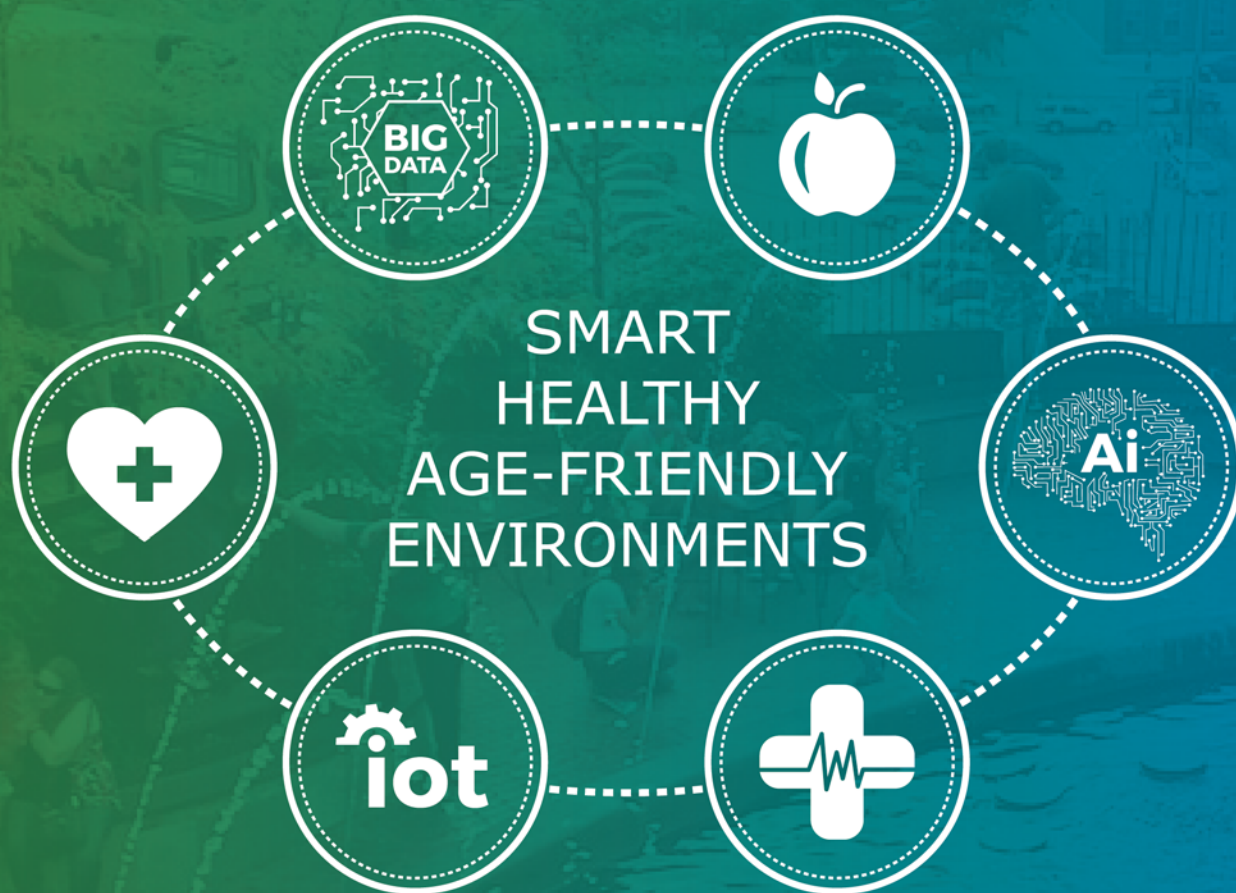


JOINT STATEMENT



THEMATIC NETWORK 2018

CONSIDERATIONS

Considering that the population of the European Union is ageing, and the demographic old-age dependency ratio will increase significantly from 4 working-age people for every person aged over 65 years in 2010 to around 2 working-age people in 2070¹;

