

TRIADE 2.0



NEWSLETTER2

TRAINING FOR INCLUSION OF AGEING PEOPLE WITH DISABILITIES THROUGH EXCHANGE 2.0



INDEX

- 1. EDITORIAL BY NOELIA MARTÍ BELTRÁN, DIRECTOR GENERAL, VALENCIAN INSTITUTE OF SOCIAL-HEALTH CARE (IVASS) P. 2
- 2. PRESENTATION OF THE WORKBOOK BY THE UNIVERSITY OF APPLIED SCIENCES FLANDERS, HOGENT, ILSE GOETHALS P, 4
- 3. LAUNCH OF THE INTERACTIVE TRAINING PLATFORM, "MY NEW AGEING ME" BY THE UNIVERSITAT POLITECNICA DE VALENCIA, ANTONIO MARTINEZ MILLANA P.7
- 4. IMPACT AND TRANSFERABILITY OF THE PROJECT: SYNERGIES WITH OTHER PROJECTS P. 9
- 5. THE DEVELOPMENT AND EDUCATION CENTRE, RIC NOVO MESTO SLOVENIA, THE NEW PROJECT PARTNER P. 17
- 6. EU AND PARTNERS NEWS, P.18



1. EDITORIAL BY NOELIA MARTÍ BELTRÁN, DIRECTOR GENERAL, VALENCIAN INSTITUTE OF SOCIAL-HEALTH CARE (IVASS)

A NEW ERA: ENHANCING HEALTH AND SOCIAL INCLUSION

Spanish Government, closely observing what was happening in Spain and in the surrounding countries, declared the state of alarm the 14thof March 2020, in a bid to slow the spread of the Coronavirus. Under the lockdown, several measures were taken by Spanish government such as the limitation of circulation of persons and the use of some non-essential services.

As result of that new Spanish regulation and the recommendations of the World Health Organization (WHO), Valencian Regional Government decided to close all day-care centers, included those belonging to Valencian Institute of Social-Health Care (IVASS). In total, 10 occupational centers, 2 day-care centers for elderly dependent people and acquired brain injury persons and the day services of 4 residences were closed and clients sent to stay with their families. This decision did not caught IVASS unguarded, because it had started to mobilize resources against COVID-19 since the last week of February. Several levels of action were created and prioritized. The first one was to secure the health and security of our clients, living in our residences, and front-line

professionals. According to this, new specific protocols were designed and implemented in our facilities, centers were disinfected, the acquisition of personal professional equipment was secured for the next months...

Once this line of action was on track, the second priority was to develop an educational and integrating methodology, not only to keep people with disability safe and healthy at home, but also to educate and entertain them, trying to make them to feel "social included at home". The project "#Istayathome" was born at the beginning of April 2020.

This website-based project articulates a wide range of online educational activities around 5 sections:

- a) I take care of myself at home;
- b) I busy myself at home;
- c) I organize myself at home;
- d) I have fun at home; and
- e) we stay at home.

More than 80 activities were developed and uploaded on IVASS website and circulated among professionals and families. It must be highlighted that many of them were done by people with disabilities themselves and their

families. Some examples are: contexts of poetry/drawing/reading/posters, cooking recipes videos; online meetings discussions; karaoke and physical and healthy activities videos; photo books; what day is today?; music/reading links; riddles... All the project activities can be found on https://www.ivass.gva.es/yomequedoe ncasa.html.

The last priority was to disseminate the project among the community to improve its impact. Related to this, 50 information emails were sent to the whole IVASS´ staff, 70 news were uploaded on the IVASS´ website, 200 news were circulated on twitter, several Whatsapp groups were created and Facebook news were regularly released. As a result of this, 6.114 persons visited the project sections on IVASS website.

The project "#Istayathome" evaluation pointed out the high satisfaction of clients, families and professionals. It is considered an effective resource not only to keep people with disabilities healthy and entertained at home, but also to stay connected with an "IVASS virtual community" and a way to improve their social inclusion at home. IVASS is now assessing the possibility to integrate these activities into the TRIADE 2.0 MNAM platform and to shape the idea to apply to the next ERASMUS+ adult education call in 2021.



Noelia Martí Beltrán DIRECTOR GENERAL IVASS

Noelia Martí has bachelor 's degree in social work by University of Valencia, with specialization in intercultural and familiar mediation. Noelia 's professional background has particularly focused on the development and implementation, at local level, of health and social work programs and on the social primary care.

