

SiforAGE:

Social Innovation on Active and Healthy Ageing for sustainable economic growth

SiforAGE (Social Innovation on Active and Healthy Ageing for sustainable economic growth) aimed at **promoting Active and Healthy Ageing** (AHA) in society by **strengthening cooperation** between researchers, product- and service-developers, policy-makers, and civil society organizations across the social spectrum. The project was operative in different areas of ageing research (basic and applied research, care of the elderly, nutrition and diet, self-help in health-care maintenance, assistance technology development, access to financing, business development, research policy priority definitions ...). Some of the key challenges of SiforAGE have been:

- to **promote the transfer of knowledge from science to society**, through policy-making and the development of innovation and technologies;
- to **enhance the involvement of society in research**, in order to allow end-users to shape future research that can improve AHA;
- to improve existing mechanisms for the **introduction into the market of innovative products** and service solutions for aged people.

We succeed at putting together scientists, end-users, civil society, public administrations and companies in order to improve the competitiveness of the European Union regarding the promotion of research and innovative products for longer and healthier lives.

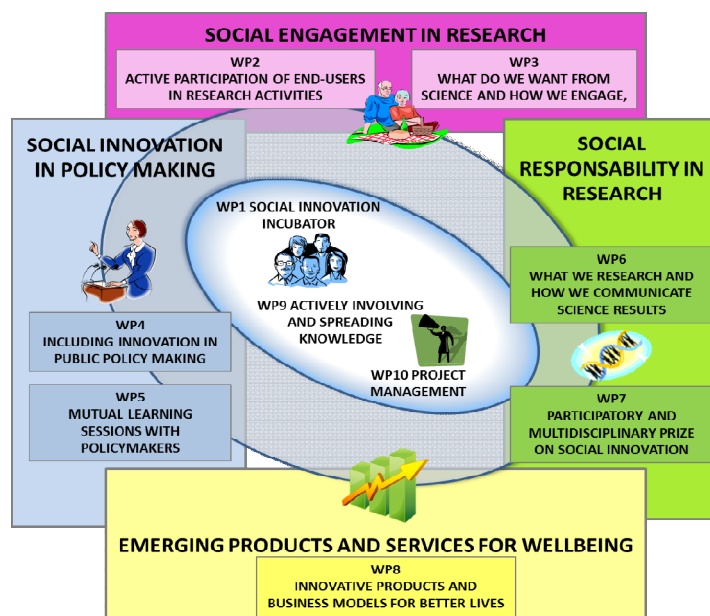
The SiforAGE consortium was integrated by a wide range of stakeholders along the value chain of innovation, such as private foundations, care centers, civil society associations representing aged people, universities, public policy makers, think tanks and experts at European and International level in order to bridge the existing fragmentation among them.

To do so, SiforAGE has used a very specific methodology consisting in:



- Creation of a **social incubator** in which all stakeholders will exchange ideas, debate, and collaborate to promote AHA; collect and analyze examples of good practice across Europe; disseminate results amongst all stakeholders, through five Knowledge Management Units (KMUs).
- Organisation and demonstration of **Technology Experience Cafés (TECs)** for integrating end-users into technology-, product- and service-development.
- To develop **Intervention programmes** with children and young people designed to prevent ageism and ageist attitudes.
- **Mutual learning sessions** aimed at improving the participation of policy-makers in the research-making process (health, nutrition, transport, social, ICT, urban planning, etc.)
- Promotion of ethics and social responsibility in ageing research, particularly through the launching of a **research price on AHA** (housing, ICT, social participation, urban planning, health, well-being and nutrition).
- **2,108 stakeholders** registered to receive SIforAGE results.
- **Collaboration with other European initiatives** on AHA.

This methodology has been implemented through eight different work packages, gathered in five main areas addressed by the project.



Knowledge Management Units (KMUs) are the horizontal mechanisms that support and provide foundation data to Work Packages. KMUs are participation forums for 30-40 different stakeholders working in active and healthy ageing, from researchers, civil society organizations, companies, public practitioners, think-tanks... . Five KMUs have been developed in SIforAGE:

- KMU1: Healthy ageing for healthier living years
- KMU2: Mental capacity and Alzheimer's
- KMU3: Active participation and inclusion in society. Inequalities associated with ageing
- KMU4: Social innovation in community partnerships for AHA
- KMU5: Services and technologies for better ageing at home

The KMU's can be described as following:

- **KMU1: Healthy ageing for healthier living years**

The general aim of KMU1 is **to identify interventions which will support healthy life expectancy** and empower people to be responsible for their own healthy ageing. There are three specific objectives:

1. To map the key concepts which underpin “Healthy ageing for healthier living years”;
2. To understand the barriers to increasing healthy ageing and healthy life expectancy;
3. To gather examples of successful interventions across Europe which address these barriers.

- **KMU2: Mental capacity and Alzheimer's**

The purpose of KMU2 is **to elaborate and disseminate best practices that are designed to improve the decision-making capacity for persons with mental health problems**. KMU2 will be also working on the best ways **to obtain the “informed consent”** of this type of persons. These best practices will be of interest to all professionals working in close relation

with older persons; for instance, they may be professionals of social and health establishments or home care services.

- **KMU3: Active participation and inclusion in society. Inequalities associated with ageing**

KMU3 focuses on fundamental aspects of participation and integration of older persons in European society – including a close look at the obstacles and barriers that might prevent these processes to be effective. Its approach is oriented by the concept of “a society for all ages” with **“life course perspective”** having as important goals large opportunities for **“active ageing”, for full integration“, for “self-determined participation”** and for **“independent living”**.

