www.scie.eu | @Self_Care_EU | #SelfCare4Life #SCWEU2018

SELF-CARE FOR LIFE

European Parliament
Room A1E201
6 November 2018
16h00 – 18h00

SCiE

KINDLY HOSTED

Julie WARD MEP – UK-S&D

Biljana BORZAN MEP – Croatia – S&D

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HOUSEKEEPING AND ENGAGEMENT

@Self_Care_EU
#SCWEU2018 | #SelfCare4Life

Julie Ward MEP : @julie4nw Biljana Borzan MEP: @BiljanaBorzan

Voting Instructions

Go to **www.menti.com** and use the code **69 27 7**

WiFi:

Login: visit1106
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WELCOME

Jacqueline Bowman-Busato
Policy Lead
SCiE

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TESTER QUESTION

Go to **www.menti.com** and use the code **69 27 7**

What is your stakeholder group?

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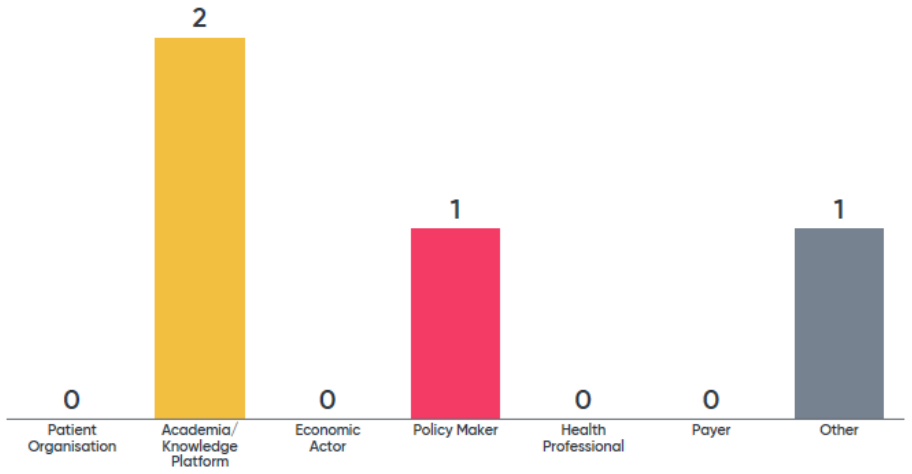

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IMPORTANCE OF MENTAL AND PHYSICAL SELF-CARE ALONG THE CONTINUUM

Julie WARD MEP

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SELF-CARE FOR LIFE - A LIFECYCLE APPROACH - WHAT'S YOUR VIEW?

Poster Intervention:

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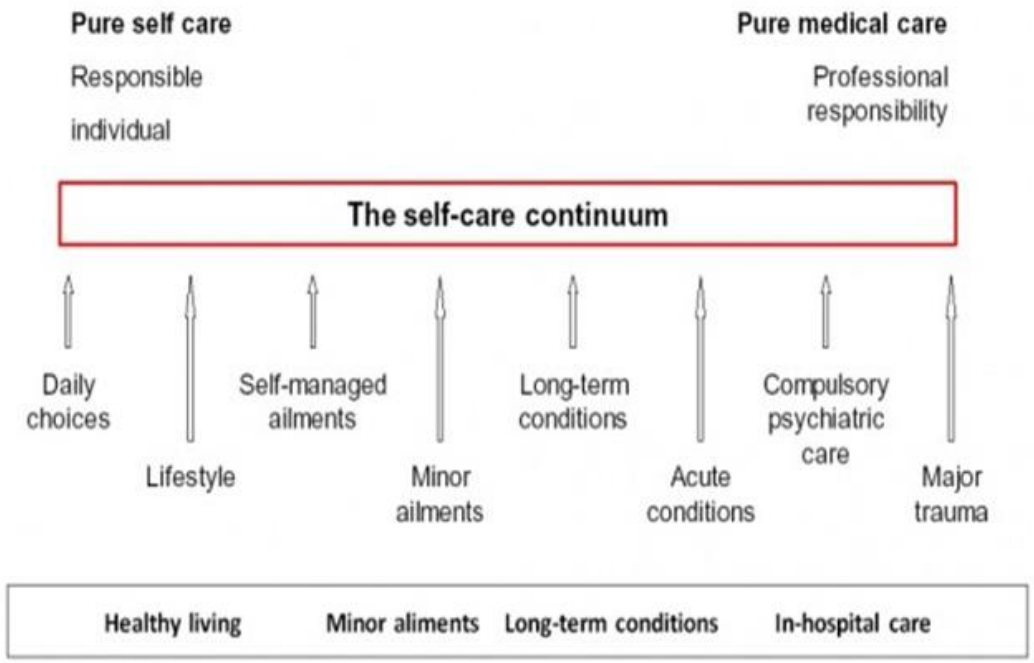
The self-care continuum



