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Conference Abstract

Patient empowerment

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Abstract

I. Individual commitment on Health literacy of functional decline and frailty related to ageing

Objective: Two international surveys aimed at doctors and 60+ older adult patients. The survey for doctors aims to assess the awareness of doctors on functional performance (/capacity) decline and frailty related to ageing and their possibilities to prevent/ delay the onset of these issues and/or mitigate their consequences.

The survey for patients also aims to assess the awareness, opinion and attitude of the population aged over 60 regarding healthy and active ageing. The surveys build on the conceptual framework of the European Health Literacy Project (HLS-EU).

This initiative is part of the European Innovation Partnership on Active and Healthy Ageing (EIPAHA). It started as an individual commitment to contribute to 'Prevention of frailty and functional performance (/capacity) decline' related to ageing and under the auspices of the EIPAHA, it became a more advanced endeavor under the framework of the A3 Action Group on Prevention of frailty and functional performance (/capacity) decline.

The initiative will result in an assessment of the views, needs, benefits and barriers related to health literacy (HL) of functional performance (/capacity) decline and frailty, related to ageing. The findings and the recommendations will constitute a unique tool to inform policies and decision-making at various levels.

The initiative is the result of voluntary work in partnership.

II. Other examples of activities on patient empowerment in the A3 group:

- A Community Assessment of Risk Screening Tool developed by the Cork Center for Gerontology and Rehabilitation, Ireland.
- Dissemination of animated films for patient empowerment developed within the NEIL programme in Ireland.

- The MISTRAL concept on patient empowerment that offers an ‘eco-socio-technological approach that empowers individuals with personalised knowledge, empathic support and trust for healthy lifestyles’ (Mistral presentation). Mistral is a consortium of 32 organisations from 16 countries led by the University of Aveiro, Portugal.
- A women health empowerment programme to increase compliance with exercise developed by the University of Valencia, Spain.
- Several tools developed by the Ageing@Coimbra consortium - Center Region of Portugal, such as the “Walking for memory” activity organized by the Alzheimer Portugal Patient Association, or several “Life style habits” activities for patients with type 2 diabetes or cardiovascular diseases, organised respectively by the Institute for Education and Citizenship - Mamarrosa, Oliveira do Bairro Municipality and the University of Coimbra.

Keywords

patient empowerment, adult patients, EIPAHA

Powerpoint presentation:

<http://www.integratedcarefoundation.org/content/workshop-how-do-we-empower-people-through-integrated-care>
