

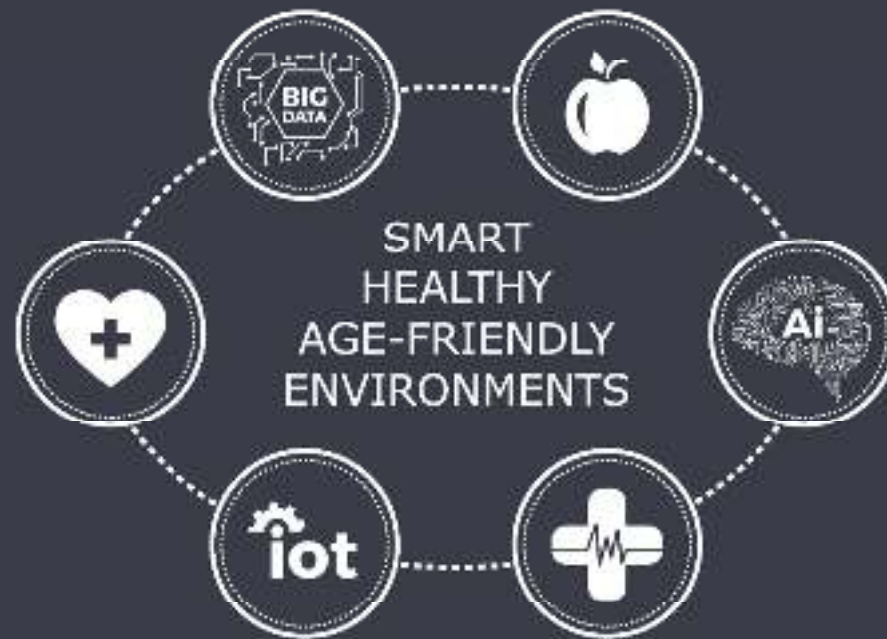


# Taking the world a step forward



**Carina Dantas**

**Smart Healthy Age-Friendly Environments and the NET4Age-Friendly Network**  
9th ECTP Conference | 2 December 2021



STAKEHOLDERS NETWORK

**SHAFE**

A photograph of an older man and a younger woman on a boat. Both are wearing bright orange life jackets. The man, with grey hair, is smiling and looking towards the woman. The woman is wearing a blue beanie and a blue jacket, looking up at the man. They are on a wooden boat with a railing. The background shows a body of water and a dense line of green trees. A semi-transparent grey box with white text is overlaid on the lower half of the image.

If people should live and grow old in their homes,  
**how to align technology with the construction industry**  
in terms of **POLICIES** and **FUNDING**,  
to create **smart environments**, a more efficient **health system**,  
better **social and community** support and greater **quality of life?**

A new concept was created since 2017, based on the desire to implement **Smart Healthy Age-Friendly Environments (SHAFE)** across Europe, fostering happier and healthier people in all communities. This idea took shape and became a solid movement.



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#### COORDINATORS



#### MAIN PARTNERS



SHAFE began as a Thematic Network, approved by the European Commission, with the ambition to draw policy makers, organisations and citizens' attention to the need of better alignment between health, social care, built environments and ICT, both in policy and funding.

The conclusions of this extensive work in 2018, gathering over 160 organisations as partners, was delivered to the European Commission and Member States in a Joint Statement and a Framing Paper in December 2018.

After this, SHAFE evolved to a European **Stakeholders Network**, which is currently working to achieve better COOPERATION and IMPLEMENTATION, as the major challenges for this next period.

## ASSOCIATED PARTNERS

**~170 ORGANISATIONS**



# JOINT STATEMENT ON SMART HEALTHY AGE-FRIENDLY ENVIRONMENTS



## RECOMMENDATIONS TO CITIZENS



**WE EXPECT YOU TO  
PARTICIPATE**



+ HEALTH LITERACY



+ ADAPTED ENVIRONMENTS



+ PHYSICAL EXERCISE



+ ACTIVE CITIZENSHIP

**CITIZEN  
EMPOWERMENT**

WHAT'S MISSING?

