



Observatory Venice Summer School 2011
San Servolo, Venice, 24–30 July 2011

The Ageing Crisis: A Health Systems Response

Objectives: To bring together high and mid level policy-makers in a stimulating environment to focus on ageing and what it means for health systems. Summer School draws on the latest evidence; a team of experts; the experiences of participants in practice; and a tradition of promoting evidence-based policy-making and fostering European health policy debate. It aims to raise key issues, share learning and insights and build lasting networks.

Approach: The six day course combines a core of formal teaching with a highly participative approach involving participant presentations, round tables, panel discussions and group work. There will be opportunities for participants to develop a concrete case study that cuts across themes and to engage in political dialogue at the opening session.

Programme: The course is divided into three modules (see also detail on page 3)

MODULE 1: The challenges of ageing

The first module will set out the overall challenges that demographic ageing will bring; including

- **Projections** – the anticipated challenges of ageing reference scenarios
- **Wider policy challenges** the implications for society and the economy of demographic ageing
- **Context of health system challenges** the wider set of issues facing health systems as populations age and their health needs change

MODULE 2: Promoting healthy ageing

This module will set out how to promote healthy ageing from overall principles and techniques to key areas including practical examples and resources.

- **Key targets for promoting healthy ageing and minimizing illness** will draw on evidence identifying the key causes of mortality and morbidity where interventions make a real difference.
- **Best practice in health promotion for older people** will draw on evidence and experience from across Europe of what works best
- **Working in partnership** – will tackle how health systems can best work with older people and the organizations that represent and support them in effective partnerships.
- **Maintaining economic and social integration** - will explore the scope for a more integrated approach with employment, education, training and social services to sustain independent living and involvement in the society and economy as people age.

MODULE 3: Adapting health systems to ageing

Health systems will have to change in order to respond to population ageing. This module will address some of the key issues, potential solutions and resources.

- **Ensuring integrated care**- combining different elements of provision (primary, hospital, rehabilitative) to ensure a coherent overall package of care
- **New technologies for supporting healthy ageing** - technologies available or on the horizon and how they can support objectives such as healthy independent living and integrated care.
- **Ethical issues**- including end-of-life issues such as euthanasia and the role of palliative care; how to involve older people in decision making even in difficult circumstances later in life
- **Supportive financing mechanisms** – how different approaches and structures can support the overall objectives of healthy ageing for individuals and for the system as a whole.

Accreditation: Summer School is accredited by the European Accreditation Council for Continuing Medical Education and participation counts towards ongoing professional development in all EU Member States.

Organization: Summer School is organized by the European Observatory on Health Systems and Policies and the Veneto Region of Italy, one of its partners.

Applicants/participants:

Summer School is intended for senior to mid-level policy-makers and more junior professionals who are making careers in policy and management at a regional, national or European level. This year we are specifically targeting

- National and regional health policy-makers and their advisers who wish to upgrade their knowledge and understanding of the likely impact of ageing on health systems;
- Professionals working in the health sector whose responsibilities or areas of work address promoting healthy ageing at a policy level; supporting economic or social integration for older people; revising and integrating provision to ensure coherent care; exploiting technology appropriately; or financing; or other initiatives to tailor the health system to these challenges .

Participants should be working in a decision-making institution (government, nongovernmental, European, provider or payer association, or professional body) with a remit that includes supporting healthy ageing or shaping health systems responses to ageing. This will cover ministries, national agencies, health institutes, EU institutions, insurance boards, hospitals, management boards and others.

Applications are welcome from all 53 WHO European Region Member States and the programme will be tailored, so far as is possible, to the mix of participants.

Potential participants are requested to apply by completing the application form attached and submitting it with their CV. Replies will be received by 17 June at the latest.

The cost is € 1,950 and includes teaching material, social programme, accommodation and meals.

Faculty:

The Summer School will involve a group of expert lecturers and facilitators led by

- **Reinhard Busse** (European Observatory on Health Systems and Policies and Berlin University of Technology) as Director and his Co-Directors
- **Emily Grundy** (London School of Hygiene and Tropical Medicine) and
- **Nick Fahy** (Nick Fahy Consulting Ltd).