Source: Self-Care Forum UK

Self-Care: *"a learned tool enabling people to maintain health and to cope with illness and disability. Along with better health literacy it also supports optimal and timely use of available health services while avoiding a total dependency upon them for minor ailments."*

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Poster Intervention 1: "Self-Care for Life - A life cycle Approach - What's your view

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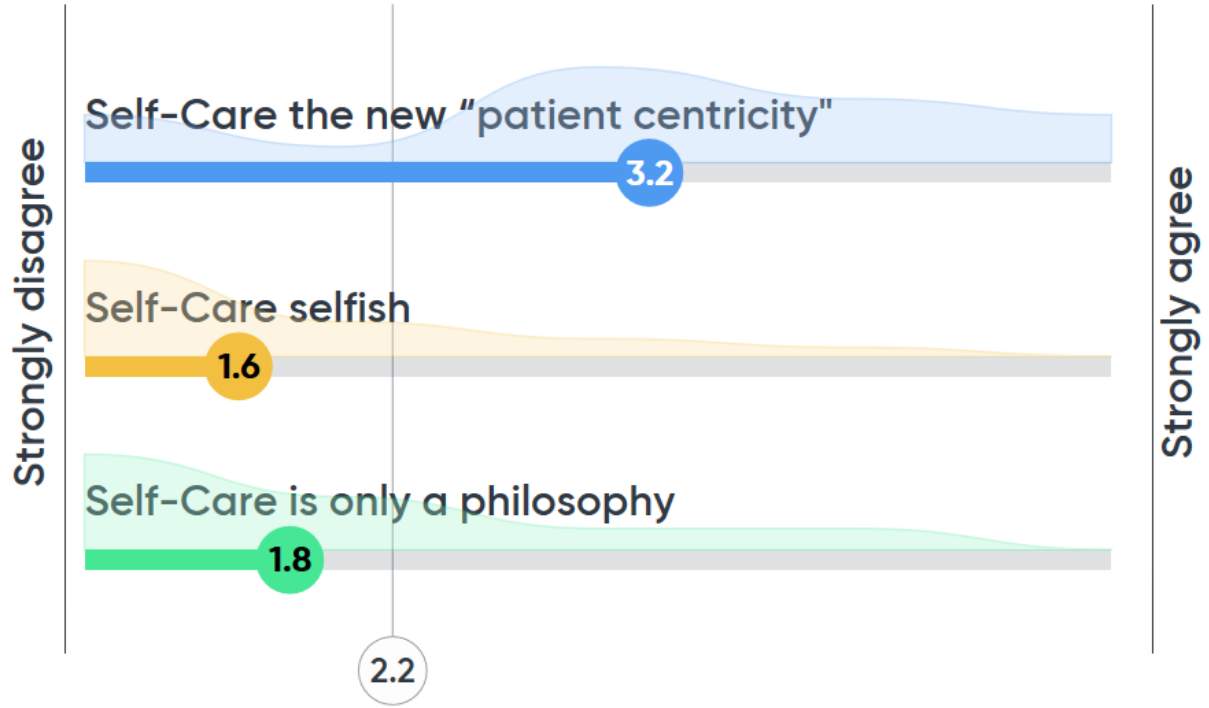

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COMMISSION PERSPECTIVE - WHY WIDE SCALE DEPLOYMENT FOR SELF-CARE IS A REALITY NOT A DREAM

Sylvain Giraud
DG Santé

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THE FUTURE OF SELF-CARE IN EUROPE

Prof. Dr. Bert Vrijhoef

06.11.18

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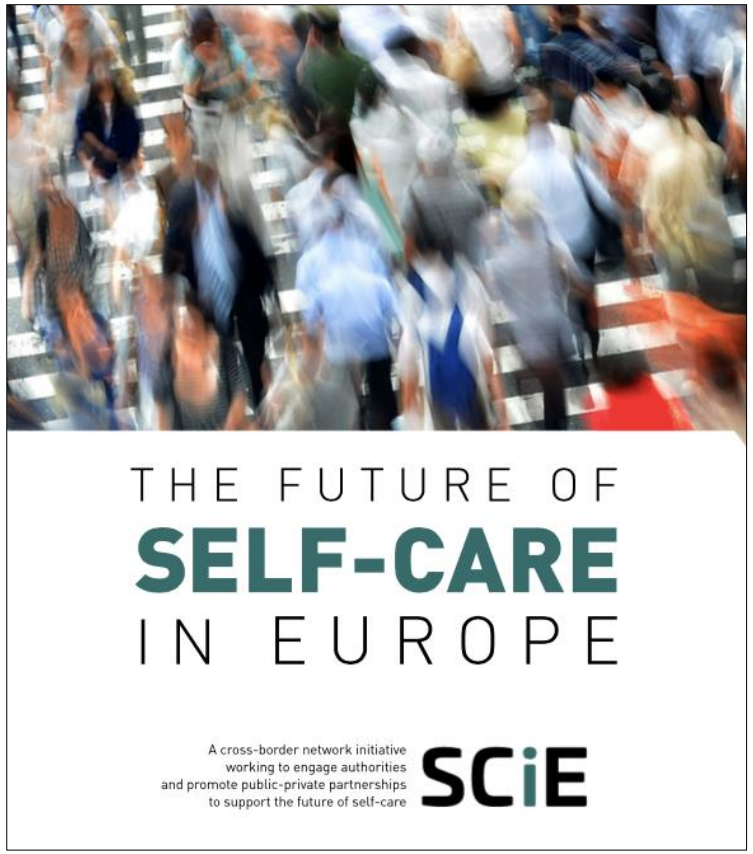
JOINT VISIONS – GOING FAR



