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EUNAAPA_FY2014

JA2015 - GPSD [705038]

START DATE: 01/01/2014

END DATE: 01/01/2015

DURATION: 12 month(s)

CURRENT STATUS: Finalised

PROGRAMME TITLE: Second Programme of Community action in the Field of Health 2008-2013

PROGRAMME PRIORITY: -

CALL: Promote Health (Hp-2013)

TOPIC: IMPROVE CITIZEN'S HEALTH SECURITY (HS-2013)

EC CONTRIBUTION: 65453 EUR

KEYWORDS: Collection of Best Practices, Elderly, Lifestyle, Physical Activity

PORTFOLIO: Ageing

Mission and vision of the operating grant holder

The European Network for Action on Aging and Physical Activity (EUNAAPA), established in 2005, and formalised at the end of the EUNAAPA Project (DG SANCO 200536; 2006-2008). It is a thematic, collaborative network, currently consisting of 150 members working in the field of Physical Activity and Aging from 26 different countries and from different disciplines specifically science, professionals (e.g. physiotherapists), elderly representatives, policy. The EUNAAPA mission is to improve the health, wellbeing and independence of older people throughout Europe by the promotion of evidence based physical activity.

The vision of EUNAAPA is optimal health and quality of life for older people in Europe through physical activity and it aims to use evidence-based strategies to improve health and quality of life among older people in Europe through physical activity.

The EUNAAPA objectives are to:

1. identify, disseminate and promote evidence-based practice in physical activity for all older people in Europe;
2. select or develop evidence-based guidelines for practice in the area of aging and physical activity;
3. provide information, and expert advice to policy makers, providers and professionals in the fields of aging, physical activity, and health;
4. influence the development of educational curricula and standards of competence for professionals involved in the provision of physical activity for older people;
5. develop synergies among researchers, providers and professionals in the fields of aging, physical activity, and health;
6. support policymakers in intersectorial approaches to the promotion of physical activity among all older people;
7. cooperate with other organizations relevant to the promotion of physical activity among all older people;
8. involve older people in the development and implementation of network activities.

EUNAAPA's mission, vision and objectives are transformed into a multi annual roadmap and annual work plans designed with and communicated to the key stakeholders through a variety of dissemination tools including the website (www.eunaapa.org), newsletter and presentations.

Strategic objectives and specific activities

The EUNAAPA objectives are to:

1. identify, disseminate and promote evidence-based practice in physical activity (PA) for all older people in Europe;

2. select or develop evidence-based guidelines for practice in the area of aging and physical activity;
3. provide information, and expert advice to policy makers, providers and professionals in the fields of aging, physical activity, and health;
4. influence the development of educational curricula and standards of competence for professionals involved in the provision of physical activity for older people;
5. develop synergies among researchers, providers and professionals in the fields of aging, physical activity, and health;
6. support policy makers in intersectoral approaches to the promotion of physical activity among all older people;
7. cooperate with other organizations relevant to the promotion of physical activity among all older people;
8. involve older people in the development and implementation of network activities.

EUNAAPA is an action network that carries out activities that are in line with the goal and objectives as stated. In order to plan activities, the 2011-2016 roadmap has been developed with members and published by the SC. It describes step by step the EUNAAPA strategies and identifies priorities (see part 2.2). Annual work plans are based on this roadmap that include:

- training and education

Development of a training curriculum (started 2012), publishing of reviews for professionals (5 publications on assessment instruments, 2010-now), interaction with other international networks for consultation and dissemination (meeting with Health Enhancing Physical Activity-Europe(HEPA), 2012; network established with others, see 2.10)

- Awareness of health care personnel about role of PA in aging

Disseminate knowledge on evidence based strategies via best practice reports (i.e. successful PA programs & strategies), publications and presentations, especially among health care personnel (yearly since 2006, next 20 September 2013 in Leiden and EUGMS (European Union Geriatric Medicine Society, conference in 2014). Liaise with international organizations (i.e. EUGMS, IPTOP (International Association of Physical Therapists working with Older People), for results see 2.10).

