

NEWSLETTER



NUMBER 2

DECEMBER 2022

HOPE
Responding to
Heatwaves in the Older
People Ecosystem



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Co-funded by
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ABOUT BEHAVIOR CHANGES DURING HEATWAVES

by Oscar Zanutto, Marta Mattarucco, Davide Tuis

These days we are facing a global, but especially European, challenge regarding the energy crisis that is having a major impact on energy accessibility for the most fragile people. As it is well known, most of the electricity produced, on average, comes from fossil, which means that in the summer period the access to cool places is crucial to have educational opportunities to raise awareness in changing the behaviour of older adults exposed to the heat waves. In this sense, the meeting held in Treviso in September, with all the project partners, highlighted the potential that can be borrowed from other experiences made in the school sector and in the management of other public buildings, for which the renegotiation with energy providers, for instance, has produced significant social benefits. At this point, we consider useful to orient the activities not only to elaborate the planned contents but, above all, for the update of knowledge and possibilities for the benefit of the most fragile citizens.

The second international meeting of the HOPE project took place on 19th & 20th September in Treviso, Italy. **The partners were hosted by ISRAA and Oscar Zanutto**, who is in charge of the European project office of ISRAA opened the HOPE Meeting at the **Casa Albergo Salce** conference hall.

The **Mayor of Treviso Mario Conte** brought the city's greetings together with the **President of ISRAA Mauro Michielon**, who emphasised the relevance of this project, given also the heat wave that hit Italy this year. For the city of Treviso alone, summer 2022 has been the hottest summer ever with a boom of admissions to emergencies.

As we know, climate change has caused an increase in the frequency and severity of heat waves. In the summer of 2022, admissions to the emergency room for heat-related illnesses increased by 25%. The good practices that have emerged can be applied both to the approximately 810 residents of the 4 facilities of ISRAA and to the 1,000 people cared for at home. To reach this aim the project partners in charge of the research group in the next months will conduct a **wide literature research by collecting good practices**, literature reviews and preparing focus group and interviews sessions in Rotterdam, Treviso and Amadora with the older adults 65+ living alone and independent or in a fragile condition. Informal caregivers, operational managers, stakeholders from municipalities, policy advisers in the area of Older Adult Policy and the 3rd sector (NGOs, social/welfare organisations) will also be involved in the research activities and focus groups.



EDITORIAL: WHERE ARE WE WITH THE HOPE CHALLENGES?

by Vildana Gacic, City of Rotterdam

The HOPE project is running well and smooth so far. This is due to the great solidarity and collaboration that we have among the project partners. This was very clear during our second transnational project meeting in Treviso, Italy. In collaboration between the project management team and our ISRAA partners we managed to create a relevant, interactive and efficient 2 day programme. Besides gaining, new knowledge and being inspired by the associated partners from Treviso, we also managed to work on the project results, create plans for the coming months and divide tasks among the HOPE team.

Based on experiences from the first two transnational project meetings, we are slowly developing a **blueprint for our face to face meetings**, which seems to be very efficient. The first day of the meeting is dedicated to project management. Here all partners give an update on their work so far, the project status and budget is communicated, followed by working sessions in smaller groups. In the evening we have dinner together with the group of several associated partners from the host city, who work on the topics related to the project. The second day starts with presentations from these associated partner of the hosting city. These presentations always have relevancy for the project topic. After the presentations the guests and the HOPE team engage in interactive sessions where the goal is to gather input for the different project results.

For these sessions we have used the methods of **focus group interviews, co-creation sessions and Critical Friends Review**. Not only does everyone get a chance to actively participate during these sessions, but we also seem to come up with more innovative ideas for the project and gain and share more expert knowledge. Furthermore we have also organized site visits to older adult housing and social facilities.

Since we are also contacting more and more external partners to our project we see that **networks are being created in all cities** with stakeholders from a wide range of governmental, health, environment and welfare organizations.

Moreover, in the past months the consortium has been working in smaller work groups on defining frameworks for the different project results. To gather the collect input for the project results and in order to perform the gathering in the right way, the partners from Rotterdam University of Applied Sciences have been working with the rest of the partners on creating a **research framework**. Here the goals is to perform grey and scientific literature review, interview focus groups of older adults and organize round table discussions with Local Advisory Boards in Rotterdam, Treviso and Amadora. These activities will take place over the next six months.