2. PRESENTATION OF THE WORKBOOK BY THE UNIVERSITY OF APPLIED SCIENCES FLANDERS, HOGENT, ILSE GOETHALS

The TRIADE 2.0 workbook has been developed as a training course for all type of professionals (e.g. educators, care professionals, support workers as well as the coordinating staff members) who contribute to the quality of life of aging adults with intellectual disabilities (AAWID). The context in which this support is provided can be diverse: in one's own home, with informal networks, in residential care centers, in organizations for people with a disability, in elderly homes, in mental health care units.

Depending on the perspective and prior knowledge of the professional, certain contents of the workbook may be more familiar. Therefore, we designed the workbook modularly. The starting point of this workbook is the broad question of how professionals can achieve optimal care and support for AAWID. Throughout this workbook we will also expose possible boundaries and thresholds in these support pathways and uncover creative ways to find solutions and build bridges.

The TRIADE 2.0 workbookis divided into four Units:

- UNIT 1: The ageing process of AAWID ·
- UNIT 2: The impact of ageing on the quality of life

- UNIT 3: Methodology working with AAWID
- UNIT 4: "My New Ageing Me" interactive training platform

Each Unit introduces new knowledge with short theoretical explanation combined with exercises and self-reflection exercises. For those who want to deepen the theoretical knowledge, we added extra explanations and some freely accessible scientific research articles or a list of references. The training itself will be carried out using active working methods and continuous involvement of participants. The goal is to facilitate new knowledge and skills through experiential learning.

UNIT 1 entails three different modules. The first module focuses on ageing theories, perceptions on ageing, ageism, frailty, and resilience. Ageing has many dimensions that have been explained through multiple theoretical perceptions. How someone ages is a very complex phenomenon related to biopsychosocial factors. This insight can guide professionals in helping AAWID navigate the changes they experience and find ways to help them age successfully. The second module addresses the current prospective and definition of

intellectual disability. The aim of this chapter is to teach professionals that disability refers to personal limitations that are of substantial disadvantage to the individual when attempting to function in society and that a disability should always be considered within the context of the individual's environmental and personal factors, and the need for individualized supports. The third and final module focusses more specifically on the ageing process of people with intellectual disabilities and their changing support needs.

UNIT 2 presents a conceptual framework supporting AAWID. We provide a limited outline of the concept of quality of life (QOL) and its theoretical underpinnings. We highlight the difference between QoL frameworks that focus on a narrow, or a broad conceptualization of QoL (e.i. Health related QoL vs Holistic QoL). We also highlight the difference between quality of life and quality of care, and how QoL can be used as an outcome measure and a vehicle to implement quality improvement strategies. The final purpose of this unit is to demonstrate, through the use of international literature, how the process of ageing has an impact on the QoL of AAWID.

UNIT 3 shows how support workers/educators can use the QoL framework in order to facilitate successful ageing in AAWID. A good QoL starts with asking a person how

he/she wants to live his/her life before determining what needs to be done to achieve these life goals/desires. All of these aspects can be situated within what is called 'Individual Support planning' (ISP) or Person-Centred Planning (PCP). In this unit we offer concrete tools to create ISP for AAWID.

UNIT 4 introduces and teaches professionals how to effectively use the My New Ageing Me (MNAM) platform. Unit 4 contains two main conceptual models: The first (4.2 and 4.3) constitutes a theoretical approach to the use of ICTs to improve the QoL and promote the inclusion of AAWID based on latest research, the second (4.4) are the instructions manual to use the MNAM platform from the perspective of the educator. With this workbook, we hope to encourage and challenge professionals to reflect critically on their own practice, and perhaps exchange new perspectives. By doing so, we also aim to make a minimal contribution to the small and big dreams of ageing adults with intellectual disabilities.



I am an old bird Careworn from flying I'm caught in a downwind Far from home

I used to fly
I was fire
Mine was the sky and the sun
Now I am lost and I'm tired
But maybe I'm too far gone
And my wings too beaten and torn
'Cause I spin and I stall
But I hope if I fall
I am falling home
To you

I should be home now Done with this wild sky My only hope now Is falling home

[Pain of salvation, Falling home]

3. LAUNCH OF THE INTERACTIVE TRAINING PLATFORM, "MY NEW AGEING ME" BY THE UNIVERSITAT POLITECNICA DE VALENCIA, ANTONIO MARTINEZ MILLANA

TRIADE2.0 MNAM Platform

The rapid development and democratization of technologies has enabled the implementation of learning programs with a strong influence of Information and Communications Technologies (ICTs). The educational program developed in TRIADE 2.0 project is backed up by an online platform which enables an interactive navigation through all the theoretical and practical contents of the course. The aim of this online tool, called the My New Ageing Me (MNAM) platform is to support workers and educators on how to effectively use the materials classified into factors, units and exercises.

