

Interreg  
Alpine Space



consenso  
EUROPEAN REGIONAL DEVELOPMENT FUND

# The Story of **CoNSENSo** 2016-2018

Community Nurse Supporting Elderly iN a changing SOciety



*Home is a better place to grow old*

CoNSENSo develops a care model that puts older persons at the centre of health and social care enabling them to stay at home as long as possible. It builds on the crucial role of the Family and Community Nurse: a key person to help and support the daily activities of our elders and their families. The model has been developed through an Interreg Alpine Space "social innovation" project in five programme area regions: Carinthia (AT), Liguria (IT), Piedmont (IT), Slovenia (SI), and the Var (FR).



from left to right :  
 1. Erminio, Irma ed Ezio, elderly from Piedmont, Italy.  
 © Arianna Lingua  
 2. Nurse discussing with an elderly woman from Slovenia.  
 © Nataša Kocjan  
 3. A few of CoNSENSo's tools  
 © Regione Piemonte

**I**n Austria, CoNSENSo is led by the Office of the **Carinthian Government** – Department for Health and long-time care. The areas of Nockberg and Südkärnten, characterised by their mountains, long-drawn valleys, winding, narrow and steep streets, were chosen to implement the pilot.



from top to bottom :

1. The market town Eisenkappel-Vellach, Carinthia, Austria. © Jürgen Lamprecht
2. Trögener Klamm, one of the CoNSENSo piloting areas in Carinthia, Austria. © Jürgen Lamprecht

**T**wo Italian regions are involved in CoNSENSo: **Piedmont** and **Liguria**. While in Piedmont, Valle Maira and Valle Grana, two long alpine valleys were selected to test the model, the Alta Val Trebbia with its many hamlets and abandoned mountainous terrain was opted for in Liguria.



from left to right :

1. Valle Maira, Piedmont. © Enrico Collo - [www.naturaoccitana.it](http://www.naturaoccitana.it)
2. Altavaltrebbia, Liguria. © Francesco Polli



Under the care of the University of Primorska, the Slovenian pilot took place in the **Obalno Krška Region**, and more particularly in the rural costal area around the Municipality of Piran.



from left to right :  
1. Strunjan, Slovenia. © Manca Kocjan  
2. Municipality of Piran, Slovenia. © Manca Kocjan

The French piloting of the CoNSENSo model was implemented in 6 towns forming part of the Gulf of Saint-Tropez, a rural coastal area with limited transport links, in the local authority, **Department du Var**.



from left to right :  
1. View of the Gulf of Saint-Tropez from Grimaud. © Mairie de Grimaud  
2. Village of Grimaud. © Mairie de Grimaud

**W**hen new ways of thinking confront traditional practices and ways of doing, it is not easy to obtain consensus to carry out change with all stakeholders involved. CoNSENSo has offered its new health and social care model to around 12 000 residents over 65, in 56 villages and municipalities in the Alpine Space area.

For the communities involved, CoNSENSo is a way to demonstrate that another welfare model can be possible in rural areas. It brings help to the most isolated people, and therefore build a more socially active and conscious community.

*from left to right :*

1. Acceglio in winter, Maira Valley, Piedmont. © Veronica Perrone
2. Public meeting with elders in Liguria. © Antonella Fretto
3. Presentation of CoNSENSo in the local community of Secovlje. © Ester Benko



**W**ithin CoSENSo, 24 Family and Community Nurses have visited more than 4590 persons over 65 living at home. Following the visits, the nurses have developed nearly 4000 individual plans, and requested coordination activities for 6.3% of older persons in order to improve their living conditions. However, most importantly, many friendships have developed breaking the cycle of isolation.



from left to right :

1. The Carinthian nurses with the Deputy Head of Government and Regional Minister of Health Care, Dr. Beate Prettner. © Stefan Hafner
2. Lorenzo, elder from Piedmont, Italy. © Veronica Perrone
3. Ezio, elder from Piedmont, Italy. © Veronica Perrone
4. Slovenia Family and Community nurses Katja Stajner and Natasa Kocjan. © Cvetka Lorgor
5. Selfie of the Ligurian Family and Community nurses' team. © IFEC Valtrebbia

**P**romoting healthier lifestyles is an essential part of the CoNSENSo model. As well as individual advice during home visits, each pilot territory has set-up physical exercise groups, organised conferences, and information days in the local communities.



from left to right :  
 1. Walking group in Maira Valley. © Veronica Perrone  
 2. CoNSENSo dissemination during World Health Day in 2017 © Nataša Kocjan  
 3. Walking group in Grana Valley. © Veronica Perrone

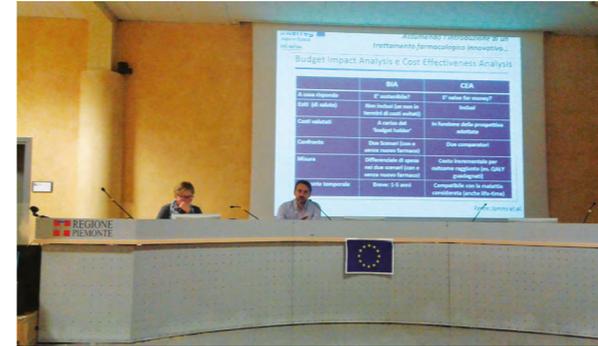
Properly trained nurses able to assess, manage and transform the needs of elderly persons living at home requires special skills and knowledge. CoNSENSo has developed a post-graduate education programme for qualified Family and Community Nurses which has been adapted to provide continuous training locally to all of the pilot nurses. Specific training has included a 5-day transnational training course, modules on community nurse clinical training, e-learning, social business planning and modelling.



