

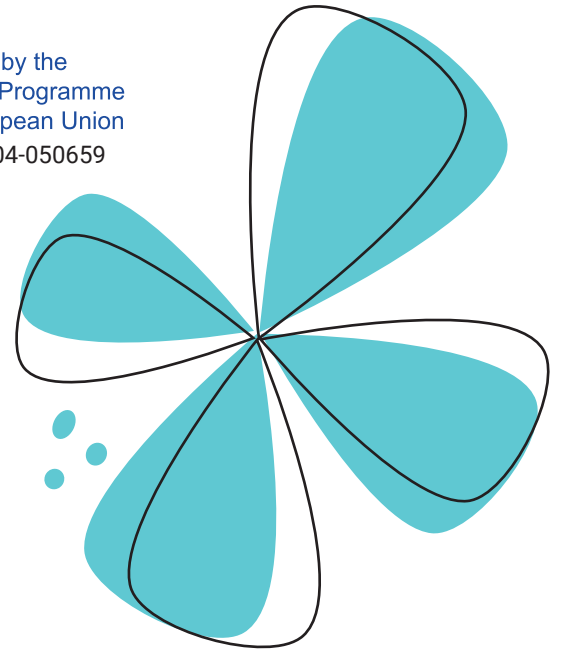
eLILY

eHEALTH LITERACY LEARNING SKILLS
AMONG CARERS OF OLDER PEOPLE AND
PEOPLE WITH DEMENTIA



Co-funded by the
Erasmus+ Programme
of the European Union

2018-1-PL01-KA204-050659



NEWSLETTER

May, 2019

eLILY PROJECT

eHealth literacy is a priority for the European Union. It has been defined as the cognitive and social skills which determine the motivation and ability of individuals to gain access, to understand and use information. It is, therefore, extremely important to promote the people access to health information and their capacity to use it effectively.

eLILY project aims to provide a blended training programme (class sessions and elearning course) for carers of frail older people and people with dementia.

The e-learning programme will facilitate the class goals and will include selected modules that will assist carers training. All involved countries (Poland, Italy, Bulgaria, Greece and Cyprus) are countries with low rate of health related internet use among older people.



E-LILY PROJECT IN ATHENS

The 1st partnership meeting was held in Athens (Greece), on the 13th and 14th of December 2018. The meeting was an opportunity for project partners to get to know each other, learn more about the respective national contexts and agree on the upcoming tasks foreseen by the work plan.

Special thanks to our hosting partner **Alzheimer Athens** (www.alzheimerathens.gr), for having made our stay so special and fruitful!

THE SURVEY RESULTS

SUMMARY RESULTS OF THE SURVEY ON THE ELECTRONIC HEALTH LITERACY / INTERNET USE AND HEALTH LITERACY RESEARCH, GOOD PRACTICES AND NATIONAL STRATEGY AMONG THE ERASMUS+ ELILY PARTNERSHIP

Health literacy is a complicated term which, according to Soerensen et al (2012) and the HLS-EU framework adapted by the WHO, has 12 core dimensions, including 4 competences:

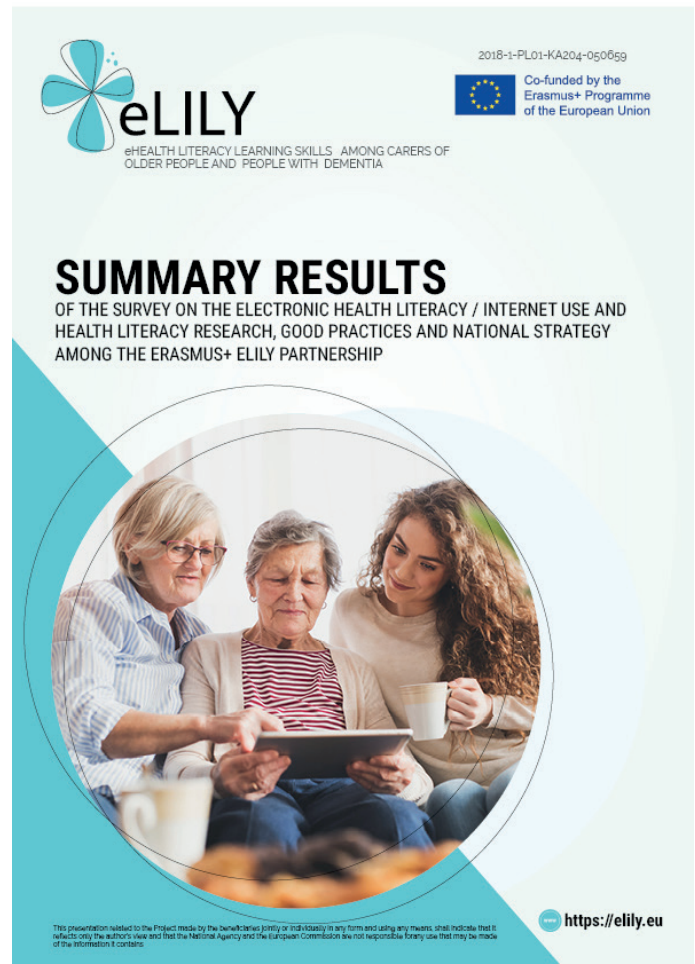
- 1) access
- 2) understand
- 3) appraise
- 4) apply health information and 3 core dimensions of health system: healthcare, disease prevention and health promotion.