The MNAM interactive platform will help educators to improve the social inclusion and/or Quality of Life of ageing adults with intellectual disabilities (AAWID). The MNAM Platform provides 50 learning exercises, in different formats, which are the core of the learning process. The 50 exercises are grouped within 15 didactic units corresponding to specific elements of the cognitive and behavioural development of AAWID. Furthermore these 15 didactic units are clustered around 3 factors.



From a pedagogical point of view, each exercise comes with its instructions and learning outcomes (knowledge and skills). In addition, there is an introductory unit to provide a theoretical framework to each of the proposed exercises. The platform will incorporate advanced tools to filter exercises according to specific tags and also provide feedback from the users about the usefulness of the contents and the proposed activities.

All in all, the pedagogical elements -theoretical framework, instructions and learning outcomes- are aimed to give educators general orientations of how an exercise might be carried out. But it should be highlighted that the platform has been designed to give freedom to educators and professionals to use -or adapteach exercise and platform theoretical content to the specific support needs and contexts of AAWID.

The platform is currently under construction and this fall will start the integration of the exercises, the units and the factors. Please keep posted for further updates!

4. IMPACT AND TRANSFERABILITY OF THE PROJECT: SYNERGIES WITH OTHER PROJECTS

- a. Cognition &Inclusion
- b. ABOVE, Abilities on the move
- c. **ENTRE4ALL**, An innovative outreach programme to equip adults with disabilities with key competences
- d. **PROTOCOLS**, European Training on innovative Restorative Protocols for clinical and technological changeable.
- e. **SEFAC**, Social Engagement Framework for Addressing the Chronic-disease-challenge,
- f. VALUECARE, Value-based methodology for integrated care supported by ICT
- g. **EFFICHRONIC** enhancing health systems sustainability by providing cost-efficiency data of evidenced based interventions for chronic management in stratified population based on clinical socio-economic determinant,
- h. **E-CARE PALLIATIVE**, E-care Open and Distance Education for Palliative Care at Home

COGNITION AND INCLUSION

by Johan Warnez, manager Groep Ubuntu x 8K



Having the opportunity to work simultaneously or successively with the same partners in different projects creates a significant added value as it contributes to efficiency and effectiveness.

The ongoing TRIADE 2.0.project - a further elaboration of the recommendations of the first TRIADE- project (2015-2017) - is supported by a firm belief system on Quality of Life, Inclusion and social rights, and the learning potential of people with a disability.

Especially the beliefs and implicit theories that educators, professionals and organizations have on 'intellectual disability' and thus on social rights and the impact of the intellectual disability on the execution of social rights, is a huge challenge being the core focus of the ongoing Cognition & Inclusion project. http://www.ensa-network.eu/cognitionandinclusion/ensa-sch.html

The challenge mentioned is related to the observation that beliefs and convictions of professionals and citizens are not promoting a full acceptation of all citizens to be part of society, the execution of the social rights or the full development and the recognition of the potential, the talents and the contribution of all citizens (i.e. also people with a disability).

All projects mentioned, in fact, are fighting against discrimination. Concepts as ageism and ableism are illustrations of widely present (and uncritically accepted) discriminations. Ableism is referring to discrimination and social prejudice against people with disabilities or who are perceived to have disabilities. Ableism characterizes persons as defined by their disabilities and as inferior to the non-disabled. On this basis, people are assigned or denied certain perceived abilities, skills, or character orientations.



There are stereotypes, generally inaccurate, associated with either disability in general, or with specific disabilities (for instance a presumption that all disabled people want to be cured, that wheelchair users necessarily have an intellectual disability, or that blind people have some special form of insight). These stereotypes in turn serve as a justification for ableist practices and reinforce discriminatory attitudes and behaviors toward people who are disabled. Labeling affects people when it limits their options for action or changes their identity. The C&I project develops tools to make explicit the implicit theories professionals may have on potential rights,

Quality of Life; we observe that professionals with a an ableism approach support people with intellectual disabilities quantitatively and qualitatively differently, by e.g. not providing training on skills that may help them participate successfully in society. By doing this, they have a serious impact on the level of functioning and especially on the QOL.