- Collaborative production
- Gathering input from 26 great minds
- E-book optimised for print
- Shareable & inspirational

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CROSS BORDERS AND DISCIPLINES

Four directions:

- System reboot
- Changing perception and metric
- Changing roles
- Educating for a sustainable future

Four sections:

- Digitalisation & Innovation
- Engagement & Empowerment
- Collaborative care
- Health Literacy & Lifestyle

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PERSONAL AND ENGAGING

Martin Seychell
Deputy Director General, DG Sante.

Astrid Krag
MP, Former Minister for Health, Denmark

Julie Ward *MEP*

-is a British Member of the European Parliament for the North West England region for the Labour Party.

Christel Schaldemose
MEP / S&D
- is a member of the committee for the Internal Market and consumer Protection as well as alternate member of the committee for the environment, public health and Food Safety.

Biljana Borzan
MEP (S&D., HR), MD

- is a member of Committee on the Environment, Public

Ilaria Passarani

- is Secretary General in Pharmaceutical Group of the European Union (PGEU).

Bert Vrijhoef

- is CEO at Panaxea, the Netherlands, PI at Maastricht University Hospital, the Netherlands, and Professor at Vrije Universiteit Brussels. He is also Editor-in-Chief of the International Journal of Care

Dr Jacques de Haller

- to manage important eleme
It includes taking actions to ir

Paul De Raeve

- has been a registered nurse since 1984.

Charan Nelander

- is Director for the Danish

David Somekh

- is the Network Director of European Health Futures Forum (EHFF) - an open interactive network, seeking out, processing and exchanging knowledge and

of European Doctors (CPM
important role in healthcar

Kaisa Immonen
- is EPF's Director of Policy.

Kaisa holds an MA in International Relations and Conflict

Maayke Fluitman, PharmD and Jan Smits, PharmD

The selfcarefactory.com is a private initiative of Maayke Fluitman, Pharm D. and Jan Smits, Pharm D.

We believe self-care and treatment of minor ailments has a role to play in encouraging people to take more responsibility for their own health and well being by devel-

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KEY MESSAGES

The **challenge** is:

- Huge transformation
- Lack of health literacy
- Lack of data
- System thinking
- Lack of collaboration

The **solutions** need:

- Focus on small steps
- Link to education
- Focus on digitalisation
- Empowerment
- Shared responsibility

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“THANK YOU FOR SHARING…”

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THE FUTURE OF SELF-CARE IN EUROPE

06.11.18

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PANEL NO. 1: SELF-CARE FOR LIFE - A LIFECYCLE APPROACH - WHAT'S YOUR VIEW

Jessica Carreño Louro - Project Manager - AIM working groups on Health Promotion and Disease Prevention, and on Long-Term Care – AIM

Grace Li Head of Regulatory Policy & eCommerce – RECKITT BENKISER

Prof. Bert Vrijhoef (VUB, Maastricht UMC+ and Panaxea)

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MEP INTERVENTION: IMPORTANCE OF DIGITAL

Dr. Biljana BORZAN , MEP – S&D - Croatia

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PANEL 2 - JOINING DOTS FROM POLICY TO IMPACTFUL AND SUSTAINABLE IMPLEMENTATION AND UPTAKE

Margaret Walker – Executive Director EUFAMI

Michele Pastore - Senior Manager, Public Affairs – Samsung and Chair of Health Working Group - Digital Europe

Maria Heilskou Pedersen – EU Advisor - Central Denmark EU Office

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FUTURE NEEDS?

Poster Intervention no. 2
& final vote

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FUTURE NEEDS

Our healthcare model needs to adapt to the world of tomorrow.

Astrid Krag, former Minister for Health,

Global sustainability challenges need responsible self-care.