According to the survey, results showed that a considerable number of citizens have limited health literacy and that may be associated with problematic health behaviors and excessive use of health services. At the moment, there is an overall HL movement in Europe and as a consequence a European HL network has been established recently: Action Network Measuring Population and Organisational Health Literacy (M-POHL) (Click on the link to [download the full report](#))

THE WEBSITE

The Erasmus+ funded "ELILY" programme launched its project website www.eLILY.eu.

The webplatform will deliver the results of the 2 year pan-European initiative aimed at training carers of people with dementia and carers of frail older people on the use of the Internet, providing skills and knowledge to help them to search, understand, assess and apply medical information and support. The multilingual web-platform will feature news, blogs, project's findings and updates, such as reports, policy briefs as well as opportunities for collaboration, e.g. events announcements, workshops and face to face training sessions. The website will be available in English, Italian, Greek, Polish and Bulgarian.



NEWS FROM THE PARTNERS

ALZHEIMER ATHENS PARTICIPATION IN THE EUROPEAN PROGRAM E-LILY: MEDICAL INFORMATION SEARCH VIA THE INTERNET

In our world, the use of the Internet makes it easier to seek help and medical information for all of us but especially for people in isolated areas, where access to health services and psychological support is limited. In these cases, the internet is a lifeline for seeking help. At the same time, however, its misuse is undermined by many risks: in which medical information to believe, where to search for, what do we have to watch out for when we look for such serious information on the internet?

For all the above reasons, the training of caregivers of people with dementia in the proper use of the Internet in order to search for medical information concerning both patients and themselves is of the utmost importance. Alzheimer Athens, in cooperation with four other countries, Cyprus, Italy, Bulgaria and Poland, participates in a European Erasmus + program since November 2018. The aim of this program is to educate caregivers of people with dementia on the use of the Internet and to properly find medical information and psychological support in relation to dementia. Within this program, forms will be created for training caregivers in the use of computers and the correct search and retrieval of information via the Internet. Furthermore, an online platform with all the necessary information will be created to allow even to the most isolated caregivers to be trained. Finally, the whole effort will be tested in groups of caregivers in order to have some results and demonstrate its usefulness. (Full article on [Alzheimer Europe](#))

Nikoletta Geronikola
[Alzheimer Athens](#)
Psychologist

COLLEGIUM BALTICUM PRESENTED ELILY PROJECT AT THE "USE IT OR LOSE" (TURKEY)

Collegium Balticum presented eLILY project during first meeting in Use it or Lose it initiative which took place in Kahramanmaras (Turkey) in February. The project aims at developing effective tools in prevention of Alzheimer's disease and other elderly health problems connected with the loss of memory. The final output will be a guide for educators and therapists working with elderly, especially for those who organize memory trainings and other supportive activities that might help to stop the development of the disease.

University organized also in December 2018 conference for high school students and presented them aim of the eLILY project and all activities within this initiative.



CYPRUS UNIVERSITY OF TECHNOLOGY PARTICIPATION IN ALZHEIMER ASSOCIATION ANNUAL CONFERENCE ON BEHALF OF ELILY TEAM (CYPRUS)



Cyprus university of technology has submitted an abstract concerning the development of methodology of the eLILY training modules and the Delphi survey results with the collaboration of all partners. The abstract "eHealth literacy learning skills among carers of people with dementia: eLILY Project" has been accepted for the Poster session of the Alzheimer Association International Conference that will take place on 14-18 July in Los Angeles, USA.



ALZHEIMER ATHENS PROMOTED E-LILY PROJECT TO GREEK CARER'S DAY (ATHENS, 16 OF MARCH 2019)

Alzheimer Athens has organized the annual Carer's day 2019 in March 2019. During this annual event, caregivers of people suffering from Dementia are united in order to listen to speeches from health care professionals and to be informed about the latest news concerning caregiving and dementia. This was an excellent opportunity to promote elily project as it is a project aiming to caregivers. We have informed the caregivers by giving them our flyer and we had enrolled already some of them in order to be able to include them in our training session which will be held on November 2019.



THE ELILY MEETING HAS JUST ENDED WITH MANY FRUITFUL DECISIONS! IT WAS NICE MEETING EVERYONE ONCE MORE, TILL NEXT TIME IN POLAND

