Active and Healthy Ageing and smart living environments:
EC perspective

European Week of Regions and Cities 2020

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'eHealth, Wellbeing and Ageing'

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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

65+

30.3%
(compared to 20.3% in 2019)

80+

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.

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.

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.
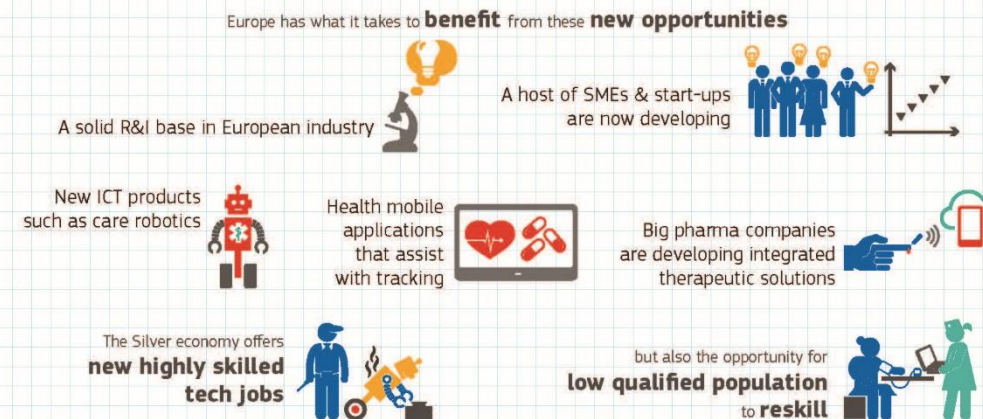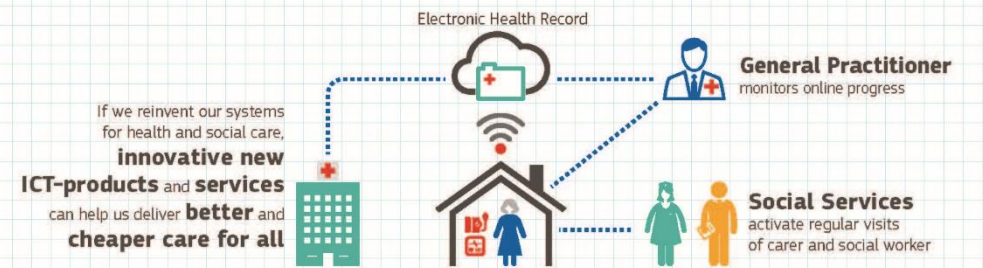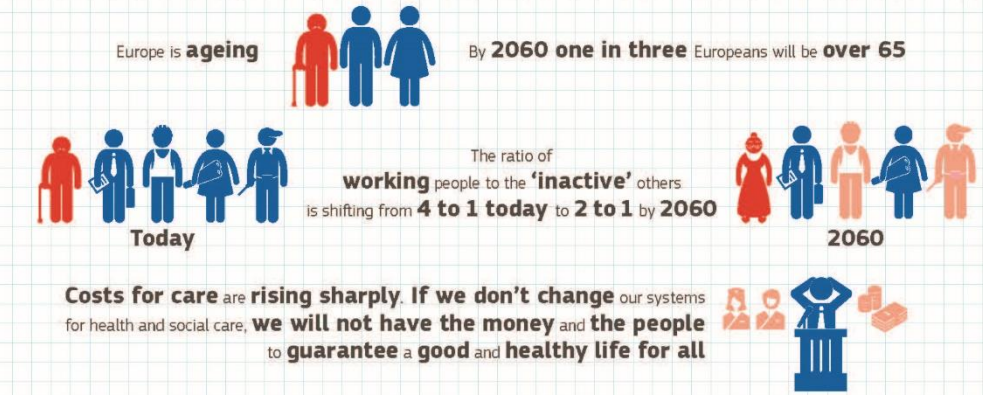
2020

2070

European Commission

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

European Innovation Partnership on Active and Healthy Ageing

- *Launched to increase the average healthy lifespan by two years by 2020 and to pursue a a Triple win for European citizens*