Considering that health care services represent a high and increasing share of governments spending and total age-related expenditure and that ageing of the EU population may entail additional government expenditure²;

Considering that smart healthy age-friendly environments and eHealth/mHealth fit into the scope of EU health priorities, as described in the Communication on Digital Transformation of Health and Care and the Digital Single Market;

Considering that the desk research on outcomes Wellbeing, Healthcare, Independent living and Efficiency/Efficacy shows many advantages on eHealth and mHealth solutions integrated with age-friendly environments⁴;

Considering that despite the advantages, eHealth and mHealth still are no common ground in European independent living settings, in European households and buildings and in healthcare, social and community care⁵;

Considering that still barriers exist blocking large scale implementation of smart healthy age-friendly environments and eHealth and mHealth across Europe and that recent research assigned by the Commission⁶ shows that further support is needed for the demand side (purchasers) and the supply side (in particular SMEs and start-ups) in order to trigger more and larger investments in digitally-enabled solutions for active and healthy ageing;

Considering that to break down these barriers joint, cross-sectoral and international cooperation and alignment is needed;

Considering that moving age-related topics to the big umbrella themes of Health and Digital Single Market is a vital process to pursue the societal scope of a Europe prepared to provide quality of life and well-being through the whole life cycle;

Considering that prioritizing the two main aspects of age-friendly environments – Places and People – and aligning technological development with the construction industry in terms of policies and funding may ensure a more efficient health system with better quality at a lower cost;

Considering that understanding and bridging the main gaps between technological development and the real needs and expectations of users, proposing policy measures that favour and reinforce the actual entry of new products into the market, will reduce inequalities in access to health services.

¹ The 2018 Ageing Report: Underlying Assumptions and Projection Methodologies

https://ec.europa.eu/info/publications/economy-finance/2018-ageing-report-underlying-assumptions-and-projection-methodologies_en
Eurostat - Population structure and ageing http://ec.europa.eu/eurostat/statistics-explained/index.php/Population_structure_and_ageing

² European Commission, Communication from the Commission on effective, accessible and resilient health systems, Brussels, 4.4.2014
https://ec.europa.eu/health/sites/health/files/systems_performance_assessment/docs/com2014_215_final_en.pdf

³ European Commission, Communication from the Commission to the European Parliament, the Council, the European Economic and Social Committee and the Committee of the Regions on enabling the digital transformation of health and care in the Digital Single Market; empowering citizens and building a healthier society, Brussels, 25.4.2018

⁴ Framing Paper Thematic Network 2018 Smart Healthy Age-Friendly Environments by Dantas, C.*, Staalduinen, W. van**, Mark, M. van der**, Jegundo, A.L.*, Ganzarain, J**, Coimbra and Gouda, 2018. <https://www.caritascoimbra.pt/en/wp-content/uploads/sites/40/2018/10/2018-10-19-Framing-Paper-SHAPE-final.pdf>

⁵ OECD/EU (2016), Health at a Glance: Europe 2016 – State of Health in the EU Cycle, OECD Publishing, Paris.
<http://dx.doi.org/10.1787/9789264265592-en>

⁶ <https://ec.europa.eu/digital-single-market/en/news/large-scale-sustainable-deployment-digitally-enabled-innovation-health-and-care-delivery-ageing>

CALL TO ACTION TO CREATE AND UPSCALE SMART HEALTHY AGE-FRIENDLY ENVIRONMENTS ACROSS EUROPE

We, undersigned organisations, call upon the European Commission, the European Parliament and EU Member States' Governments to recognise the central role that Smart Healthy Age-Friendly Environments play to foster health, independent living and well-being for all European citizens.

We urge them to consider the importance of addressing the health, social, economic, digital and structural barriers linked to the development and large-scale implementation of smart healthy age-friendly environments across Europe.

To this effect, the Digital Single Market, the European Pillar on Social Rights, the Sustainable Development Goals, the EU Health Strategy and related tools (as the EU Health Policy Platform) among many other initiatives, can play an important role on promoting more inclusive societies, wellbeing, health and independent living for all European citizens, boosting also European small, medium and large enterprises to innovation and sustainable growth.