- Policy strategies

Develop unified consensus statement regarding policy strategies on PA and aging, invite policy makers to meetings (Verona 2008, Brussels 2011), publish executive summaries (i.e. on assessment instruments), flyers and workshops (Brussels, 2011); projects (PASEO, Successful Alliance Building for Physical Activity Promotion among Older People); develop national intersectoral alliances (in 12 countries, 2008-2011); coordinate activities at an EU level by developing synergies and cooperation between representatives of different target groups, i.e. EGREPA (European Group for Research into Elderly and Physical Activity), HEPA-Europe, PROFANE/PROFOUND (Prevention of Falls Network Europe), IPTOP, AGE Platform etc. (see 2.10)

- Supportive strategies

Offer structure for interaction and disseminating knowledge for people working in the field of physical activity and aging to interact with each other: meetings, symposia and website (www.eunaapa.org), social media (@EUNAAPA).

Apply for and carry out projects which are in line with the goal and objectives of the network such as EUNAAPA (2006-2008) and PASEO (2008-2011)

Secure project results for future use (i.e. store documents on the website, work on publications etc.).

Expected outcomes

The objectives of the work program 2014 (in concurrence with EUNAAPA`s roadmap): (1) to educate and enhance awareness in medical professionals and (2) support strategies to disseminate and exchange knowledge and expertise on EU, national and regional level.

The activities and methods for education and creating awareness include:

(1a)Development of European training Curriculum

The International Society for Ageing and Physical Activity (ISAPA) has developed with the WHO a Curriculum Guideline for Preparing PA Instructors of Older People. The curriculum consists of nine only generally described modules & topics covering for instance: aging population, physical assessments, age-related medical conditions, ethical issues. A working group will be organized with expert EUNAAPA members to adapt these to the European educational system (i.e. adaptations and more detailed description of modules and topics to fit target group) and use EUNAAPA output (i.e. systematic reviews about assessments of PA and physical function). Each module will be then discussed and optimized during a Summer School (see below) in order to achieve the best immediate application on practice. The target group will be medical professionals (such as physiotherapists, nurses, physical educators, occupational therapists).

Outcome: final version of the European curriculum ready for distribution via internet (download) and printed copies (100-200).

(1b)Organization of Summer School for educators

A Summer school for educators of professionals (20-40) working with older adults will be organized. The finalization of training modules will be part of the program which also includes diversity of the older population, aging processes, effects of PA, motivation, exercises types. This school will be run in Italy, organized by University of Verona and include theoretical lectures and practical workshops for participants to reach an elevated standard of education immediately translated in the development of local initiative of education.

Outcome: 20-40 summerschool participants.

(1c)Regional courses

Through combined action of EUNAAPA members and Summer School participants training modules will be disseminated at regional level to create educational opportunities to improve the professional standard for prevention and care of older adults. The target group will be academic and professional schools involved in education and upgrading of medical professionals in charge of care and health promotion for aged population. Having a modular set of topics we enable different educational courses, matching the needs of country and audience, having a strong scientific bases and several practical outcomes as elaborated during the Summer school. The course will be taught by local EUNAAPA members, Summer School participants and local representatives.

Outcome: regional courses in 5 EU countries (BE, SE, IT, GER & 1 East European country) reaching 15-30 professionals each.

The activities and methods for supporting strategies to disseminate and exchange knowledge and expertise on EU, national and regional level include:

(2a) Coordination of activities at EU level by developing synergies and cooperation between EU networks and platforms related to PA and aging and different target

groups: scientists (EGREPA, HEPA-Europe, PROFANE/PROFOUND), professionals (IPTOP, EUGMS), older persons (AGE Platform), private companies (EEN). All organizations mentioned have agreed to participate in this initiative.

Outcome: alliance meeting `Be Part` of at least 8 organizations and roadmap for future strategies.