The same phenomenon is seen in the context of ageing. Ageism is the stereotyping, prejudice, and discrimination against people on the basis of their age. For older people, ageism is an everyday challenge: overlooked for employment, restricted from social services and stereotyped in the media, ageism marginalizes and excludes older people in their communities. This has negative impacts on the health and well-being of ageing people. And...Imagine the impact of these prejudices when you are ageing with an intellectual disability.

ABOVE ABILITIES - ABILITIES ON THE MOVE



This Erasmus funded project has the aim to exchange practices and examples regarding the employment of persons with mental health disabilities. It focuses on improving professional skills, social professional integration and raising life quality, which is the ultimate goal to be shared with the TRIADE 2.0 objectives and the above-mentioned projects.

The leader is Le Conseil Départemental du Val de Marne and partners include authorities from Croatia, France, Greece, and Italy, together with the Ensa network.

ENTRE4ALL

An innovative outreach programme to equip adults with disabilities with key competences



The main aims of this project are:

- To ensure social inclusion, access, and participation in the digitalized labour market of young adults with a disability.
- To produce training material and a toolkit which will include all essential resources to acquire entrepreneurial and digital skills so to be able to enter the digital market and create their own social enterprise.

Background of the project idea:

The development of an educational programme which introduces digital and social entrepreneurship competences for adults with a disability will address the need for overcoming the barriers the group face in the labour market. People with disabilities face important challenges in the labour market such as lower employment rates, earnings and employer discrimination. According to European Commission, approximately 16% of the working age population in the EU is afflicted with a long-standing health problem or a disability. The Project derives from the fact that self-employment rates of people with disabilities is increasing due to the necessity to gain independence and autonomy, to improve their work-life balance, and adjust between disability status and working life through more flexibility in work pacing.

The main project output will be development of e-learning platform for educators and adults with disabilities with integrated Open Badges as assessment tools.

So far partnership created competence framework and currently we are developing online material for:

- Entrepreneurial competences,
- Digital competences,
- Financial competences,
- Social skills

We are preparing also optional modules (through videos and development of cartoons), to set an example and to foster entrepreneurship on eight specific entrepreneurial fields: social, art and culture, health services, environmental, education, tourism and trade.

Project results can be as an additional value of the project TRIADE, because they are crucial for the field of wellbeing or QOL.

https://entre4all.eu/en/.

PROTOCOLS

The Erasmus+ project "PROTOCOLS" at the lead of innovative rehabilitation practices.

The project "European Training on innovative Restorative Protocols for clinical and technological changeable" was born on the idea of Dr. Humberto Cerrel Bazo, Head of the Recovery and Functional Rehabilitation Unit of the Highly Specialized Rehabilitation Hospital (ORAS SpA) and is rooted in the research for innovative home care rehabilitation paths for the discharged patients. The project aims at innovating the vocational education and training in the field of Restorative Neurology through the use of wearable technologies, for the healthcare professionals and professional trainers. The innovative competences and skills in the field of rehabilitation that will born assume greater relevance and importance in view of the emergency caused by COVID-19. ORAS will lead the consortium of the "Hospital Nacional de Paraplejicos" (Toledo, Spain), "Sword Health SA" (Porto, Portugal), the Technology Park of Ljubljana (Slovenia), the professional institutes "AEVA" (Aveiro, Portugal) and "Fondazione Lepido Rocco" (Italy).

SEFAC

Social Engagement Framework for Addressing the Chronic-disease-challenge



SEFAC is set up to help empower people to take control on their own health. It's like a grassroots approach to health - getting volunteers and stakeholders involved in their own communities to help promote good habits and good health.

Funded under the European Commission's 3rd Health Programme, SEFAC, the 'Social Engagement Framework for Addressing the Chronic-disease-challenge' takes a community approach to promote health and reduce the burden of chronic health.

https://sefacproject.eu/

EFFICHRONIC



The main objective of this project is to determine the cost-effectiveness of the implementation of the "Chronic-disease self-management programme" (CDSMP) and to demonstrate its beneficial effects for the society.