We therefore call on the EU Institutions, EU Member States, Local and Regional Authorities, other stakeholders and also European Citizens to prioritize the following actions to ensure that our European civil societies, economies and environments adapt to change. The partners of the Thematic Network on Smart Healthy Age-Friendly Environments are eager to support the European Union and EU Member States by all available means.

This means:



A SHARED VISION



NEEDS



COOPERATION
COMMUNICATION



FUNDING / CONDITIONS
FOR IMPLEMENTATION



RESEARCH FOR
PREDICTION / PREVENTION



CITIZEN
EMPOWERMENT

CALL 1 | CREATE A SHARED EUROPEAN VISION ON SMART HEALTHY AGE-FRIENDLY ENVIRONMENTS

Within the context of the Austrian EU-Presidency, the Digital Single Market and the European Innovation Partnership on Active and Healthy Ageing, the European Commission already developed significant initiatives towards EU-wide support and investments in eHealth infrastructure. The 'Communication on enabling the digital transformation of health and care in the Digital Single Market; empowering citizens and building a healthier society' and the abundance of funding programmes on eHealth and digital innovation are examples of a shared European vision towards the large-scale implementation of digital innovations at the European level. In its mid-term review of April 2018 on the implementation of the Digital Single Market the Commission intends to focus on three main assets of digital transformation, namely 1) citizens' secure access to and sharing of health data across borders; 2) better data to advance research, disease prevention and personalised health and care and 3) digital tools for citizen empowerment and person-centred care.

We consider these steps as extremely important for the short- and mid-term and the Coordinators, Main and Associated partners of SHAFE are eager to further cooperate with the Commission to bring the digital transformation of health and care to a success.

However, for the longer term, we recommend the Commission to broaden the shared vision on digital transformation of health and care to create a shared vision on Smart Healthy Age-Friendly Environments in all its facets. We understand some of its main assets, such as **People** (e.g. citizenship, long-life learning, social interaction) and **Places** (as built environments, community spaces and outdoor facilities) are essential elements to achieve a balanced evolution for equality and well-being in society. These are implicit in the EU strategy, but we now urge to make them explicit and address them as priorities for the new strategic periods.

To support the process of developing the shared vision, the stakeholders of SHAFE intent to produce a White Paper on Smart Healthy Age-Friendly Environments in 2019/early 2020. We invite the European Commission to be part of that process and jointly work on the shared vision on Smart Healthy Age-Friendly Environments. Also, the European Commission established Steering Group on Health Promotion, Disease Prevention and Management of Non-Communicable Diseases would be important to be involved in developing the shared vision on Smart Healthy Age-Friendly Environments as it advises the Commission on developing and implementing activities in the field to support countries in reaching the health targets of the Sustainable Development Goals.

Therefore, our first recommendation is to develop a shared European vision on the longer term, that is, a strategy on Smart Healthy Age-Friendly Environments that may foster different stakeholders as an inspiring sketch or blueprint to be used at local and regional level everywhere in Europe.

We thus urge the European Commission and Member States **to cooperate with the partners of SHAFE, the Steering Group, Member States and Local and Regional Authorities to create the conditions to have this high-level agreement among relevant actors in Europe**, recognizing that Smart Healthy Age-Friendly Environments can benefit the whole society and therefore involve international agencies, national and regional authorities, as well as civil society and NGOs.

RECOMMENDATIONS

Prioritizing Health and Care is essential, but it is also necessary to favour “real-life” implementation, providing recognition and visibility to the different systems operating in Health and Care, understanding and connecting the common values, principles, guidelines, processes and tools. Europe needs to play the role of guardian of the common values and principles embedded in the universal service provision of Health and Care, recognising these as a common good. In that sense, we recommend the European Commission to:

EUROPEAN COMMISSION

- At a higher-level, aim at evidence-based health and care services and Smart Healthy Age-Friendly Environments promoting policies, bridging politics and promoting health in all policies (HiAP), in accordance to the statement issued by the 2006 Finnish presidency of the EU and the Treaty of Functioning of the European Union (art. 168).

