Bridging Health, Care, and Tech Innovation in Europe's Longevity Transition

A path to person-centered systems

Marco Albertini

The status quo

○ Where we are

    □ "ageing from the top" (*longevity*) + "ageing from the bottom" (*fertility*)

    □ [increased intergenerational geographical mobility; increasing women's participation to paid LM; depletion of "care drain flows"; constraints to further expansion of public spending on health and LTC systems]

=> Increasing LTC demand & decreasing (formal and informal) LTC resources

=> *Alzheimer and (diagnosed+early phases) dementia patients, 2M*

⇒ **Actual institutional and informal settings & mixes are not sustainable**

⇒ **"More of the same" approach is not sufficient**

The status quo

o Most of previous research, policy interventions and instruments are focused on

  □ care-receivers

  □ medical interventions

  □ labour (capital) intensive interventions

  □ a "family-by-default" approach + (limited) cash-for-care

  □ little (if any) integration of academia/policy/ngo stakeholders/private companies

Spoke 5 – Age-It approach:

o We focus on

- **caregivers'** (social, mental and physical) wellbeing, skills => productivity

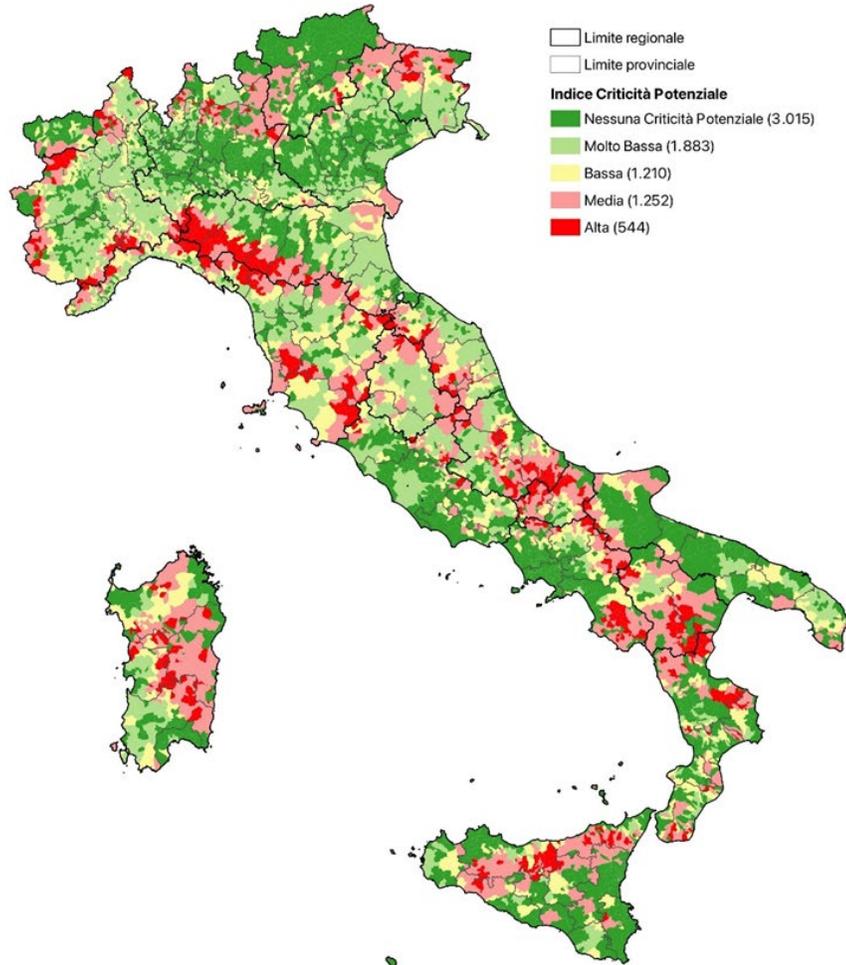=> improvement of sustainability and quality of care provided and care receivers' wellbeing

- interventions integrating social, psychological, educational, medical & policy approaches + trans-disciplinarity
- leveraging multi-actors coordination, multi-domain integration, **large scale technologically assisted interventions**