- *102 Reference Sites to scale up innovation for active and healthy ageing*

- *Twinning Schemes*

European Innovation Partnership on Active and Healthy Ageing

6 ACTION GROUPS

A1 › Adherence to prescription

A2 › Falls prevention

A3 › Functional decline and frailty

B3 › Integrated care

C2 › Independent living solutions

D4 › Age friendly environments

5

European Commission

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.
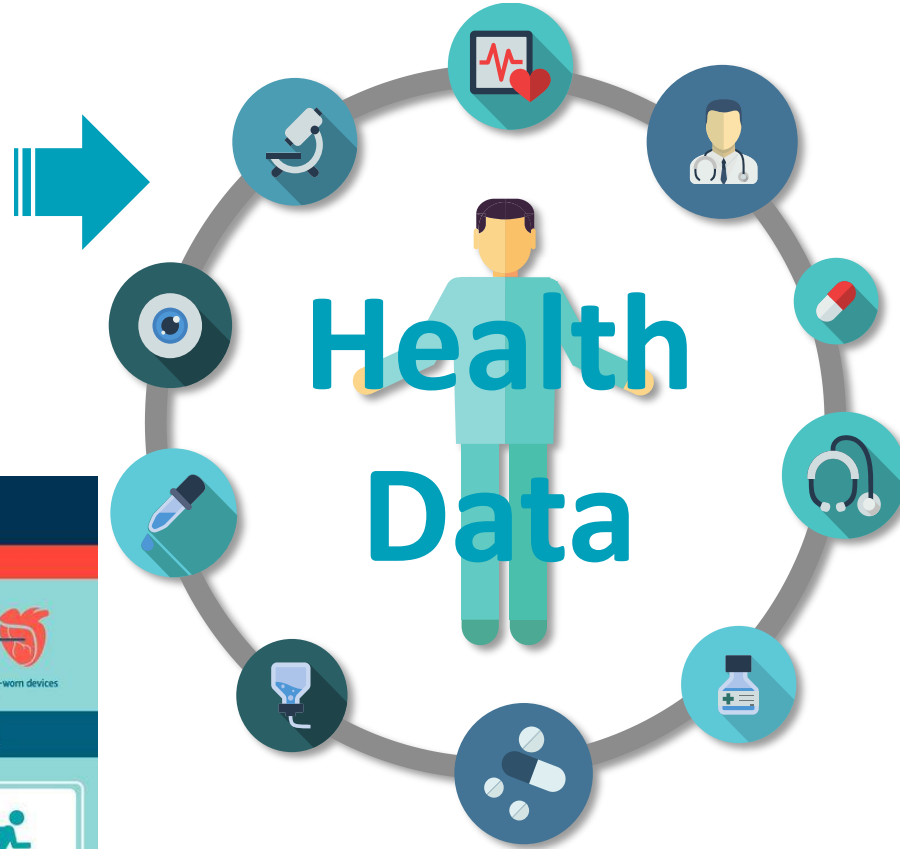
#DigitalSingleMarket   #DigitalHealth   @eHealth_EU   @EU_Health

European Commission

Updated 07/06/2018

Horizon 2020

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

Health Data

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

Age-friendly environments: some H2020 examples

RAMCIP - Robotic Assistant for Mild Cognitive Impairment (MCI) patients at home.
The RAMCIP project is working towards future service robots for assisted living environments that can provide safe, proactive and discreet assistance in daily life, ranging from food preparation, eating and dressing activities, through to managing the home and keeping it secure.

The **SILVER** procurers searched for new robotics based technologies to help older people living independently at home even if they have physical or cognitive disabilities. After a Pre-Commercial Procurement (PCP) process, the outcome is the LEA robot developed by Robot Care Systems. This **mobile personal assistant in the shape of a walker** can help with daily routines and housekeeping.

ACTIVAGE aims to prolong and support independent living of older adults in their living environments and responding to real needs of caregivers, service providers and public authorities. The project is deploying innovative and user-led large-scale pilots across nine sites in seven European countries based on **Internet of Things** (IoT) technologies.

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

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

European Commission

H2020 Calls: Societal Challenge 1 – Health, Demographic change and Wellbeing

- SC1-DTH-04-2020: International cooperation in smart living environments for ageing people

- SC1-HCC-08-2020: Scaling up innovation for active and healthy ageing

- DT-TDS-01-2019: Smart and healthy living at home

- SC1-DTH-03-2018: Adaptive smart working and living environments supporting active and healthy ageing

- SC1-HCC-01-2018: Supporting investment in smart living environments for ageing well through certification

European Commission

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 Plan – 750 Billion EUR

- Digital Europe Programme – AI, Cybersecurity, Interoperability, HPC, Skills

European Commission

Recovery and Resilience Plan

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.

Investment Priorities

| Overcome Legal and Organisational barriers | Electronic Health Records and Interoperability | Use of health data for research and policymaking | Data quality | Tele-health | AI | Digital Skills | e-ID and cybersecurity |

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

Test before invest:

Testing HPC, AI, cybersecurity, blockchain for public admin

Facilitate agile procurement through working with smaller GovTech suppliers

Giving advice on digital by default

Skills and training:

Awareness raising about the potential of AI, HPC, cybersecurity and European CEF DSIs.

Training public administrations on CEF DSIs, once only principle, Single Digital Gateway, eIDAS, etc.

DIHs as one-stop-shops

Support to find investments:

DIHs could help public administrations develop specifications for joint innovation procurement (PPI/PCP)

Innovation ecosystem and networking opportunities

Replicating locally developed digital public services via DIHs

Offering CEF DSIs to SMEs Liaising with DIH of other specialisation

European Commission

Thank you!
@eHealth_EU
@DSMeu

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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