**IN-4-AHA twinning schemes 2022**

The IN-4-AHA twinnings are innovation exchange programs, where an innovative practice developed by an Originator institution is implemented in by Adopter organization(s).

Our main objective is to promote innovation scalability, by providing an opportunity to test and apply products/services in new geographical settings.

Solutions can range from technology-based ones, to training programs and innovative management practices. As for organizations, they must hold Reference site status.

Applications are open until the 10/12/2021. Twinnings are set to start early 2022 and wrap up by 30/06/2022.

Please, fill out this report as thoroughly as possible, ideally without exceeding 1500 words per box. Whenever possible use bullet points and provide references for verifiable claims and results – simple links to papers, news and publications will suffice.

For more information, check out our website [https://innovation4ageing.tehnopol.ee/].

Google forms link (alternative to this document) available here: <https://docs.google.com/forms/d/e/1FAIpQLSeKreG521v6H9iSNYg-I0rCN1sY8I5IrfwTiirZxs1dMcQgzg/viewform>

Or contact us via email at cscampos@reit.up.pt

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| **Adopter(s)** | Contact person (name and surname)If there is more than one adopter, please organize this section by Reference Site name, followed by the contact person and a paragraph of separation |  |
| Email address of the contact personIf there is more than one adopter, please organize this section by Reference Site name, followed by the email address of the contact persons and a paragraph of separation |  |
| Organisation nameIf there is more than one adopter, please organize this section by Reference Site name, followed by the organization's name, and a paragraph of separation |  |
| Address of the organisationIf there is more than one adopter, please organize this section by Reference Site name, followed by the organization's address and a paragraph of separation |  |
| Name of the reference siteIf there is more than one adopter, please organize this section by Reference Site name, followed by a paragraph of separation |  |

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| **Originator** | Contact person (name and surname) |  |
| Email address of the contact person |  |
| Organisation name |  |
| Address of the organisation |  |
| Name of the reference site |  |
| Tittle of the innovative practice |  |

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| **Innovative practice**(to be filled in by the Originator) | Innovative practice descriptionPlease describe why the practice was developed, what problems does it attempt to solve; its development methodology (research, testing, implementation) and what have been its most relevant outcomes. |  |
| Please specify the type of innovative practice for AHA is being shared in this twinning(Mark the correct option(s) with an X) | Regional/national HER systems and summaries |  |
| Care provider EHR systems integration (joined-up/shared records) |  |
| ePrescription system |  |
| Integrated medicines management |  |
| ICT tools supporting adherence to care plans |  |
| Technology for falls prevention |  |
| ICT-supported integration of health and social care services |  |
| Homecare, tele monitoring and mobile health systems |  |
| Multi-disciplinary team support, workflow, care planning and co-ordination |  |
| Health and care needs assessment toolkit |  |
| Tele-mentoring and virtual consultations |  |
| Telecare service / call centre |  |
| Online health portals |  |
| Age-friendly buildings |  |
| Robotics |  |
| Apps/ web platforms |  |
| Training programs for patients/users |  |
| Training programs for health professionals |  |
| Other, specify. |  |
| Which region(s)/country(s) developed the practice? |  |  |
| What is the scope of the innovative practice?(Mark one option with an X) | Regional |  |
| National |  |
| European |  |
| Trans-continental |  |
| other |  |
| What is the TRL of the practice(Mark one option with an X) | TRL1 |  |
| TRL2 |  |
| TRL3 |  |
| TRL4 |  |
| TRL5 |  |
| TRL6 |  |
| TRL7 |  |
| TRL8 |  |
| TRL9 |  |
| Unsure (will update later) |  |
| Was the innovative practice designed to: (Select all that apply) | Allow co creation with users (development phase)? |  |
| Take into account user's feedback promoting a feedback loop of improvements? |  |
| Have a positive impact on users' health knowledge and empowerment? |  |
| Have a positive impact in users' digital skills? |  |
| Have a positive impact in users’ employability and/or work conditions? |  |
| Be translatable (language; flexibility to allow iterations) to other settings? |  |
| Have a positive impact on user's social opportunities? |  |
| Have a positive impact on user's health outcomes? |  |
| Present a beneficial cost-benefit ratio for the institutions that have implemented the solution? |  |
| Present a beneficial cost-benefit ratio for the overall health care system? |  |
| Have a positive impact on health care systems resilience? |  |
| Have positive environmental impacts? |  |
| Take into account regional disparities when it comes to access to health care and education? |  |
| Please, provide links that corroborate the previous answersExamples: Links to innovative practice’s repository entry, to regional websites with documentation on the solution, and scientific papers relating with the development and implementation of the practice. |  |
| Is the innovative practice going to be posted to Futurium? | Yes (share link in the previous question) |  |
| It is already posted in Futurium (share link in the previous question) |  |
| No, due to lack of familiarity with Futurium |  |
| No, it is already posted somewhere else (share link in the previous question) |  |
| Is impact evaluation going to be performed during this activity?(Mark one option with an X)Note: Twinning participants will be able to use MAFEIP free of charge | No |  |
| Yes, using MAFEIP |  |
| Yes, using another tool (specify in "others") |  |
| Uncertain (will update on a later stage of the process) |  |
|  | Other |  |