The WHO focal point will be

- **Manfred Huber** (WHO Regional Office for Europe)

Preparation:

- The course involves only limited preparation
- All materials are made available through the web site www.observatorysummerschool.org.

Other information:

The Summer School involves

- An active social programme to facilitate networking
- A visit to the WHO Office in Venice
- Opportunities to enjoy the magnificent setting of Venice

The **European Observatory on Health Systems and Policies** supports and promotes evidence-based health policy-making through the comprehensive and rigorous analysis of the dynamics of health care systems in Europe and beyond. It is a partnership that includes national governments and other authorities (Belgium, Finland, Ireland, Netherlands, Norway, Slovenia, Spain and Sweden, the Veneto Region, the French Union of Health Insurance Funds), international organizations (the WHO Regional Office for Europe, European Commission, European Investment Bank and World Bank) and academia (London School of Economics and Political Science, and London School of Hygiene & Tropical Medicine).

The **Veneto Region** seeks to ensure that empirical evidence and analysis reaches national and regional stakeholders and policy-makers. It is involved in comparing health care systems across EU Member States. The Veneto Region is active in the area of cross-border health care and plays a leading role in the EU in research and policy development. It is also actively involved in a number of networks, including EUREGHA, ERRIN, EuroHealthnet, WHO RHN, AER, HealthClusterNet, ESN, ENSA and ELISAN. The Veneto Region, which has been a partner of the European Observatory since 2004, is hosting the Summer School because it is committed to providing a European platform for political debate on health matters, linking regional authorities to the EU debate.

For more information and regular updates on the programme and lecturers:

www.observatorysummerschool.org

Programme

The ageing crisis: a health systems response

Summer School 2011 will focus on the implications of population ageing for health policy and the ways health systems can provide solutions to the challenges of an ageing society. The course will present a multi-faceted picture of the ageing effect on health systems and policies, looking at the evolving life expectancy and morbidity ratios; changing needs, the implications for financing, and the interface between different types of care, taking into account variations across Europe and inequalities between and within countries. A particular focus will also be the potential of health promotion and prevention to maintain people's health and self-reliance as well as the use of technology and innovative models of integrated care to better assist older people living with chronic conditions.

The Summer School will address the topic of ageing from a policy makers' perspective, outlining models for developing an integrated policy that can meet all these challenges, providing practical examples and tools but also taking into account the constraints and pressures that policy makers have to face. Crucially, the course will draw on the participants' experience and sharing of knowledge and insights, and will build contacts and networks and to provide resources for future work. An important contribution to the Summer School will also be the approach taken on this issue at European and international level, including by the World Health Organisation and the European Union.

Module 1 – the challenges of ageing

The first module will set out the overall challenges that demographic ageing will bring; the projected ageing trends and what they are likely to mean; the overall challenges for society and economy that this represents; and the context within which health systems will have to respond.

Projections: This section will set out the projected challenges of ageing, and the reference scenarios such as the Ageing Reports of the European Commission for numbers of older people, ratios between retired people and those still working, how much of older life is likely to be in good health, what this may mean for costs, and how these scenarios are different between European countries. The session will also look at the sources of data, assumptions underpinning ageing projections, how different scenarios might vary, and how far they could still be changed by active interventions now.

Consequent wider policy challenges: This section will build on the scenarios above to look at the policy challenges for society and the economy that demographic ageing will bring. This will cover issues such as sustaining overall public finances, with a reducing proportion of working-age people relative to retired people, and the long-term consequences of financial crisis. The session will also look at maintaining growth and overall prosperity, and changes in the current boundaries between employment and retirement. Governance issues will be taken into account, with review of different levels of responsibility for responding to these challenges, at regional, national or European level.

Context of health system challenges: This session will turn from the wider context to the specific set of issues facing health systems. Health systems need increasingly to deal with ageing but also with changing population health needs (for example with the increasing weight of chronic diseases), with constant innovations in medical technologies and techniques, rising public expectations, and increasing pressure on budgets. Moreover, as the population ages and workforces shrink, health systems will face particular difficulties in recruiting and retaining skilled staff and making it all the more important that they work effectively with other sectors, in particular on social and long-term care.