For the **Database of Good Practices**, led by ISRAA, we have defined criteria on which practices we will be collecting. In the coming months we will be researching the internet in several European languages in order to find best practices when it comes to responding to heatwaves in older people ecosystem.



To conclude, the project is running on time and the HOPE team is taking some good steps in the realizing the project goals.

VILDANA GACIC, City of Rotterdam

EFFECTIVE INTERVENTIONS TO PREVENT HEATWAVES, RESEARCH

by prof. Henk Rosendal from the University of Applied Sciences of Rotterdam

Our HOPE-project aims to achieve several goals. One of these is the development of a sound **e-learning tool**, to support students and caregivers in acting appropriately in periods of extreme heat. Another goal is to develop a **database** containing good practices. Both goals require robust substantiation. Therefore, a **scientific research** will be performed, which will be completed with a search in so-called '**grey**' literature. Grey literature is published informally or non-commercially or remain unpublished. It can appear in many forms, including government reports, statistics, patents, conference papers and even non-written resources such as posters and infographics. Grey literature has not been peer reviewed but may still be good reliable information. Another important source of information will be **older adults**, who have experienced heatwaves lately. The first preliminary results, which look promising, will be presented underneath.

METHODS

Our global, main research question was '**Which individually and community based interventions are effective with respect to preventing complications of heatwaves for older people?**'. Scientific databases were investigated using a combination of three keywords: 'heatwaves', 'interventions' and 'elderly'. The search was done in English. The same keywords in Dutch, although not combined, were used in searching grey-literature. With respect to elderly, we organized a first focusgroup with citizens from Rotterdam, aged over 70.

• PRELIMINARY RESULTS

A. In scientific database nine recent, and usable publications were found. From these we learned that it has been established (ao) that:

- Heat exposure is associated with increased risk on cardiovascular and respiratory mortality;
- Healthy people are more able to implement adaptive measures;

Drinking extra water, changing work hours, wearing appropriate clothing, and reducing soda consumption are considered as effective measures;

- The positive effects of using electric fans, however, have not been demonstrated.

Besides, we noticed that;

- Most studies concern outdoor temperature, whereas people often tend to stay indoor, where temperatures are higher;
- Some older people suffer during heatwaves, while others think it was rather pleasant;

B. In Dutch grey literature many measures on different levels were identified. Some of these: Microlevel: drinking extra water, cooling scarfs, moving less, finding cool places, appropriate clothing, lukewarm showers, and electric fans.

Mesolevel: roller-shutters, ventilation (day/night), insulating roofs, and switching off heat producing appliances.

Macrolevel: heat warning systems and plans, painting of asphalt, covering roofs with plants, introduction of streaming water through cities, and stimulating the planting of trees in the inner city.

C. The focusgroup consisted of 8 elderly, who were so kind to exchange their experiences with recent heatwaves. It appeared that they all had their own adaptation-strategies, depending on their physical and housing situation. In a lively conversation several tips and tricks were exchanged, such as:

- Changing their daily rhythm, less activities in the afternoon
- Clothing of natural materials (wool, cotton, linen): ‘what helps against cold, also helps against heat’
- Bottles of water in refridgerator are put into their beds before going to sleep
- Cooling their houses on the basis of in- and outside temperature: Cooler outside? Open doors/windows. Cooler inside? Closing of doors/windows

WHAT’S NEXT?

Although these results look promising, it cannot be ruled out that using alternative keywords might lead to more usable publications. So we will expand our scientific search in the months to come. With respect to grey-literature: all international partners will perform similar searches in their own language. The same applies to focusgroups, which will be organized in all participating countries.



Focus group in Rotterdam, September 5 2022

OPPORTUNITIES FROM THE TREVISO SECOND TRANSNATIONAL MEETING OF SEPTEMBER 19 AND 20

by Oscar Zanutto, Marta Mattarucco, Davide Tuis

Climate change has led to an increase in the frequency and severity of heat waves globally affecting even Northern Europe, increasing the risks to health, especially of the most vulnerable groups such as older adults. The HOPE project, funded by the European Commission's Erasmus + programme, puts the serious threats to the health caused by heatwaves on the agenda of health services to older people with an inclusive ecosystem-wide approach.