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| **Budget breakdown** (to be filled in by the Adopter(s)) | What is the estimated budget for travel expenses?Please state:* Number of activities, and, for each activity:
1. Objective, hosting region, date
2. Nr of people travelling
3. Accommodation costs (per night)
4. Travel costs
5. Other costs (local transport and food)

If there is more than one adopter, please organize this section by Reference Site name, followed by the points 1 trough 5, and a paragraph of separation |  |

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| **Twinning details** (to be filled in by the Adopter(s)) | Objectives of the twinningIf there is more than one adopter, please organize this section by Reference Site name, followed by its specific objectives for the twinning, and a paragraph of separation |  |
| Twinning type Mark 1 option with an X | Knowledge exchange and training |  |
| Adaptation |  |
| Partial adoption |  |
| Full adoption |  |
| Acquisition |  |
| What types of activities are planned?Mark all that apply. If there is more than one Adopter, mark the options that apply for each one. | In person meetings between twinning participants |  |
| Webinars and/ or Workshops |  |
| In person conferences |  |
| Online conferences |  |
| Joint scientific papers |  |
| Training sessions for adopters |  |
| Training sessions for users |  |
| Testing and development activities |  |
| User Studies and/or user-solution interaction activities |  |
| Policy, programme, or technical discussions |  |
| Language, translation, and similar activities |  |
| Action plan descriptionProvide us with an overview of the prospective tasks required to execute the planned activities, along with a timeline and steps for their implementation. If there is more than one adopter, please organize this section by Reference Site name, followed by the action plan description, and a paragraph of separation |  |
| Twinning readiness self-assessment scale: What challenges you believe will be faced in this activity?(mark with an x all options that apply, for all adopter(s))This scale presents the perceived challenges from former twinning participants, as described in the Scale AHA (2015) study (<https://www.scale-aha.eu/fileadmin/documents/scaleaha_d5.4_finalstudyreport.pdf> ), by Empirica. Select the difficulties you are anticipating facing in implementing the proposed twinning in your region. Answers in this question will not be used to evaluate the merits of the application but serve as a point of reflection on possible challenging aspects that may still be addressed early in the activity. If there is more than one Adopter, mark the options that apply for each one. | Organizational structures and related barriers |  |
| Lack of interdisciplinary communication and cooperation |  |
| Low digital literacy of the target group |  |
| Lack of interoperability and system integration |  |
| Financial and reimbursement problems |  |
| Resistance to change/Scepticisms about effectiveness |  |
| Lack of awareness among professionals and patients |  |
| Technical barriers (infrastructure, connectivity...) |  |
| Provide a timeframe for procurement / implementation until end of 2022.How do you expect to buy and/or implement the innovative practice by the end of the year? - please state the major milestones, time wise, to achieve. If there is more than one adopter, please organize this section by Reference Site name, followed by timeframe for procurement until 2022, and a paragraph of separation |  |
| What are the expected impacts of the twinning for your organization?What are the expected changes and improvements to be gained from this activity, both after the twinning is completed (6 months) and in the long term (> 6 months) and how will they be measured or compared? If there is more than one adopter, please organize this section by Reference Site name, followed by the expected impacts of the twinning for the organization, and a paragraph of separation |  |
| What are the expected impacts of the twinning for your regional ecosystem?For example, in terms of knowledge and know-how transfer, improvement of citizen's lives (psychosocial and health wise), better outcomes for health care expenditure and quality of care provided, positive economic impacts (increase in nr of jobs and SMEs created, business opportunities), among others. If there is more than one adopter, please organize this section by Reference Site name, followed by the expected impacts of the twinning for the regional ecosystem, and a paragraph of separation |  |

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| **Other requirements** (to be filled in in agreement between Originator and Adopter(s)) | Is (any of) the adopter(s) or originator benefiting from the EU Structural Funds in the field of active and healthy ageing?Any "yes" answer needs to be reported via email by the reference site it relates to | Originator | Yes | No |
| Adopter(s) |  |  |
| Are both adopter and originator willing to document their progress and report their twinning outcomes to the IN-4-AHA project?To fill out the Mid-term and final reports, as well as providing regular informal feedback via email and video calls. |  |  |  |
| I (Contact persons) confirm that the content of this joint application has been agreed between the adopter and the originator applicants. I further provide my contact details (name, email) in case of any questions relating to the application | I confirm (Originator) |  |  |
| I confirm (Adopter(s)) |  |  |
| Contact name signature (Originator) |
| Contact name signature (Adopter(s)) |