=> Data from surveys, institutional repositories and registers, surveys, wearables, sensors, and agent based models
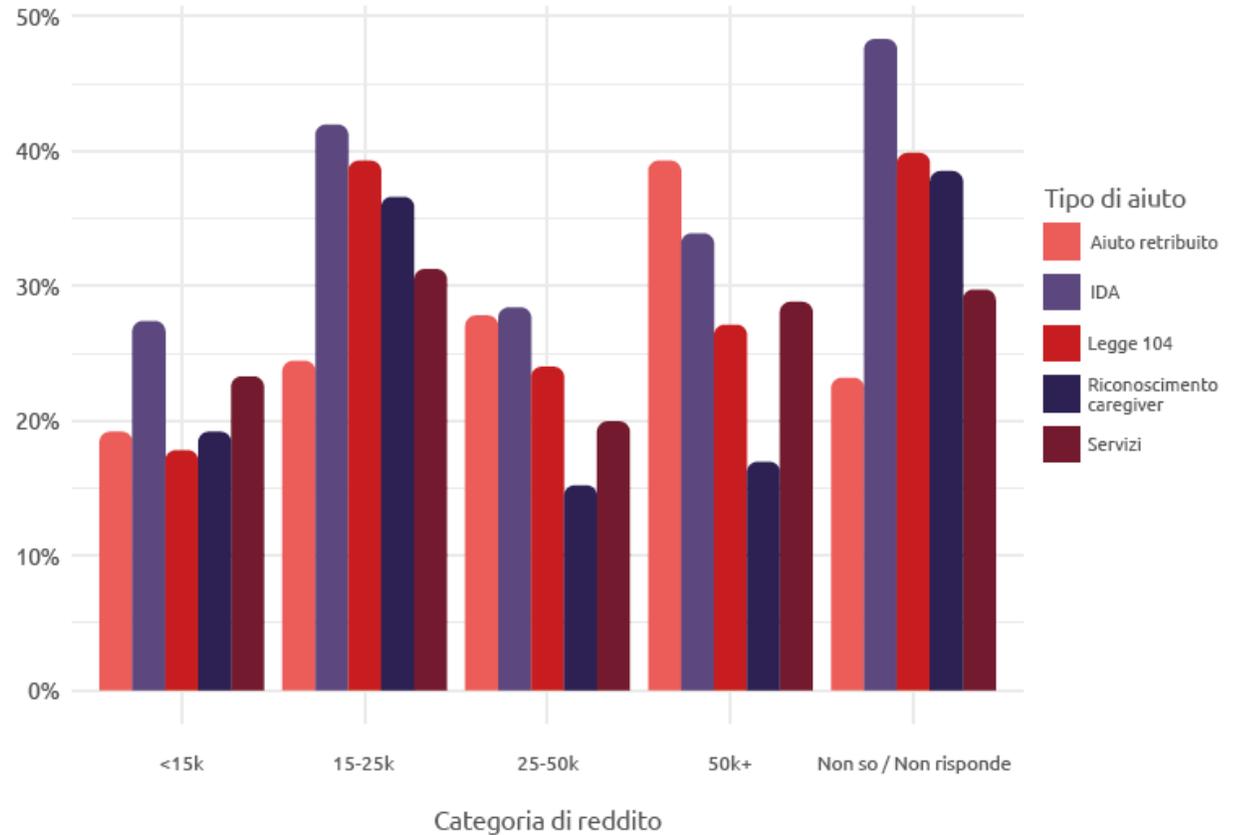
Spoke 5 – Age-It approach:

o **Mapping** demographic institutional and individual contexts and conditions

o **Monitoring** caregivers social-psychological- physical well-being

o **Training & informing** caregivers

o **Supporting policy making** (e.g., optimizing services location via walkability indexes)

o **Increasing social awareness** (relevance and salience)

o **Promoting institutional learning** (public, private and NGO)