(2b) disseminating knowledge and support to professionals by regional courses, website, newsletter, social media (i.e. Twitter), symposia, especially in those EU countries that are underrepresented in EUNAAPA. Start of 2 Linked In groups for scientists and professionals. Distributing knowledge to citizens via start of Facebook page.

Outcome: increased knowledge in professional

COORDINATOR, LEADER CONTACT AND PARTNERS

COORDINATOR



TNO Netherlands Organization for Applied Scientific Research
(TNO Netherlands Organization for Applied Scientific Research)

Schoemakerstraat 97
2628 VK DELFT

Netherlands

PARTNERS

No partners related to the current project

D01 - Member's section on website (EN)

TNO Netherlands Organization for Applied Scientific Research

EUNAAPA_FY2014 (EUNAAPA_FY2014)

Published on: 01/01/2014

http://ginume.cc.cec.eu.int:8082/publications/20133201/20133201_d01_01_oth_en_ps_eunappa_org.pdf

D02 - European Training Curriculum (EN)

TNO Netherlands Organization for Applied Scientific Research

EUNAAPA_FY2014 (EUNAAPA_FY2014)

Published on: 01/01/2014

http://ginume.cc.cec.eu.int:8082/publications/20133201/20133201_d02_01_oth_en_ps_d2_eunaapa_training_curriculum_2014-l.pdf

D03 - Attendance list and popular summary of the summer school (EN)

TNO Netherlands Organization for Applied Scientific Research

EUNAAPA_FY2014 (EUNAAPA_FY2014)

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http://ginume.cc.cec.eu.int:8082/publications/20133201/20133201_d03_01_03_oth_en_ps_d3a_eunaapa_summer_school_participants_binder.pdf

D04 - List of regional courses that use training modules (EN)

TNO Netherlands Organization for Applied Scientific Research

EUNAAPA_FY2014 (EUNAAPA_FY2014)

Published on: 01/01/2014

http://ginume.cc.cec.eu.int:8082/publications/20133201/20133201_d04_01_oth_en_ps_d4_list_of_regional_courses_eunaapa_operating_grant_2014.pdf

D05 - Roadmap of shared future strategies form EU networks and platforms (EN)

TNO Netherlands Organization for Applied Scientific Research

EUNAAPA_FY2014 (EUNAAPA_FY2014)

Published on: 01/01/2014

http://ginume.cc.cec.eu.int:8082/publications/20133201/20133201_d05_01_oth_en_ps_d5_draft_rome_statement_eunaapa_2014.pdf

D06 - Powerpoint presentation of Symposium at EUGMS conference (EN)

TNO Netherlands Organization for Applied Scientific Research

EUNAAPA_FY2014 (EUNAAPA_FY2014)

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http://ginume.cc.cec.eu.int:8082/publications/20133201/20133201_d06_01_02_oth_en_ps_d6a_eugms_symposium_eunaapa-iptop-hepa_2014_binder.pdf

D07 - leaflet results EUNAAPA 2014 (EN)

TNO Netherlands Organization for Applied Scientific Research

EUNAAPA_FY2014 (EUNAAPA_FY2014)

Published on: 01/01/2014

http://ginume.cc.cec.eu.int:8082/publications/20133201/20133201_d07_01_oth_en_ps_d7_leaflet_with_eunaapa_results_work_plan_2014.pdf

D08 - Evaluation report (EN)

TNO Netherlands Organization for Applied Scientific Research

EUNAAPA_FY2014 (EUNAAPA_FY2014)

Published on: 01/01/2014

http://ginume.cc.cec.eu.int:8082/publications/20133201/20133201_d08_01_oth_en_is_d8_end_report_evaluation_eunaapa_2014.pdf

Final report

TNO Netherlands Organization for Applied Scientific Research

EUNAAPA_FY2014 (EUNAAPA_FY2014)

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http://ginume.cc.cec.eu.int:8082/publications/20133201/20133201_ffr_en_is_final_financial_report_og_eunaapa_2014_binder.pdf