This training programme aims at vulnerable people suffering from one or more chronic diseases, and their caregivers. The key element of this training programme is to provide participants with strategies that allow them to self-manage their own health and disease, in order to be able to adapt the disease to their life, to face it and to adapt it to their individual and sociocultural environment, eventually improving their quality of life and their level of health. In the EFFICHRONIC project, the CDSMP has been implemented in five regions across Europe (Asturias, Rotterdam, Genoa, London and Montpellier).

http://effichronic.eu/

VALUE CARE



Project ValueCare is an EU funded project which aims to deliver personalised integrated (health and social) care services, better outcomes for older people and improved care experience. It also aims to improve staff satisfaction and greater efficiency in the use of resources and coordination of care. It will do this in a setting that ensures trust of users and policy makers with regard to data access, protection and sharing and which can be replicated and deployed at large scale in other EU countries.

https://projectvaluecare.eu/ - https://cordis.europa.eu/project/id/875215

E-CARE PALLIATIVE

E-care Open and Distance Education for Palliative Care at Home Erasmus+ Project promotes and invests in developing palliative care skills among patients' family members and care givers working across all related settings.

The project aims to:

- provide adults with a high-quality learning about palliative care for every stage of illness/disease
- promote palliative care at home through increasing the qualifications of informal and formal palliative caregivers
- offer comfortable and better quality of life to palliative patients.

The partners from Italy, Poland, Turkey, Bulgaria, Romania will create 6 Intellectual outputs:

- 1. The Curriculum of the Course
- 2. The Modules of the Course
- 3. A Digital Platform
- 4. Series of Educational Videos
- 5. A Guide Book for Trainer
- 6. A Guide Book for Trainees

The training will be available through digital platform with open access. It is expected that in 2021 everyone who is interested and want to improve his skills in the provision of palliative care services may use the training materials and interactive videos.

https://www.ecarepalliative.eu/ - Instagram: @palliativeecare

5. THE DEVELOPMENT AND EDUCATION CENTRE, RIC NOVO MESTO SLOVENIA, THE NEW PROJECT PARTNER

RIC Novo Mesto (Development and Education Centre Novo Mesto) is one of the leading adult education organisations in Slovenia with more than 50 years of experience in working with adults.

We develop and implement innovative formal and non-formal education programmes for different target groups: general public, people with special needs, the unemployed, senior citizens, the Roma population, immigrants, employees in the search of new training and education, etc.

As a public body, we work closely with a wide network of local, regional and national partners, such as municipalities, ministries, regional development agencies, chamber of commerce, industry and crafts, other adult education organisations, primary and secondary schools, higher education institutes and faculties, NGOs, enterprises, etc. Based on our project work, we cooperate with a network of international partners.

Furthermore, we organise non-formal vocational courses, computer and language courses and general adult

education courses on various topics. We are also a representative office for European Business Competence* License/EBCL.

We are part of the Training for Inclusion of Ageing People with Disabilities though Exchange - Triade 2.0 project, where we closely work with all partners to deliver project results. Our main role is to develop pedagogical resources and training plan which are the basis of using project results also after the project will end.

6. EU AND PARTNERS NEWS

EU NEWS

MFF - Multiannual Financial Framework

On 10th November 2020, Parliament's budget negotiators agreed with the Council Presidency on the outline of an agreement on the next Multiannual Financial Framework (MFF 2021-2027) and new Own Resources.

In the compromise, Parliament obtained €16 billion on top of the package agreed by heads of state or government at their summit in July. €15 billion will reinforce flagship programs to protect citizens from the COVID-19 pandemic, provide opportunities to the next generation, and preserve European values. €1 billion will increase flexibility to address future needs and crises.

The political package agreed with the Parliament includes:

- a targeted reinforcement of EU programmes, including Horizon Europe, EU4Health and Erasmus+, by €15 billion through additional means (€12.5 billion) and reallocations (€2.5 billion) in the course of the next financial period, while respecting the expenditure ceilings set out in the European Council conclusions of 17-21 July
- more flexibility to allow the EU to respond to unforeseen needs
- greater involvement of the budgetary authority in the oversight of revenue under Next Generation EU
- higher ambition on biodiversity and strengthened monitoring of biodiversity, climate and gender related spending
- an indicative roadmap towards the introduction of new own resources

Compromise package on the MFF 16 EUR billion top-ups for flagship programmes

All figures in billion Euros, 2018 prices

Programme	European Council	Final amount (MFF+NGEU)	Increase ¹	Comments
	amount (MFF+NGEU)			
Horizon Europe	80,9	84,9	+42	Above Commission May 2018 proposal
InvestEU	8,4	9,4	+1	Up to +50 bn additional private investment
Erasmus+	21,2	23,4	+ 2,23	+ equivalent of 1 year of Erasmus
EU4Health	1,7	5,1	+ 3,44	Tripled
Integrated Border Management Fund & Border and Coast Guards	5,5	7,0	+ 1,55	
Creative Europe	1,6	2,2	+ 0,6	+ One third
Rights and Values programme	0,6	1,4	+ 0,8	More than doubled
NDICI	70,8	71,8	+ 1 ⁶	
Humanitarian aid	9,8	10,3	+0,5 ⁷	
Extra flexibility			+ 1	
TOTAL			+16	