from left to right :

1. 5-day transnational training in Slovenia, July 2016. © Tamara Štemberger Kolnik
2. Participants at the 5-day transnational training in Izola, Slovenia in July 2016. © Maja Šumanski Petrovič
3. Training in Beinasco with the Piedmontese and Ligurian ASL involved in the CoNSENSo pilot. © Regione Piemonte

Rolling out the CoSENSo model through the creation of social businesses created by the nurses themselves was explored through the project. Despite some remarkable differences especially on the regulatory framework governing the health sector, a common Training framework has been set and implemented to give the nurses a basic knowledge to acquire and then master social business planning and management. At the same time the CoSENSo Social Business Model has been tested and validated in each partner region, contributing to the release of the final version. Moreover in some regions the nurses have used the Model for a real simulation of a social business as a possible follow-up of the project pilot action.



from left to right :  
 1. SBM & Management training course in Piedmont.  
 © Floriana Montani  
 2. SBM & Management training course in Piedmont.  
 © Floriana Montani  
 3. Social Business Training in Slovenia, October 2017.  
 © Boštjan Žvanut

**R**ight from the outset the project partners made it their intention to reach out to all those impacted by the CoSENSO activities whether they be public administrations or local authorities, health or social services, health professionals or the older person and their families. This has been done through regular meetings, conferences and events, press articles and TV reports, and papers in scientific journals.

from left to right :

1. Transnational event in Slovenia, September 2018. © Tamara Štemberger Kolnik
2. Transnational event in Klagenfurt, Carinthia, Austria in February 2018. © Alison Garnier-Rivers
3. Transnational event in October 2018 in the Var, France. © Mairie de Grimaud



**L**ed by the Italian Piedmont Region, CoSENSo brings together 10 partners from Austria, France, Italy and Slovenia. Over 36 months, and more than 8 transnational meetings, they have shared knowledge, exchanged experiences and worked together towards the common goal of developing a care model to improve the health and life quality of senior citizens in the Alpine Space.



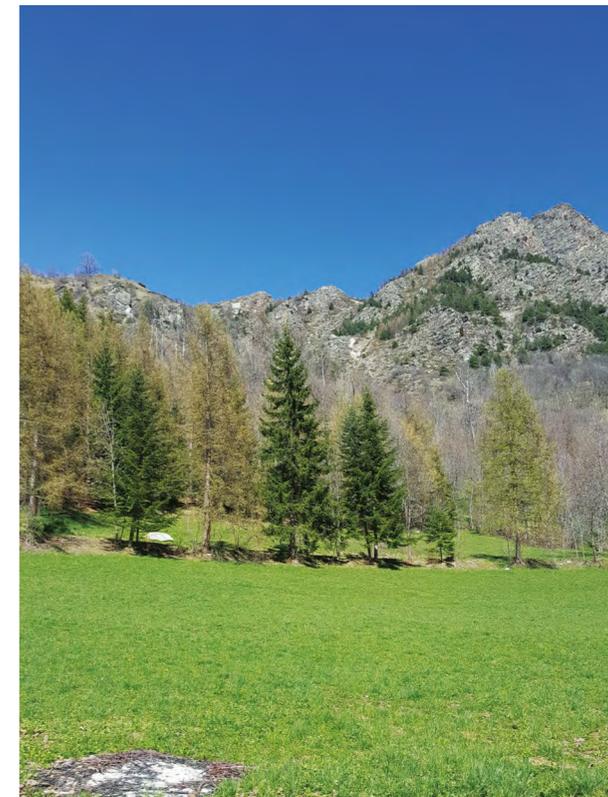
from left to right :

1. Project partners and nurses at the project meeting in April 2017 in Klagenfurt, Austria. © Stefan Hafner
2. Kick-off project meeting in April 2016 in Acceglio, Piedmont, Italy. © Catherine Ledig
3. Project partners at the project meeting in June 2017 in Toulon, France. © Catherine Ledig

**H**as CoSENSo succeeded? Is a new territorial model of health and care for older people, based on Family and Community Nurses (FCN), in place? While it is too early to draw long term conclusions, the foundations are certainly prepared. The project's impact on the communities it worked with and the individual senior citizens is undeniable: the project results show slight improvements among elderly, for example in nutrition and physical exercise, only after a few months of visits from CoSENSo Family and Community nurses in four out of the five pilot areas. The project main output is the development of a policy guidelines toolkit to enable interventions at the human capital/training level, at the FCN implementation model level, and/or at the social business model development level.

*from left to right :*

1. Anna and Christiane, elderly from Piedmont, Italy. © Veronica Perrone
2. Valley Maira, Piedmont. © Catherine Ledig



## PROJECT PARTNERS



## PROJECT OBSERVERS



Baden-Württemberg



REPUBLIC OF SLOVENIA  
MINISTRY OF LABOUR, FAMILY  
SOCIAL AFFAIRS AND EQUAL OPPORTUNITIES



More information and news about the project activities and results can be found at

[www.alpine-space.eu/consenso](http://www.alpine-space.eu/consenso)



facebook.com/CONSENSOproject



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The CoNSENSo project is co-financed by the European Development Fund through the Interreg Alpine Space programme.

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