- Organise and facilitate, in cooperation with SHAFE and the Steering Group, one or more working groups that uptake the current shared vision on the digital transformation of health and care and draw the longer term sketch and vision on Smart Healthy Age-Friendly Environments in Europe. This task would gain with the involvement of experts and representatives of Member States, Main and Associated partners of the Thematic Network and directorates of the European Commission that merge and evolve the results into one European vision on SHAFE. With this Joint Statement, the Coordinators, Main and Associated partners of the Thematic Network express their commitment to develop this task together with the European Commission.

Along with the main recommendation above mentioned, the stakeholders identified five main areas where the coordination and involvement of the European Commission is crucial to achieve Smart Healthy Age-Friendly Environments. Although it is up to Member State or national/regional governments to organize health care and ensure its functioning, the EU provides for the integration of national policies, ensuring that the common objectives of individual governments are achieved, generating economies of scale by sharing resources and helping member countries to address social issues such as the impact of demographic change on health and care systems and the development of the Digital Single Market. We therefore call on the European Commission to:

1) - Know and Connect - help the Member States to exploit the full potential of Smart Healthy Age-Friendly Environments by fostering cooperation (e.g. promoting and supporting the development of international meetings and other initiatives) that will pool expertise and prevent the duplication of work.

2) - Leverage on existing initiatives and networks by providing specific policy challenge and funding through more Coordination and Support Actions or similar calls for proposals; not creating new systems but linking and enhancing existing ecosystems that may provide policy recommendations, financial instruments, among others.

3) - Develop guidelines for public authorities and enhance agile legislation and standards, including measures for enforcement inside the Member States (e.g. EU guidelines for mHealth apps; ethics; GDPR; accessibilities). Not all countries are evolving at the same speed or accept contributions equally, but it is important that standards, guidelines and best practices are widely known and universally recognised.

4) - Promote exchange of learning and practical tools, stimulating other sectors to bring knowledge from other areas to Health and Care, namely from the digital and the building industry.

EUROPEAN COMMISSION

5) - Support the implementation and scale-up of good practices – many good practices are already identified in European projects and the database of good practices in the field of health of DG SANTE; the essential part is now to support Member States and regions to implement them. For that purpose, the Commission may offer external expertise through Structural Reform Support Service (SRSS) or provide help to find an appropriate EU-level financial instrument. Also, the SRSS should focus on Country Reports and Country Specific Recommendations. To this end, good practices could be first featured in these Reports as recommended for reform to be able to get financial and technical support.

MEMBER STATES

Any shared strategy is only a wish list if it is not embedded and applied by those who act in the field; that is why national, local and regional authorities are the cornerstone to the implementation of Smart Healthy Age-Friendly Environments. We thus recommend the Member States to:

- Cooperate at the European level with the Commission, the Steering Group and SHAFE partners to develop the shared vision on Smart Healthy Age-Friendly Environments and to implement a lifecycle approach with interventions at an early stage (prevention) in their countries and regions.
- Invest in integrated care and innovation, implementing digitally supported integrated care pathways, to achieve sustainable and cost-efficient health and care systems.
- Invest in actions to reduce inequalities of access and opportunities in health and social outcomes, including across social gradients such as income, gender and ethnicity.
- Promote the increasing role of the Digital Single Market in standardisation, harmonization of technical advances and guidelines e.g. on Responsible Research and Innovation and remove market barriers.
- Understand public health as community health. European Structural Funds must be used to improve health, as happens with employment, education, social inclusion, etc. Therefore, they should be aligned with the priorities established in Country Reports and Country Specific Recommendations, but also take into account the best practices that may be learned and replicated within the European context.