- **KMU4: Social innovation in community partnerships for AHA**

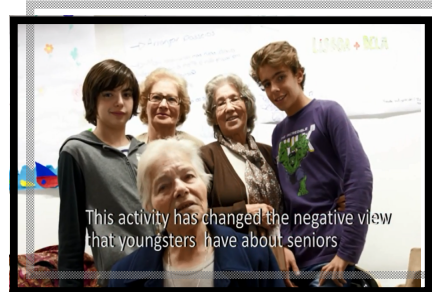
KMU4 aims at capturing conceptualizations on what can be considered as **“innovative” in: social protection systems, social inclusion systems, and care models**. These sub-domains will be explored at three levels (local, national, and European), and in three areas (public, private for profit, and non-profit organizations). This is to evaluate also the degree of implementation of the principles of vertical and horizontal subsidiarity.

- **KMU5: Services and technologies for better ageing at home**

The general objective of KMU5 is **to analyze the relevant services and technologies, currently available for older people**, with the aim of identifying success areas that must be reinforced and soft areas that must be overcome in the future. Secondly, the aim is **to create guidelines with recommendations which help the policymakers and the professionals** working with older people to design and implement care services and technologies in order to keep older persons in their homes as long as possible maintaining a good quality of life.

The SiforAGE project has focused on social innovation. It has organized a broad range of activities through its four years of duration.

1. **Social participation of aged people:** the project has promoted social participation and engagement of older people through **Focus groups, and Intergenerational activities.**



2. **Technology Experience Cafés (TECs):** the project has developed four Technology Experience Cafés in Torino (Italy), Champagne (France), Frederiksberg (Denmark), and Saarbruecken (Germany).



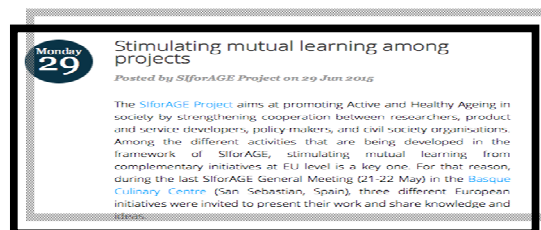
3. **Engaging society in SiforAGE:** SiforAGE has organized a myriad of science with and for society events to spread the word of active and healthy ageing among the European society.



4. Engaging with the scientific community: Public Deliverables. The public deliverable “Best practices on evidence-based policymaking and policy recommendations on active and healthy ageing” has been translated into 10 languages.



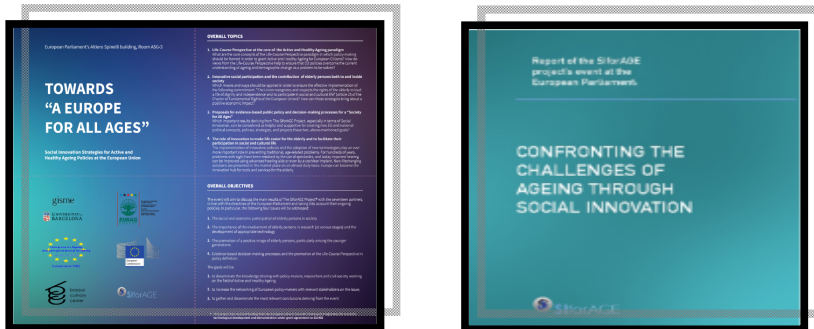
5. Engaging with the scientific community (II): Publication in ageing-related international journals and blogs.



6. Mutual Learning sessions with policymakers has been organized in four different countries: Torino (Italy), Sheffield (UK), Barcelona (Spain), and Lisbon (Portugal).



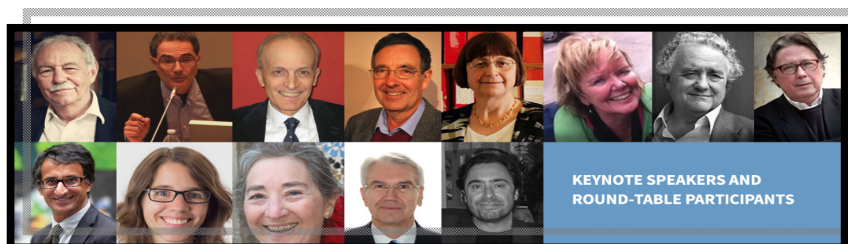
7. Evidence-based public policy making at the European Parliament and subsequent report publication.



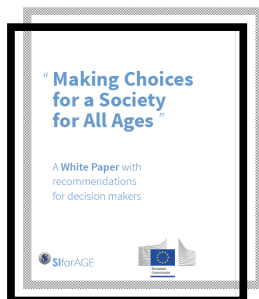
8. SiforAGE Prize on Social Innovation and Research had three winners: ESium Project (Active ageing and intergenerational solidarity), MiraMap (Crowdmapping Mirafiori Sud) and Enred@te.



9. SiforAGE International Conference 2016 in Barcelona: three-day conference with more than 350 participants from all over Europe.



10. White Paper: a document with recommendations for policy-makers.



Policy Relevance

Ageing is one of the greatest social and economic challenges of the 21st century for European societies. It will affect all EU countries and most policy areas. In accordance with the European Innovation Partnership on AHA, SIforAGE will participate in **improving the health and quality of life of older people**, by ensuring that health- and social-care systems are sustainable and efficient in the long term, and by enhancing the competitiveness of EU industry through business and expansion in new markets.

Envisaged Impacts

- To **improve the governance** of research- and technology-development on AHA with a life-course perspective;
- To **provide sustainable and inclusive solutions** to the ageing challenge in European society;
- To **incorporate science in society issues** into the system of ageing research, by creating new forms of dialogue and cooperation at different stages of the research and innovation process;
- To **promote responsibility** and ethics in ageing research;
- To **improve transnational cooperation** within the healthy ageing paradigm.