Policy-maker round table: In order to explore these overall policy challenges, the School will include a round-table session with high level politicians, policy makers and officials from regional, national and European and international level. This will give the opportunity to hear and debate their insights and to understand different perspectives on ways forward as a basis for the next two modules.

Module 2 - Promoting healthy ageing

A great deal can be done to help people stay healthy as they get older. This module will set out how to do this, looking at overall principles, key areas on which to focus, practical examples and resources.

Key targets for promoting healthy ageing and minimising illness: This session will draw on current evidence to identify the key causes of mortality and morbidity in later life where interventions can make the greatest difference. These include interventions to tackle obesity and hypertension, heart disease and stroke, dementia, falls, immunisations, medication errors, and to maintain integration in society. The session will also look at evidence on how this can best be achieved, in particular by taking a holistic approach appropriate to the target population.

Best practice in health promotion for older people: Many different projects have been undertaken to help promote healthy ageing. This session will look at evidence about what works best, drawing on material from different projects and countries across Europe, in order to provide concrete examples and to distil some general principles for good practice in health promotion for older people.

There is also a growing body of evidence about how we really process information and what is most effective in changing behaviour, from areas such as cognitive psychology, as well as from fields which are often seen as being quite separate, such as marketing and retailing. This session will look at the scope for learning lessons from these areas and applying them to health promotion.

Working in partnership: Bringing together different actors and sectors into effective partnerships will be essential, and this session will look at how to do this successfully. This session will look at how health systems can best work together with older people and the organisations representing and supporting them, including getting the specific perspective of older people and learning from them. It will also tackle how health systems can best work in partnership across different sectors and with those responsible for areas such as long-term and social care, in dealing with co-morbidity.

Maintaining economic and social integration: One key objective for an integrated approach is helping people remain in their jobs and in their own homes as they get older. This session will build on the partnerships discussion to explore the scope for a more integrated approach with employment, education, training and social services to help maximise labour force participation and independent living as people age, such as through flexible work arrangements, lifelong learning, supporting healthy living and help with any medical conditions, and maintaining integration with the local community.

Module 3 – Adapting health systems to ageing

Health systems will have to change in order to respond to population ageing. This module will address some of the key issues, as well as identifying potential solutions and resources.

Ensuring integrated care: A key challenge facing health systems will be ensuring integrated care. This means combining different elements of care (primary care, hospital care, rehabilitation) for a single condition; integrating care when a patient has several different conditions to ensure a coherent overall package of care; and bringing together care from health systems with care from other services, in particular social care and long-term care. The session will look at how to achieve this drawing on models of care for complex chronic conditions, the use of care coordinators and of information technology, the active involvement of patients and their families, and lessons from concrete examples.

New technologies for supporting healthy ageing: New technologies are being developed that can make a substantial difference in the quality of care and its efficiency and overall cost. This session will look at some of the technologies available or on the horizon and how they can support objectives such as healthy living (through supporting physical activity programmes or healthy eating), maintaining independent living (through assisted living and remote monitoring), and ensuring integrated care (by enabling integrated medical records and sharing of information). This session will also look at how best to work with technology partners, such as major provider companies, as well as research and policy initiatives related to new technologies, such as the European Innovation Partnership for active and healthy ageing proposed by the European Commission.

Ethical issues: This session will explore ethical issues around care for older people. This can include end-of-life issues such as euthanasia, the role of palliative care, and how far people wish to end their lives at home rather than in hospital or other institutions. The session will also explore how to ensure involvement of older people in making decisions that affect them, even in difficult situations such as progressive lack of capacity due to dementia, and balancing the rights of patients with their own health and capacity for decision-making (e.g: remote monitoring, restricting movement).

Supportive financing mechanisms: This session will look at how different financing mechanisms can help to support overall objectives of healthy ageing, both for individuals and for overall systems. For example, different financing mechanisms can help to support integrated care rather than fragmentation of different budgets. Long-term care insurance can help to avoid impoverishment of older people due to their care requirements. This session will look at different examples of how financing can be structured in order to support the issues identified earlier in the School.