CALL 2 | PROMOTE CROSS-SECTORAL COOPERATION

We need to bypass isolation. Joint collaboration makes things happen. At the European level, the Digital Single Market is a strategy of the European Union and thus already connects several European Directorates-General, such as DG Connect, DG SANTE, DG Employment, DG Growth and DG Regions. This cross-sectoral cooperation is essential to further implement and have increased investments on the digital transformation of health and care and the same level of cooperation is now also needed with other sectors – building/construction, urban rehabilitation, social care, anthropology and other social sciences, for example – to foster Smart Healthy Age-Friendly Environments across Europe.

Besides cooperation on political and administration level inside the European Commission, it is also crucial that other public authority levels, industry and society further cooperate and stop thinking and working in pillars. SHAFE partners already initiated this cycle to align citizens, urban planning, housing, NGOs, healthcare, construction and ICT in order to achieve the first steps regarding the implementation of Smart Healthy Age-Friendly Environments. We are also already promoting cross-sectoral cooperation of the quadruple helix in European networks such as European Innovation Partnerships on Active and Healthy Ageing and Smart Cities and Communities.

To achieve a better integrative collaboration, we recommend the creation of national and international interdisciplinary policy and societal working groups or ecosystems at all levels that are responsible for developing joint policies of the implementation of smart healthy age-friendly environments. The European common vision can be an inspiration.

Secondly, equal and easy access to information and knowledge about Smart Healthy Age-Friendly Environments is crucial to build-up equal starting-points for every stakeholder and thus to further foster successful cross-sectoral cooperation. Therefore, we propose that global information on Smart Healthy Age-Friendly Environments is accessible at individual and local level. The Joint Statement partners acknowledge that they play an important role to improve the information sharing from organisations and networks such as the WHO and the European Innovation Partnership on Active and Healthy Ageing and are committed to improve that.

To achieve further cross-sectoral cooperation, another possible route is to drive EU policy towards a collaboration between Member States on integration of public welfare and the health and social care system with private providers. The joint-venture between public and private health and social care providers can become a fundamental element for improving projects, initiatives and services following a perspective of

RECOMMENDATIONS

EUROPEAN COMMISSION

- Continue to foster a cross-sectoral cooperation inside the European Commission on the newly developed shared vision on Smart Healthy Age-Friendly Environments, as follow-up of the digital transformation of health and care and in close cooperation with the Joint Statement partners, other territorial stakeholders in Europe and private and public organisations.

EUROPEAN COMMISSION

- Connect and align European Union and Member States objectives in order to achieve a cross-sectoral and integrative approach within regions. Regions not only focus on care and cure for patients, but also include transport, built environments, among others. It is then urgent to overcome barriers between sectors, within health and beyond; either at the horizontal level with other areas, as politically, within each country and in Europe because there are many degrees of authority. This needs to be fostered by a top down approach and we urge the Commission to develop new methodologies and strategies to tackle these difficulties.

- Increase their presence in national networks forums and meetings, thus contributing strategic alignment between the European Commission and Member States and also improving knowledge on territorial needs and realities and collecting inputs from local stakeholders. It is essential to connect to regional and local stakeholders directly and not only to Member States, as only the local level is able to identify and describe needs and barriers, as well as existing initiatives and regulation issues.

- Demand a quadruple helix approach for all initiatives, including funded projects, international events and European networks: industry/businesses – research/academia – policy makers – citizens. Inclusion of citizens lacks too often. This may benefit from strengthening the dialogue with the Member States at the government level to harmonize a model in terms of communication strategy in a circular framework through: Europe > government > departments/regions/cities > NGOs > industry > academia/research.

MEMBER STATES

- Create task forces between governmental departments – separate departments don't allow to have a connected policy although that policy is essential to provide real change. Smart Healthy Age-Friendly Environments are possibly a neutral way to foster governmental departments to sit together and to jointly operate in all aspects of society.

- Regional and local authorities are also urged to create task forces between departments that may be involved in the implementation of Smart Healthy Age-Friendly Environments.

- Ensure all key stakeholders are integrated in this collaborative model with the national, regional and local authorities: industry, citizens, NGOs, researchers and health care providers in a true holistic approach.