Mapping – mapping LCT risks & resources

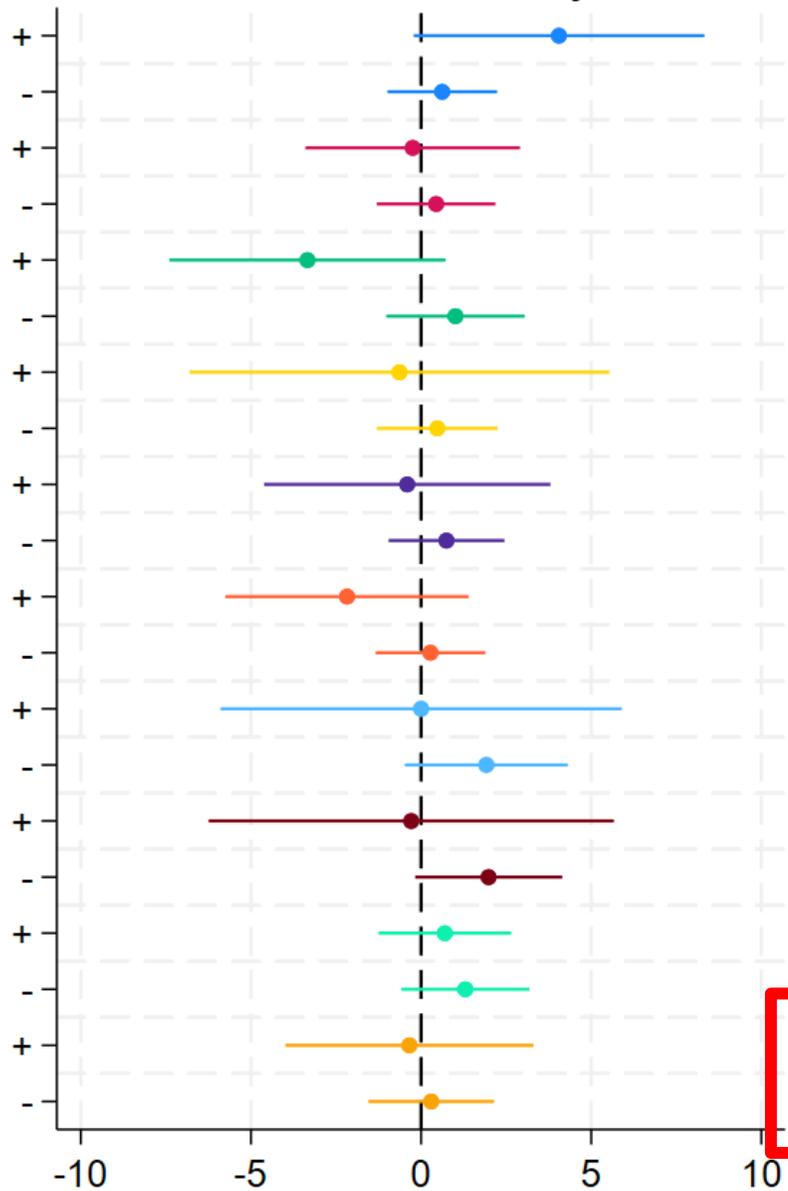Utilizzo di aiuti formali per reddito su campione caregiver residenti ER 50+
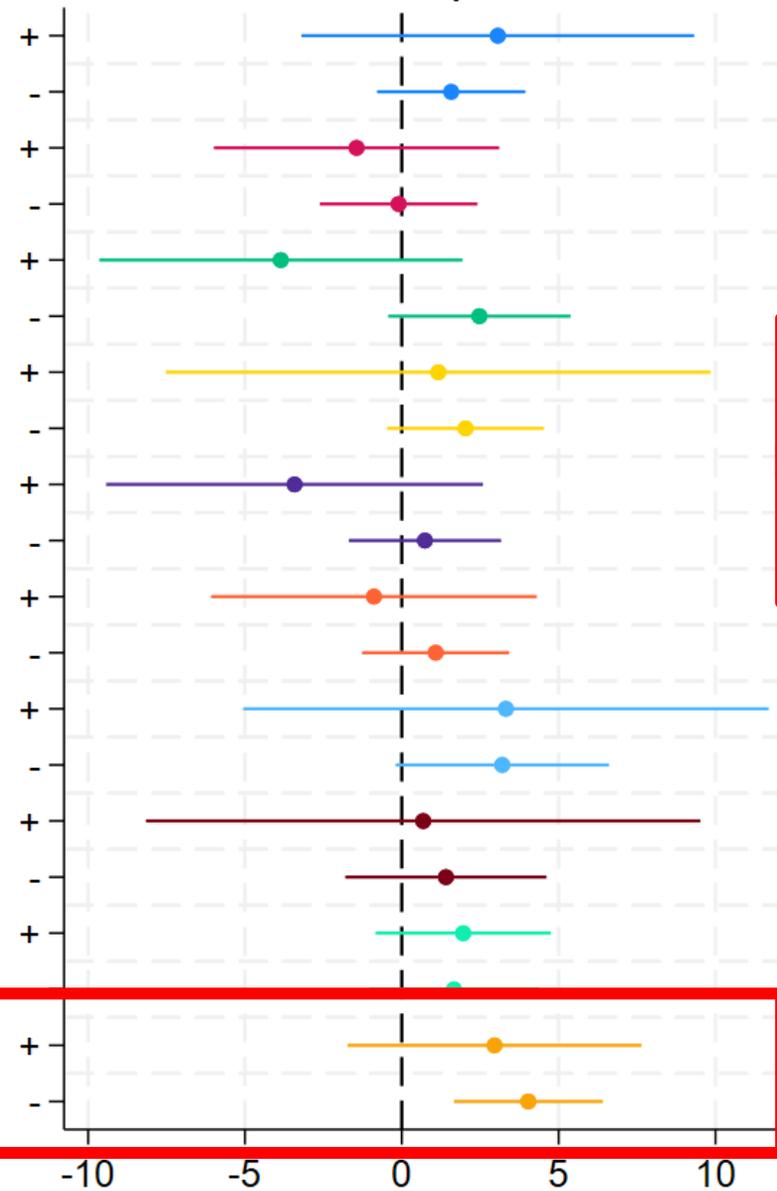
Monitoring caregivers (Dementia/Alzheimer)

