Institute for the Blind in Trieste. The Institute aims to raise awareness of and provide information on blindness and low vision to the public. Most recently, activities have focused on involving the public by offering brunches, snacks and dinners in the dark every 2–3 months. This gives people with vision opportunities to experience the sensation of sharing a meal in darkness while encouraging the acceptance of diversity. In 2014, the Rittmeyer Institute opened the Blind Café, a bar run by visually impaired people, to raise the public’s awareness and encourage visually impaired people to develop the autonomy and skills in daily living that may help them get other employment in the future. Aside from the key role of the Rittmeyer Institute, this initiative also benefits from the support of a private sponsor.
Application form for the WHO Global Network for Age-friendly Cities and Communities

Formulaire d’inscription pour rejoindre le Réseau mondial OMS des villes et des communautés amies des aînés

Formulario de Aplicación para la Red Global de la OMS de Ciudades y Comunidades Amigables con las Personas Mayores

Please gather all your application materials beforehand as this form cannot be partially saved.

Veuillez préparer au préalable tous les documents nécessaires pour votre application car ce formulaire ne peut être partiellement sauvé.

Previo a completar el formulario, por favor reúna todos los materiales de su aplicación ya que la información no puede ser salvada parcialmente.

Thank you for your interest in joining the WHO Global Network for Age-friendly Cities and Communities. If your application is successful, the information you provide in this form will be used to create a profile page for your city or community published on Age-friendly World. This website will help you to increase the visibility of your work, enable you to inspire change by showing what you have done and how you have done it. It will connect you to cities and communities worldwide to facilitate the exchange of information and experience, and support cities and communities to find solutions through innovative and evidence-based technical guidance.

Merci pour votre intérêt de joindre le Réseau mondial OMS des villes et des communautés amies des aînés. Si votre application est retenue, les informations contenues dans ce formulaire seront utilisées pour créer et publier le profil de votre ville/communauté sur Age-friendly World. Ce site web vous aidera à augmenter la visibilité de votre travail, vous permettra à inspirer le changement en montrant ce que vous avez déjà fait et comment. Il vous permettra de vous connecter avec d'autres villes/communautés dans le monde entier pour faciliter l'échange d'information et d'expérience et à supporter les villes/communautés à trouver des solutions avec des conseils techniques et innovatifs.

Gracias por su interés en unirse a la Red Global de la OMS de Ciudades y Comunidades Amigables con las Personas Mayores. Si su aplicación es aceptada, la información suministrada en este formulario será utilizada para crear un perfil de la ciudad o comunidad que será publicada en el sitio web. Su página de perfil le ofrece la oportunidad de inspirar a otros en hacer el cambio mostrando lo que han hecho y cómo lo han hecho. También le conectará con otras ciudades y comunidades alrededor del mundo para facilitar el intercambio de información y experiencias, y brindar apoyo para encontrar soluciones a través de guías técnicas innovadoras y basadas en la evidencia.
Success: Your application was submitted successfully. Please note you will receive correspondence, or a decision on your application, within 3 months of submission. If you do not hear back within 3 months, the message may not have reached you successfully. In this case, please send an email to gnafcc@who.int as technical issues may have prevented us from reaching you by email.
Challenges

• working in an integrated way

• understanding the importance of evaluation

• finding a unified coordination mechanism

• fostering the idea of supportive environments in Friuli-Venezia Giulia.
The biggest challenge is sustainability
Key messages

• Age-friendly environments are good for all
• Intersectoral mechanisms work
• Start small or locally and gather evidence for use in later scaling up
• Recognize the value of making a cultural shift from citizens to policymakers
• Planning in cycles based on evaluation is important
• Exposure to international experience, leadership and expertise is beneficial (The support from the international community strengthened Friuli-Venezia Giulia’s work)
Friuli-Venezia Giulia aims to transform the ageing of the population into an opportunity for social and economic development.
Thank you for your attention

www.regione.fvg.it