- Enhance communication with citizens, informing and clarifying about how interventions are organized, how they work and how to strengthen co-participation. Citizen literacy is a key point in the improvement of health and well-being and there is a need of defined communication strategies and plans at the local, regional and national level.

- Quantify the cost-benefit of the implementation of Smart Healthy Age-Friendly Environments (e.g. Social Return of Investment) to showcase economical return, by establishing long-term key performance indicators. We urge Member States and other public stakeholders to publish annual reports that assess cost-benefit of the different health and social care services provided.

- Leverage on concrete measures leading to patient and citizen empowerment, already developed by the EC, such as the Electronic Health Records, the joint Ministerial Declaration on genomic health data or the E-prescription and exchange of patient's summaries between countries.

CALL 3 | FUND THE IMPLEMENTATION OF SMART HEALTHY AGE-FRIENDLY ENVIRONMENTS

Especially in terms of budget allocation, courageous political choices can be made!

As came out of the desk research in the Framing Paper, many eHealth and mHealth solutions are available to increase wellbeing, health and independent living of European citizens in a more effective and efficient way. Pilots show successful application of eHealth and mHealth; however, despite the investments made, in most cases no further scale-up or large-scale implementations are taking place. The study on large-scale, sustainable deployment of digitally enabled innovation on health and care delivery for ageing (2018) shows the need for support on the demand and supply side to achieve the objective of the European Commission that more than 50 EU regions will be active in the field improving the lives of at least 4 million citizens by 2019. The partners of the Joint Statement recognize the need for a big push to implementation.

This can be achieved by fostering positive discrimination in budget and public funding to organisations that work on Smart Healthy Age-Friendly Environments. A shift to funding of implementation and upscaling of already existing, well performing examples of Smart Healthy Age-friendly Environments and independent living would better enhance the roll out across Europe.

It is very important that European and national funding schemes are aligned, so that innovation coming from successful European projects can be integrated in national frameworks and therefore scaled-up through Europe. New ways of implementing this specific "dialogue" between different funding programmes must be a priority.

Also, very important is to create funding frameworks that integrate different elements on Smart Healthy Age-Friendly Environments, such as health, social care, ICT and built environments in the same mission and calls, allowing effective implementation of long-term sustainable solutions.

These funding frameworks shall derive from the European vision and EU-Member States taskforces on the subject.

Besides funding, also the procurement is an essential element to give a boost to large-scale implementation. The European Commission is already developing a guideline for targeted EU-wide support and investments in eHealth infrastructure. We recommend similar initiatives may target directly procurement for Smart Healthy Age-Friendly Environments.

RECOMMENDATIONS

EUROPEAN COMMISSION

- Respond to Member States requests for joint initiatives but also challenge them for new ones, e.g. the work that the EC is leading on Electronic Health Records, preparing the market for digitalisation in terms of security standards, compliance with privacy regulation, etc... Areas such as standardisation and homogenisation of regulations, avoiding barriers at European and national level may allow companies to scale up solutions easily to any of the EU countries (e.g. GDPR).

EUROPEAN COMMISSION

- Design funding programmes that provide support to integrated and innovative solutions in health and care, that include directly different areas such as urban planning, mobility, health, social care, digital tools, promoting thus European financial instruments that establish bridges and avoid silos.
- Present, discuss and for the future, evaluate and refine the EU guidelines for targeted EU-wide support and investments in eHealth infrastructure, that will provide harmonised and homogenous procedures in all Member States.
- Change funding mechanisms from isolated or cascade calls to long-term follow-up initiatives (closer to market and reality) and support the whole process of implementation of promising initiatives in terms of financing options, transformation of structures, policy models, legal frameworks, payment and reimbursement models, market strategy, among others.
- Invest on two ways of implementation: large scale pilots for broad adoption but also small testing and adapting initiatives, as they are important to make use cases and to test technologies that come from other settings/countries.