ICare.IT =>

o A sensor-agnostic web-app monitoring informal caregivers' psychological, physical, and social well-being

o Subjectively assess care burden, quality of life, sleep quality, functional status, and well-being of family caregivers of PLwD → online questionnaire

o Objectively assess physical activity, sleep, and heart rate in family caregivers of PLwD → wearable sensors

o Identify the training, support, and care **needs** of family caregivers of people with dementia
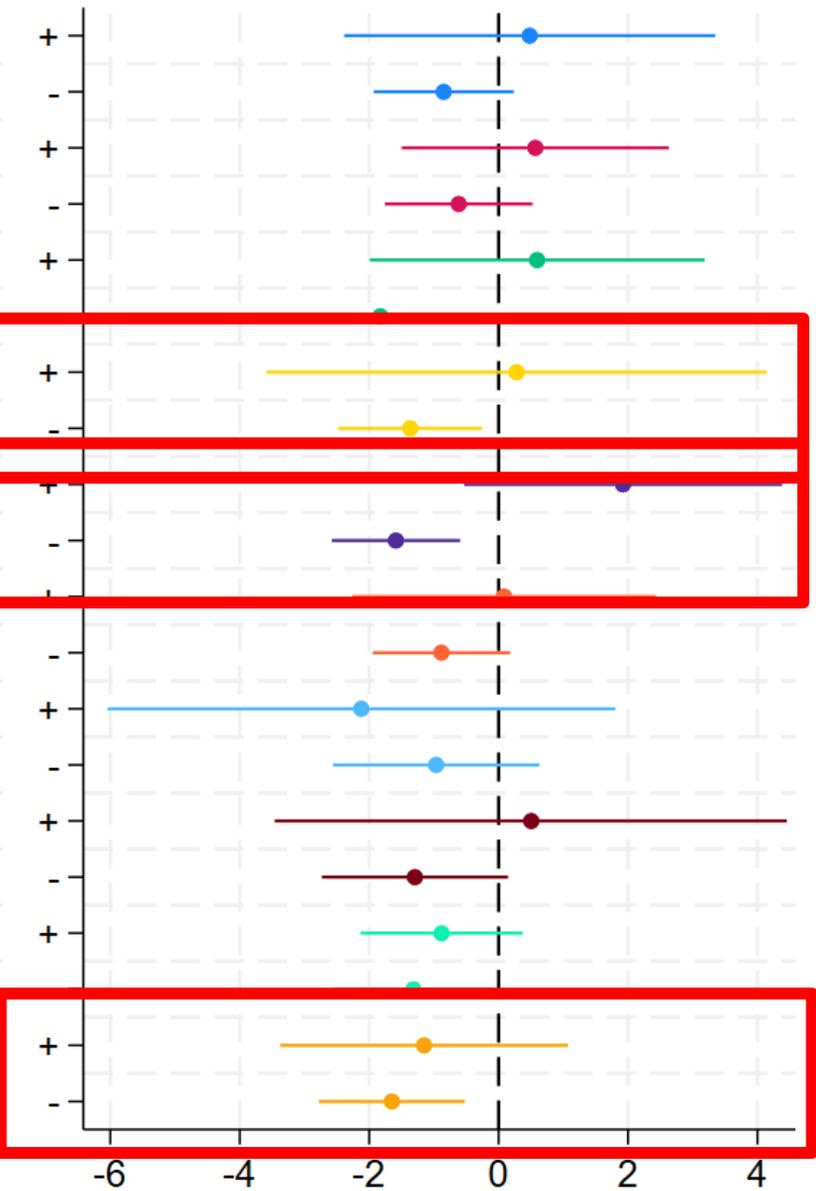
HADS: Anxiety | HADS: Depression | Life Satisfaction

