

HASIC NEWSLETTER



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HASIC – Healthy Ageing Supported by Internet and the Community

This is the first number of the series of newsletters prepared by the HASIC consortium semiannually to inform interested professionals and potential users about the development and main outcomes of the project.



The general objective of the HASIC project is to empower older people (65+) in Europe to adopt healthy life-

styles which include a healthy diet, physical activity, moderate alcohol consumption and social participation. Together with supporting older people on an individual level, HASIC aims to develop the quality and cost-effectiveness of services for older people by promoting cooperation between regional service provid-

ers and by producing policy recommendations on communal elderly services.

The means for reaching the project's objectives include various actions: 1) Through HASIC training, professionals and mentors update their knowledge and skills on how to recognize risks and how to support the empowerment and self-management of older people. 2) In peer groups participants are able to share and reflect on their experiences, discuss health risks and challenges, listen, encourage and learn from each other. As group leaders, peer group mentors have a special position. They share the benefits mentioned

above but also add meaningful and rewarding tasks to their daily routines. 3) Through the online platform developed in HASIC, older people will get virtual support in the processes of empowerment and behavior change towards a healthier lifestyle. Tools for self-assessment and self-monitoring of health behavior and a structured behavioral change program will be offered to the target group. 4) Regional cooperation between various health and social service providers will be promoted by organizing workshops in which various stakeholders are enabled to give their input to the development of the project and to promote policy recommendations for organizing and coordinating preventative services and activities for older people at the regional level.

The main outcome of HASIC will be increased empowerment, self-management and adoption of

healthier lifestyles among older people (65+) in Europe. New tools, varying from virtual to group-based methods, will be available for health promotion and preventative work. In the long run, targeting resources on preventive work will save money by eliminating the need for expensive medical services later on. The training program develops professionals' understanding of healthy lifestyles for older people, and gives them tools to work as group leaders for older people. Promoting collaboration between regional actors providing preventative social and health care services for older people will enhance the customer-orientation, quality, cost-effectiveness, and coordination of services.

For more information, please visit our website:

<http://hasicproject.eu>

Group activities



In concentrating on older people (65+) our objective is to develop peer group activities and mentoring targeted at those who are at risk of exclusion and health degradation. This is done by piloting peer groups in each partner country and developing peer group action and mentoring according to participants' feedback. As a result, a description of the peer group mentoring supporting older people's healthy lifestyles is produced and incorporated in the HASIC handbook.

Online platform



The objective here is to develop and test a structured online program to support healthy lifestyles of older people, provide a fully functional and usability-tested multi-lingual online-platform (website) promoting healthy life-styles for older people. This is done by testing several tools for self-assessment and self-monitoring of health behavior, developing, implementing and piloting the technical basis of the website, including database and user interfaces, as well as the online tools to support community based health-promotion activities.

Network development



Our aim is to develop services for people aged 65+ by increasing cooperation between social and health care providers from the region's public, private and third sector. The consortium will develop qualitative research in order to collect information about services for 65+ year-old people and to find ways to increase cooperation between social and healthcare providers from the public, private, and third sector. To achieve this, in each country we will carry out focus group research with people over 65, and in-depth interviews with professionals and policymakers.