

Scotland – Andalusia (Living it Up)

Twinning overview

Originator: NHS 24, Scottish Centre for Telehealth and Telecare, Scotland	Adopter: Regional Ministry of Health of Andalusia, Andalusia	Innovative Practice: Living It Up
Innovative Practice Description		
<p>The innovative practice that Scotland has shared with Andalusia is the experience of co-designing an online self-management hub called “Living it Up” (LiU) which has been designed with and for people aged 50+ living with one or more long-term health conditions. LiU is a digitally enabled community that provides holistic opportunities to support improved health, wellbeing and active lifestyles. LiU enables people to connect to their support circle (including family, friends, informal support and health and care professionals), to be motivated to use technology to improve their health and wellbeing and to be empowered to be confident contributors to the “Living it Up” community, sharing their experiences and knowledge.</p>		
Link to the EIP on AHA Repository of innovative practices:		
https://ec.europa.eu/eip/ageing/repository/living-it_en		
Innovation Scope:		
<ul style="list-style-type: none"> • Online platform for self-monitoring for people above 50 with long term health conditions • ICT-supported integration of health and social care services • Multi-disciplinary team support, workflow, care planning and co-ordination 		
Innovation Type:		
<p>Partial adoption: there are elements and aspects of the LiU platform that have been adopted in the design and implementation of the Andalusian AHA platform. Among these elements:</p> <ul style="list-style-type: none"> • Mechanisms for citizens’ engagement, • Selection of services available in the platform and their layout, • Ways to better involve different stakeholders, • Need to incorporate performance and results assessment. 		
AHA Action Group:		
<ul style="list-style-type: none"> ✓ B3. Replicating and tutoring integrated care for chronic diseases, including remote monitoring at regional level 		
Twinning Objectives:		
<p>The objective of the twinning activities is to facilitate learning about the Living it Up self-management collaborative platform, the stakeholders involved, the implementation methodologies and the change management performed within health and care systems to enable access to information and training for patients, citizens, caregivers and health and care professionals. Objectives:</p> <ul style="list-style-type: none"> • Provide information about key learning from the development of “Living it Up” to enable Andalusian experts to acquire knowledge and skills in the design and development of digital platforms for the promotion of active and healthy ageing. Specific issues to be discussed have been: successes, challenges faced and things to do differently. • Promote inter-regional partnerships between relevant experts and stakeholders to facilitate longer-term knowledge transfer and learning. This is currently on-going. 		
Twinning end result:		
<p>There are 1.2M people over 65 years in Andalusia and, along with health and social care professionals and their families and relatives, are the potential users of the Andalusian AHA platform. This digital solution will facilitate building alliances and collaborations among citizens, different</p>		

professionals involved from health care, social care and education.

After the twinning activities, a wide range of recommendations were commented and several lessons have been shared, such as:

- Need of adequate coordination with other services potentially available,
- Link with local services and information in the community,
- Involvement of relevant experts,
- Incorporate evaluation and assessment performed during the implementation phase, similar to the one carried out during the implementation of LiU.