Adrian Shephard, BSc (Hons) CBiol FSB,
Reckitt Benckiser

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SCwE

Self-Care Week Europe
12 - 18 November 2018
Self-Care for Life
Powered by SCiE www.scie.eu

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Poster Intervention 2 "Self-Care for Life" - Future needs?

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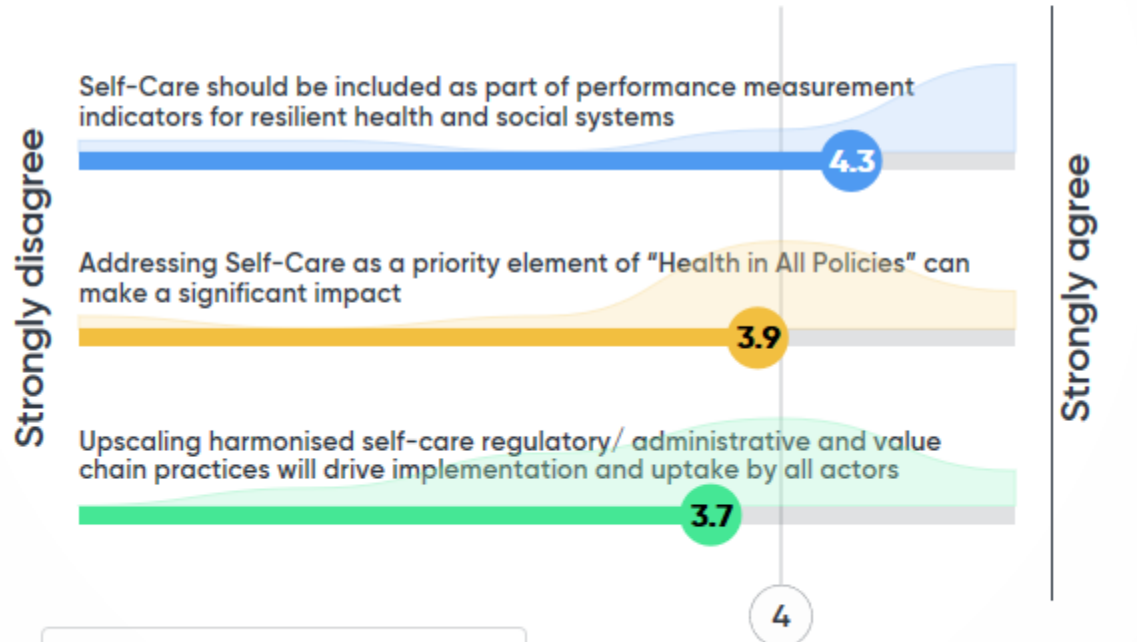

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WRAP UP AND NEXT STEPS - SCIE MANIFESTO TOWARDS CONSOLIDATION AND CALL TO ACTION

Jacqueline Bowman
SCiE Policy Lead

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SCIE MANIFESTO - OBJECTIVE 1 - EMBEDDING

We call on policy makers from the EU and national levels to actively include self-care within integrated health reform solutions on related topics such as wellbeing, work-life balance, mental health, m-health and digitalisation, patient safety, to name a few, and especially in light of upcoming changes in EU leadership

We call on policy makers from the international level to include self-care as an essential element of healthcare strategies, especially in light of the Sustainable Development Goals (SDGs).

Self-care touches on several priority SDGs , showcasing even further that this is an issue that impacts all of us:

- SDG 3: Good health and well-being
- SDG 8: Decent work and economic growth
- SDG 10: Reduced inequalities

We call on policy makers from the national and EU levels to ensure that self-care is included as an essential part of health literacy exercises and activities across Europe and at local level

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SCIE MANIFESTO -OBJECTIVE 2: MEASUREMENT

We call on policy makers from the national and EU level, as well as on the members of the EU HSPA Expert Group to include self-care as part of the performance criteria for healthcare systems in Europe

We call for inclusion of self-care across the continuum, from daily choices and lifestyle to major trauma and recovery from such, in order to embed it as an essential component of health and health management

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SCIE MANIFESTO -OBJECTIVE 3: EMPOWERMENT

We call for the inclusion of self-care and self-management in the curricula of all Healthcare Professionals (HCPs) in Europe

We call for inclusion of self-care as a case study for pilot projects on m-health and within the work of the European Commission internal task force bringing together technology and health policy makers.

The importance of digital to health is further highlighted in the Digital Single Market Strategy mid-term review.

All relevant stakeholders need to be taken into consideration and included in consultations and social dialogues at national, EU and international levels.

Exchange of information, knowledge and data between and from all relevant stakeholders on implementation of self-care should be facilitated across Member States (MS)

The proper accountability measures, sanctions, and processes should be set in place at all levels

We call for the establishment of an EU-wide platform monitoring self-care projects, initiatives and activities across MS in order to encourage exchange of best practices, ensure reliability of information, as well as to avoid duplication of existing efforts in the field

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