¹ Increases mostly from future adjustment based on fines (11 billion), except when specified

Sassoli on EU budget agreement: A good deal for EU citizens

Brussels, 11-11-2020 - 14:50

Statement by the European Parliament President David Sassoli on the agreement on the MF, own resources, and the recovery fund

"This is a good deal for European citizens. Together this package of measures will help European countries recover from the immediate crisis, while also investing in Europe's long-term future.

"The European Parliament has managed to secure an extra €15 billion for key EU programmes that improve lives across Europe. This includes €7.4 billion for healthcare, €2.2 billion for Erasmus, and €1.5 billion to manage migration more effectively. We have also ensured an extra €1 billion for the flexibility instrument, to ensure we have an adaptable budget for a changing world."

² Including 0,5 billion from unallocated margins and 0,5 billion from decommitted appropriations

³ Including 0,5 billion from unallocated margins

⁴ Including 0,5 billion from unallocated margins

⁵ Including 0,5 billion from unallocated margins

⁶ From reflows under the European Development Fund

⁷ From unallocated margins. On top of this, the external strand of the Solidarity and Emergency Aid Reserve has been ring-fenced (+0,5 billion compared to 2014-2020)

"Parliament fought hard to secure a legally-binding roadmap on the introduction of new own resources. This will ensure that the EU budget is financed in a more effective and sustainable way in the future – through the introduction of a levy on non-recylced plastics, a web tax to ensure digital giants pay their fair share, and a Financial Transaction Tax.

"Perhaps most importantly, for the first time, receiving funds from the EU budget will be conditional on member states upholding the rule of law. We are a Union based on values of freedom, democracy, and equality, if governments fail to respect these principles then they should not have access to EU funds."

PARTNERS' NEWS

ENSA Elderly and Disability meeting on 14th of December 2020



ENSA has the pleasure to invite you to participate to an interactive elderly and disability thematic working group meeting taking place on December 14, 2020 from 10 am to 12.30 pm.

The COVID 19 crisis has shaken the world and is affecting every area of our lives; this meeting is thought to open opportunities in adversity.

At international level, we would like to provide information and reflect about possible contributions to the 2030 Agenda for Sustainable Development with at its heart the 17 Sustainable Development Goals. Indeed they represent an urgent call for actions and provide orientations to build strategies, partnerships and exchange practices. The Division for Sustainable Development Goals (DSDG) in the United Nations Department of Economic and Social Affairs (UNDESA) provides substantive support and capacity building for the SDGs and their related thematic issues.

Essential in this present context is the Next multiannual financial framework and recovery package: Council presidency just reached political agreement with the European Parliament about the comprehensive financial package of 1 824.3 billion negotiated by EU leaders in July, which combines the next multiannual financial framework – 1 074.3 billion – and a 750 billion temporary recovery instrument, Next Generation EU. An overview about the new funding possibilities will be provided to participants.

The disruptive and changing crisis is first a human tragedy, beyond the efforts to tackle the health dimension the social dimension is to be prioritized by the EU notably by implementing the European Pillar of Social Rights this is why we also choose to follow up and address reflections on this possibility.

This meeting will be held with the collaboration of the Council of Europe Conference of OING's, the democracy, Social Cohesion and Global Challenges Committee, with a specific call for ethical management and respect of Human rights in the Covid-19 pandemic.

Last but not least we offer you the possibility to interact in running and future thematic project proposals in an "Agora forum". See Agenda here enclosed.

Registration is free but compulsory (https://docs.google.com/forms/d/e/1FAIpQLSdUy9YUKBwD42ekAMrV8AyZIVKecP_4STCO5pvcLSoch04gnA/viewform?usp=sf_link).











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2020 ENSA General Assembly

The 2020 ENSA General Assembly was supposed to take place in May 2020. Due to the Covid-19 crisis, the meeting has been postponed to June 7thto 11th2021. It will still be organized and hosted by the City of Helsinki on the topic of integrated services and care.



Greetings from the TRIADE 2.0 Partnership!



Further Information https://www.ivass.gva.es/Triade2
Editors: Veneto Region's Brussels Office, Director Marco Paolo Mantile.
Ensa Team: Elena Curtopassi and Valentina Faraone
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