



Co-funded by
the Health Programme
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WP 9

Best European practices of health promotion targeting different age groups of older population


Overview of the manual and other training material concept,
model of training and dissemination,
work plan

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Consumers, Health and Food Executive Agency (Chafea)
12 rue Guillaume Kroll, Luxembourg (Gasperich)
Drosbach Building A, room A3/043

WP9 - Overview

- **Lead:** JUMC
- **Partners:** UM, UCSC, UB
- **Duration:** April 2016 – Sept. 2017 
- **Main tasks:**
 1. **Manual** describing best practices of implementation methods of health promotion among the elderly
 2. **Making the manual widely accessible** through the project web site
 3. **Reaching out to street-level health promoters** in the Main and Associated Partner countries
 4. **Diagnosing information deficits and knowledge gaps** of the street-level health promoters and their needs assessment
 5. **Report** on the knowledge gaps and the needs of health-promoters
 6. **„Trainings for trainers”** - for selected street-level health promoters
 7. **Creating a network** of well-informed health-promoters



Timetable specification

	WP 1	WP 2	WP 3	WP 4	WP 5	WP 6	WP 7	WP 8	WP 9
M 1	X	X	X	X	X	X	X		
M 2	M/D	X	X	X	X	X	X		
M 3	X	X	X	X	X	X	X		
M 4	X	X	X	X	X	X	X		
M 5	X	X	X	X	X	X	X		
M 6	X	M/D	X	X	X	X	X		
M 7	X	X	X	X	X	X	X		
M 8	X	X	X	X	X	X	X		
M 9	X	X	X	X	X	X	X		
M 10	X	X	X	X	X	X	X		
M 11	X	X	X	X	X	X	X		
M 12	X	X	X	X	M	X	X		
M 13	X	X	X	X	X	X	X		
M 14	X	X	X	D	X	X	X		
M 15	X	X	X	X	X	X	X		
M 16	X	X	X	X	X	X	X		
M 17	X	X	X	X	X	X	X		
M 18	X	X	X	M/D	D	X	M	X	X
M 19	X	X	M/D			D	D	X	X
M 20	X	X	X			X		X	X
M 21	X	X	X			X		X	X
M 22	X	X	X			X		X	X
M 23	X	X	X			X		X	X
M 24	X	X	X			M		X	X
M 25	X	X	X					X	X
M 26	X	X	X					X	X
M 27	X	X	X					X	X
M 28	X	X	X					X	X
M 29	X	X	X					X	X
M 30	X	X	X					D	X
M 31	X	X	X					X	X
M 32	X	X	X					X	X
M 33	X	X	X					X	X
M 34	X	X	X					X	D
M 35	X	X	X					X	M
M 36	M/D	M	M/D					M	

Legend:

- X - Work package duration (start to final months)
- D - Month when deliverable will be produced
- M - Month when milestone will be reached



Specific objective 6

Implementation of innovative best practices

Process Indicators

Output Indicators

Outcomes Indicators

Developing **training manual** with the involvement of experts, according to the steps in the project plan, period: project months 18-33.

1 training manual in English and local languages ready for dissemination and use in the project trainings, latest in project month 33.

At least 3 of 4 external experts who evaluate the training manual, give a positive feedback, project month 33.

Organization of **trainings** in chosen European countries with the involvement of experts, according to the project plan, project months: 33-34.

Successful completion of 3 trainings in chosen European countries, latest in project months 33-34.

Full number of 50 health promoters in chosen European countries successfully complete the trainings and 70 % of them express satisfaction with the training content and materials, project month 34.

Evaluating the outcomes and impacts of the 3 trainings with the involvement of experts and training participants, according to the project plan, period: project month 34.

1 training evaluation and diagnostic report describing the outcomes and impacts of the training, latest in project month 34.

70% of the participants in the trainings pass a practical test successfully, one month after the completion of trainings, project month 35.

Developing 1 sustainability strategy to ensure that the project effects are sustained after the project is completed, according to the project plan, period: project month 34.

70% of the institutions approached consider implementing the manual in their daily work practice, project month 35.

1 document presenting the sustainability strategy and results of internal and external discussion about it, latest in project month 34.



PROJECT

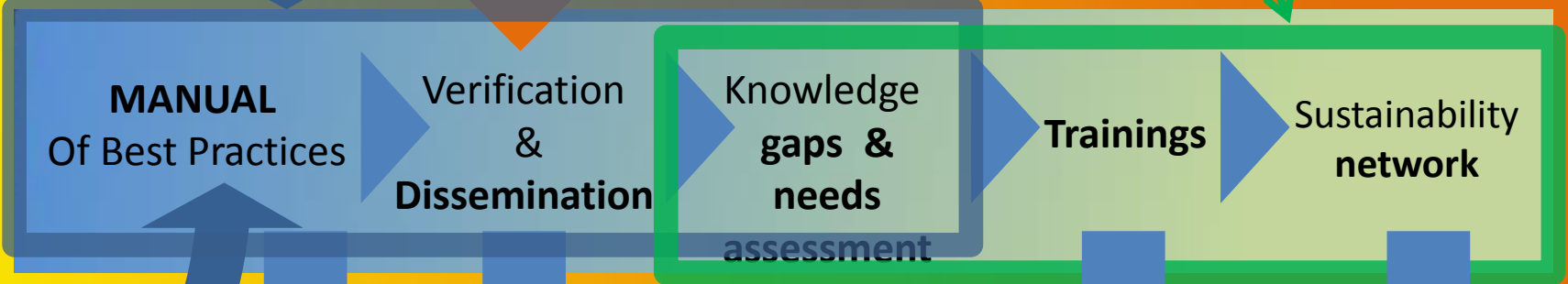
WP 4, 5, 6, 7, 8

Board of Promoters

DIAGNOSTIC component

TRAINING and Sustainability component

WP9



Other data sources

Target trainees

External audience - stakeholders

The main tasks WP9

Details

- 1. Preparing a Manual** based on the results of WP5, WP 6 & WP 7, describing Best Practices (BP) of implementation of the evidence-based and cost-effective methods of health promotion among the elderly:

- A. Setting a *framework*** for collecting and evaluating data
- B. Gathering the examples** of best practices from projects' WP's
- C. Complementary research** for other relevant BP (literature)
- D. Evaluating** all BP according to a *framework* + **conclusions**
- E. Draft** of a Manual and **consulting** with Board of Health Promoters
- F. Final version** of the Manual

Review of **Good Practices**

▶ **Setting a *framework*** for collecting and evaluating data *„Template”*

(in conjunction with: WP4 - 8)

- ***Subject of the intervention***
- ***Elderly population targeted***
- ***Implementation method***
- ***Resources engaged for implementation***
- ***Results and effectiveness***
- ***Lesson learned and recommendations***

The main tasks WP9

Details

1. **Preparing a Manual** based on the results of WP5, WP 6 & WP 7, describing Best Practices (BP) of implementation of the evidence-based and cost-effective methods of health promotion among the elderly:
 - A. **Setting a *framework*** for collecting and evaluating data
 - B. **Gathering the examples** of best practices from projects' WP's
 - C. **Complementary research** for other relevant BP (literature)
 - D. **Evaluating** all BP according to a *framework* + **conclusions**
 - E. **Draft** of a Manual and **consulting** with Board of Health Promoters
 - F. **Final version** of the Manual

The main tasks WP9

Details

2. Making the manual widely accessible for all current and future stakeholders **through the project web site** so that it can be used by health promoters throughout Europe:

- A. Main stakeholders **identification**
- B. Elaboration of **dissemination policy** and targets
- C. Fitting the elaborated materials to **communication channel(s)**
- D. **Usage of website** and other social media for dissemination

The main tasks WP9

Details

3. Reaching out to street-level health promoters

in the Main Partner countries and Associated Partners
through the Board of Health Promoters:

- A. Communication with the BoHP and setting the **contacts***)
- B. Identification of the **targets audience** and information **process**
- C. **Communication** and **feedback**

**) with such key persons as GPs, country and local policy makers, teachers, NGOs activists, Trade Unions and industrial safety activists, health oriented journalists, etc*

The main tasks WP9

Details

4. **Diagnosing information deficits and knowledge gaps** of the street-level health promoters for whom trainings will be provided and who are principally responsible for healthy life promotion among the elderly.
 - A. Elaborating the **tool to diagnose** the up-to-date level of knowledge
 - B. Consultation with **BoHP**
 - C. Gathering and **analyzing data + conclusions (needs assesment of health promoters)**

The well-developed awareness of information gaps and special information needs of street-level health promoters is crucial to elaborate ways to ensure that in their subsequent daily work they will become "ambassadors" of the expertise and knowledge gathered in this Project

The main tasks WP9

Details

5. **Preparing a report showing the knowledge gaps and needs assessment of street-level trainers** which will serve as a basis for preparing specific training materials and training scenarios for them
 - A. Report **framework** setting: content and authors
 - B. Consultation with the **BoHP**
 - C. Preparation of **draft Report** and consulting with the **AB**
 - D. Setting the **final version** of the Report

The main tasks WP9

6. **Organizing “Trainings for trainers” for street-level health promoters:** two pilot trainings for promoters of healthy aging will be organized .
 - A. Preparation of detailed **training scenario** and training materials based on the Best Practices Manual
 - B. **Consulting** the training scenario and materials with the BoHP
 - C. Working out the **final version** of training materials and training scenario
 - D. **Recruiting the participants** of trainings (acc. to the suggestions of BoHP)
 - E. Completion of trainings
 - F. **Evaluation** of trainings and training materials by participants

One training will be held in Poland, and the second in one of three project partner countries. The main goal of this task is providing street-level health promoters with knowledge on risk prevention and evidence-based model practices of health promotion for seniors. The target group will consist of carefully selected street-level health promoters, e.g. GPs, teachers from the Third Age Universities, social workers, NGO leaders, community activists, journalists

The main tasks WP9

Details

7. **Creating a network of well-informed street-level health-promoters**, fully informed about the Project and ready to co-operate with all institutions involved in senior population policy on regional and country-level - to disseminate the idea of promotion of healthy aging among the elderly.
 - A. Elaborating the desired **profile** of street-level health promoters
 - B. Preparing a **plan of reaching them** + policy of keeping them active
 - C. Consultation with the **BoHP**
 - D. Implementation**
 - E. Support for the **continuation** and next development

This semi-formal network will be also responsible to provide the Board of Health Promoters and the Project partners with additional knowledge about the barriers to the dissemination of the Project results (institutional barriers, financial problems, policy gaps, demand barriers, supply barriers).

This network will also be constantly motivated to work with older people directly (on the street level) on the further refinement and creative development of the knowledge about health promotion within this special group, also after the Project is finished, to spread the good news about the health empowerment among the elderly.

Products of WP9

- **Manual** of Best Practices
- Tool to measure **information gaps** and knowledge deficits
- **Training materials**
- Pilot **trainings** + evaluation and diagnostics
- **Network** of street-level promoters

Deliverable #	Deliverable title
6	Interim project report
10	Final project report

Milestones reached by this work package

#	Milestone title	Month of achievement
1	Interim project evaluation (month 19)	19
2	Final project evaluation (month 36)	36



WP 9

Best European practices of health promotion targeting different age groups of older population

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Thank you