MEMBER STATES

- Invest on mechanisms that foster Smart Healthy Age-Friendly Environments through the implementation of life-course policies. One good example may be the definition of tax incentives for activities of citizens that promote Smart Healthy Age-Friendly Environments, such as physical activities, home adaptations and outdoor places maintenance.
- Impose that projects funded under EU programmes (European or national programmes) comply with universal accessibility and design principles, as currently these rules and principles are not conveniently enforced.
- Promote and guarantee the correct implementation of signs and other features needed for the implementation of Smart Healthy Age-Friendly Environments by public services, such as train companies or national infrastructures.
- Work closely with other organisations such as the European Investment Bank, to assist on the selection of important initiatives in the area of Digital Health and Care, that could be funded as real working modules, fostering the implementation and scaling-up of Smart Healthy Age-Friendly Environments.

CALL 4 | INVEST IN RESEARCH THAT DERIVES FROM SOCIETAL NEEDS AND CHALLENGES AND USE KNOWLEDGE TO PREDICTION AND PREVENTION

We believe we have already passed the point where our healthcare and social care systems could respond to all upcoming needs forever. The better way to guarantee sustainability is to invest in prevention through the life course and predict the upcoming challenges and changes with enough time to address them with the minimum resources. This is in line with the United Nations Sustainable Development Goals, as well as the whole-of-society and whole-of-government approaches.

To achieve more impacts regarding societal needs and challenges, we recommend increasing the funding calls that support effective implementation of pilots and initiatives; this will raise the demand on the social and economic impact of projects which may constitute an opportunity and area of future investment for researchers. Research is essential to guarantee this and needs to be encouraged to privilege this approach, using knowledge most and for all, to predict and prevent what may be the biggest challenges of societies in the years to come.

RECOMMENDATIONS

EUROPEAN COMMISSION

- Create a database of health data as part of the existing [database](#) of DG SANTE collected through EU funded investigation to avoid duplication of costly research, with one model for the exchange of health data and common standards in evaluation, in the same route as the database organised by the World Health Organisation.

EUROPEAN COMMISSION AND MEMBER STATES

- Invest on funding for actions that include the prediction of health and social challenges and are connected to the implementation of prevention measures. This approach privileges humanist values and, simultaneously will bring efficiency and better cost-benefit for the investments.

- Continue to invest in lifestyle medicine and not only in pharmaceuticals, regular medicine or treatments, so patients understand also the value of healthy lifestyles. This shall be fostered by all national and international authorities, either through communication strategies and broad campaigns but also through the political options of investment in research areas to be developed and funded, in education and in the health and social care services that are provided.

- Invest on flexible and eclectic programs for training, education and lifelong learning (e. g. Erasmus+) that lead to professionals capable of embracing multidisciplinary challenges and holistic approaches.

- Standardise the measurements and taxonomy used for diagnostics between systems and trends monitoring, to avoid misvaluations of quality and availability of care therefore preventing underinvestment / underdevelopment of some countries or regions.

- Increase investment on deep knowledge about citizen's needs, expectations, preferences, health and care pathways through the use of big data, supporting decisions and priorities for strategic actions on prevention and implementation of Smart Healthy Age-Friendly Environments.

CALL 5 | GUARANTEE THE EMPOWERMENT OF CITIZENS AND THE PROMOTION OF PEOPLE-CENTRED POLICIES AND MEASURES

Sustainable development needs to start earlier: having a lifelong approach implies that it starts even before birth. We have to start from conception and birth to develop more healthy life styles. This will generate impact on health, wellbeing and the society as a whole.

Citizens need to be involved from the start of each development that concerns their living environments and their health and care. They are starting to be more engaged in research and development initiatives, but their participation is not yet structured which might be related with the lack of digital literacy and health literacy and even active citizenship as a whole.

Moving from treating diseases to focusing on prevention and well-being will be critical. Mind-sets need to change, and education is the key. Promotion of healthy lifestyles and well-being is making people autonomous through education.