Reference: Freq. stayed the same after caregiving

Type of Activity:
Friends · Family · Volunteering · Culture · Hobbies
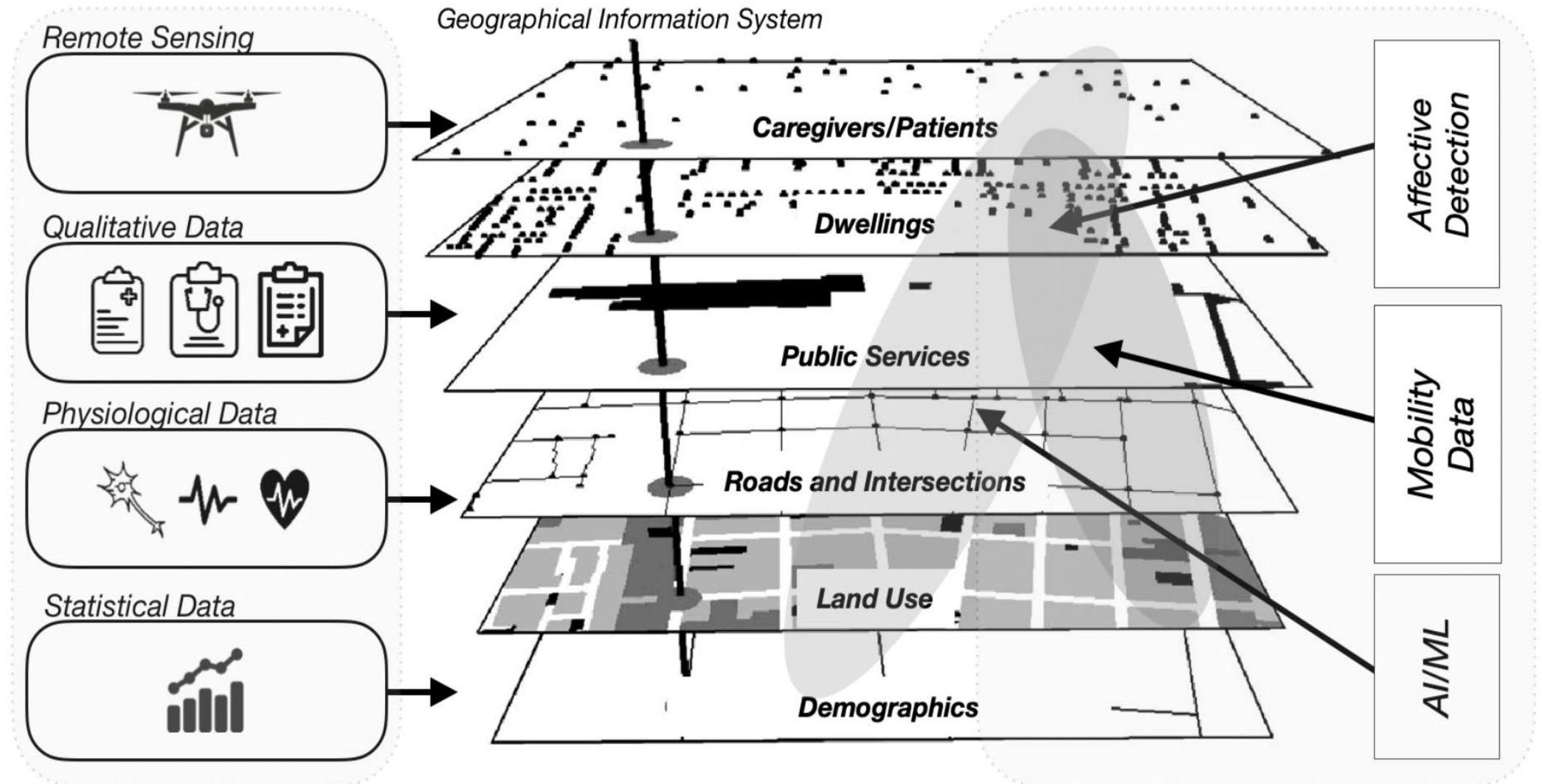Associations · Religion · Politics · TV · Games

Training and informing caregivers

○ Education & information platforms – location specific - providing basic support. Enhanced with the utilization of chatbots

  □ **https://fairskills.it/it/dashboard**

  □ **https://demo.youbify.youbiquo.eu/chat/aP2GYBwdtjr4UVeo**

  □ Integrating local-specific information on available public support services and measures and NGOs activities

=> Integrating monitoring web-apps with information + educational platforms

Supporting policy making in changing built environment

Supporting policy making in changing built environment

o improving walkability – modulating/attenuating limitations with daily living activities

Increasing social awareness

o Creating a public, national archive of caregivers' biographies via in-person interviews and qualitative self-interviews (audio or video) + sociodemographic data

o The archive will

    o Make available a large repository of qualitative interviews to scholars of caregiving

    o Give a "voice and face" to the *very different* dimensions of caregiving

o Data collection ongoing: 200+ (only in Italian): **https://site.unibo.it/alma-aging/it/storie-di-cura**

Thank you for your attention

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