COOPERATION

and

IMPLEMENTATION



**TASK FORCE SHAFE?**

**POSITION PAPER 2020**



## ICT is key, but single digital solutions are not the panacea to all issues:

### **CITIZENS** need to improve:

- digital skills
- health literacy
- engagement and democratic participation
- inequalities in access

### **ENVIRONMENTS** have as major challenges:

- affordable housing
- house retrofitting
- digital infrastructures
- public spaces and transport
- climate neutral solutions

### and, finally, **PUBLIC SERVICES** need:

- reliable and accessible big data
- integrated and person-centered solutions
- implementation guidelines and long-term funding solutions/business models

**We acknowledge that all these challenges are interconnected and that a global approach is needed!**

## THE SOLUTION

# How to scale-up and implement SHAFE?

### 7 POLITICAL MEASURES TO IMPLEMENT IN REGIONS / MS

#### **Policy makers**

What financial incentives can you approve to foster the implementation of SHAFE?

#### **Insurance companies**

What measures can be included in insurance packages that foster SHAFE?

#### **Citizens**

What commitment is fair to ask on taking the lead on healthy habits and digital & health literacy?

#### **Financers**

What measures do you need to invest or develop SHAFE?

#### **Health & care providers**

What measures are lacking to implement SHAFE and what can you contribute?

#### **Researchers/Academia**

what can you bring on lifelong learning/digital skills and research for prevention?

#### **Building industry**

What can you bring and what do you need for smart built environments?

# International Interdisciplinary Network on Smart Healthy Age-friendly Environments

With **researchers and  
stakeholders** from all sectors.

**NET4**  
Age-Friendly



**Chair**  
Carina Dantas



**Vice-Chair**  
Willeke van Staalduinen

**cost**  
EUROPEAN COOPERATION  
IN SCIENCE & TECHNOLOGY

 Funded by the Horizon 2020 European Programme  
of the European Union

The main goal is to foster **awareness and support the creation and implementation of smart, healthy indoor and outdoor environments** for present and future generations.

Public authorities,  
standards  
organisations

Academics and  
scientists

Citizens

Businesses, caregivers,  
and non-governmental  
organisations



**MANAGEMENT COMMITTEE**  
**82 MEMBERS | 56 Substitutes**  
**46 Countries**

**FULL NETWORK**  
**~320 participants**

People should not need to adapt  
to environments or solutions

We advocate for solutions and  
environments that **include,  
adapt, grow, and respond to  
our personal needs, at any  
age or condition**

**NET4**  
Age-Friendly

Smart Healthy Age-Friendly Environments

**cost**  
CONSORTIUM FOR  
INNOVATION IN  
SCIENCE & TECHNOLOGY

 Funded by the Horizon 2020 European Programme  
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# HEALTHY environments

Healthy environments support people to remain active and prevent from certain diseases. Healthy environments are safe and inviting, promote physical activity and participation in society.



## Healthy lifestyle

Food, physical activity, moderate use of alcohol and tobacco, relaxation, good mental health support wellbeing and health



## Medicines and therapies

Pharmaceutical treatment, physical activity therapy, rehabilitation, music therapy or trainings support recovery or life with a disease or impairment



## Caretaking

Taking care of people who struggle with chronic diseases or impairments, such as dementia, Parkinson's disease, mobility problems, mental problems

# SMART environments

Digital or ICT applications are everywhere. For example: smartphones, internet and WIFI at home, streaming services, and digital watches. The devices and software need to be user-friendly designed, safe to use, supportive to citizens and offer reliable data handling.



## Smartphones and tablets

Phones with iOS or Android or tablets provide many functionalities such as internet, data, social media, games.



## Smart home technology

WIFI, home sensors, internet: comfort, health advice and monitoring, independent living support



## Outdoor smart technology

Wearables, smart lighting, transport orientation aids , and many others support and promote an active lifestyle

# BUILT environments

Built environments that are accessible, user-friendly and inclusive support individuals to live, to work, to recreate and relax, to love and promote their wellbeing



## Housing

Apartments and houses where people live support wellbeing and health



## Outdoor spaces and buildings

Public buildings, streets, pathways, motorways belong to outdoor spaces support social inclusion and health



## Mobility

Trains, buses, cars, bicycles are means of transport that are accessible and user-friendly

Establishment of local or regional ecosystems to work on  
**health & wellbeing in an inclusive digital world.**

With citizens, public authorities, businesses, NGOs and researchers.

They will be supported by 5 **Working Groups**.



**BUSINESS MODELS?**





**"Success is not final; failure is not fatal: It is the  
courage to continue that counts."**



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