It is also necessary that citizens get the opportunity to initiate improvements in their living environments themselves. This does not intend to pass the responsibility for the citizens but instead to promote a culture of shared responsibility between authorities and citizens – all working together towards common good.

RECOMMENDATIONS

EUROPEAN COMMISSION AND MEMBER STATES

- Enable and empower citizens by promoting more lifelong learning possibilities and higher participatory budgets. This should be fostered through the launch of a specific national/regional/local plan on citizen empowerment that establishes and funds a set of adequate measures to promote active citizenship and improved engagement in society.
- Encourage more education activities on aspects such as digital literacy, health literacy, and political / societal mobilisation to guarantee full and conscious engagement. Enhancing communication and awareness with citizens, either in the health and care field, as also at the management level, is essential so they can understand and take advantage of the available services. Updated strategies and plans at both national and European level shall be developed in these areas. Participation and involvement shall also be fostered by facilitating people's connection to the services and feedback tools, to improve health monitoring and confidence among users of digital tools.
- Invest in programs that improve intergenerational solidarity and reduce ageism, namely through communication campaigns but also in school curricula and new legislative measures.
- Promote that participatory approach methods are intrinsic parts of academic curricula and new professional profiles link with areas of knowledge like management and communication; new skills shall be developed to respond to new challenges and professionals need more flexibility and multidisciplinary knowledge and competences.

SPECIAL RECOMMENDATIONS TO CITIZENS

In the belief that co-creation and co-production is indeed the way to a better society, we find it inadequate that recommendations are only addressed to organised structures and policy makers. The construction of better and enhanced communities is a pathway that needs to be shared, and we therefore understand that citizens play, in their individual role, a fundamental part.

When recommending investing on prevention, healthy lifestyles and overall knowledge and citizenship we cannot overlook that this may only be possible if all of us, as persons and citizens accept, our responsibility to also participate in this process. We urge all citizens to:

BE EMPOWERED TO CHOOSE YOUR OWN LIFE!

- Accept the new care pathways brought with the XXIst century.
- Be co-responsible for yourself and your community regarding health and well-being.
- Embrace healthier lifestyles and take conscient decisions on health and care.
- Adapt your living environment to the friendliest usage possible.
- Participate in society and politics to have a voice in decisions.

The challenge that is launched through the work developed for SHAFE - Smart Healthy Age-Friendly Environments is one of the most strategic challenges for Europe nowadays and future days.

This is an eminently humanist debate, representing as cornerstone, a fundamental option.

The option to decide on what kind of society we want to live.

If in a society that cares about human values, or in a technocratic, economic society, that financialises people's lives.

It is not about overcoming science and rigor in the analysis of reality. It is about going further, knowing how we want to respond: involving everyone - because today's young people are the parents and grandparents of tomorrow - or just a few.

In other words, we must begin by questioning whether we promote a generationally conscious society, where everyone knows that there is room for everyone, with no definite place for exclusions and misunderstandings or unnecessary cleavages.

*His Excellence, the President of the Portuguese Republic
Professor Marcelo Rebelo de Sousa
(extract of the official message on SHAFE)*

RECOMMENDATIONS TO CITIZENS



WE EXPECT YOU TO
PARTICIPATE



+ HEALTH LITERACY



+ PHYSICAL EXERCISE



+ ADAPTED ENVIRONMENTS



+ ACTIVE CITIZENSHIP

CITIZEN
EMPOWERMENT

COORDINATORS



MAIN PARTNERS



ASSOCIATED PARTNERS



ASSOCIATED PARTNERS





Caritas Coimbra and AFEdeemy led on the development of this Call to Action in 2018, via the EU Health Policy Platform in collaboration with organisations working in the health, social ICT and building sectors.

Thematic Network 2018 on Smart Healthy Age-Friendly Environments, Carina Dantas, Willeke van Staalduinen, Ana Luísa Jegundo, Javier Ganzarain, Joint Statement on Smart Healthy Age-Friendly Environments, Coimbra and Gouda, 2018

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