To achieve this goal, six partners from the **Netherlands** (City of Rotterdam and University of Applied Sciences), **Italy** (Istituto per Servizi di Ricovero e Assistenza agli Elderly ISRAA), **Portugal** (Irmandade Da Santa Casa Da Misericordia Da Amadora Ipss), **Greece** (Social Cooperative Enterprise of the Cyclades), **France** (réseau Européen pour l'Inclusion et l'Action Sociale Locale, ELISAN) have joined forces. The goal of the project is to develop an integrated approach to decrease the rate of morbidity and mortality, and improve the care provided through new approaches, exchange of best practices and change management.

All the partners participated to the project two-day meetings that has been in addition attended by the Municipality of Treviso, the Province of Treviso and the Local Social and Health Unit 2 (ULSS2). In addition, a study visit took place in the smart co-housing Borgo Mazzini.

The first day of the meeting was held close to the **Menegazzi Residence** in Treviso at ISRAA's European project office (Faber - Fabbrica Europa). The partners discussed the learning content for health promotion of the older adults. In addition, interview sessions have been set with ISRAA professionals, seniors' residents and caregivers who face the daily challenges of climate change.

The second day of the meeting has been held at another ISRAA residence: **Casa Albergo** located in the historic center of Treviso. Contributions and speeches of Stakeholders included the **Mayor of Treviso Mario Conte**.

Through the guided tour of ISRAA's **Borgo Mazzini Smart Co-housing** also located in the historic center of the city the HOPE project partners got in touch with one of the most innovative initiatives of ISRAA. The interview sessions have been held with the professionals of Casa Albergo, seniors guests and caregivers.



Marta Mattarucco,
ISRAA Treviso



FABER Europa



Davide Tuis,
ISRAA Treviso



Oscar Zanutto,
ISRAA Treviso

GOOD PRACTICES: STARTING THE COLLECTION

Based on the work of all project partners and the information gathered, the **HOPE project** will develop an online **database of good practices** around older adult care during the heatwaves, which will be shared worldwide. **ISRAA Treviso** will have a leading role in its development. The project results will be implemented in the own care services of the partners and available for use, replicability and adaptation to all interested Authorities.

The **Portuguese partner (SCMA)** will be responsible for the development of the **Guidelines** for the older adult ecosystem on the topic of heat management. These guidelines recommend how to manage the older adults care before, during and after the heatwaves. Together with the associated partners of **Rotterdam**, Genero (network of older adult organisations); SOL Network (welfare institution and supplier of welfare services); Laurens (organisations for older adults care), **Treviso** (Province of Treviso; Municipality of Treviso, ULSS 2 Marca Trevigiana) and **Portugal** Amadora (Municipality of Amadora; Lusofona University) and the Local Advisory Boards, we will collect the best practices and research about the ecosystem on what is currently done in heatwave management, what is missing and what works well.

What is meant about “Good practice”

A good practice is not only a practice that is good, but **a practice that has been proven to work well** and produce good results, and is therefore recommended as a model. It is a successful experience, which has been tested and validated, in the broad sense, which has been repeated and deserves to be shared so that a greater number of people can adopt it.

Or ‘Good practices’ can be defined in multiple ways. However, a thread common to most definitions implies strategies, approaches and/or activities that have been shown through research and evaluation to be effective, efficient, sustainable and/or transferable, and to reliably lead to a desired result. (European Commission)

The Criteria:

- Effective and successful;
- Environmentally, economically and socially sustainable;
- Gender sensitive;
- Technically feasible;
- Inherently participatory;
- Replicable and adaptable;
- Reducing disaster/crisis risks, if applicable.

You have a good practice regarding heatwaves and you would like to share it please contact us. lead ISRAA Treviso and elena.curtopassi@regione.veneto.it



FOCUS ON HEATWAVES IN ITALY

by ISRAA Treviso

In Italy in the summer of 2022, the national heat wave forecasting system was activated.

Preventing the negative effects of heat on health, especially of the most fragile people, is the aim of the publication on the portal of the bulletins on heat waves in Italy. The bulletins are prepared by the Lazio Region, SSR Epidemiology Department, as part of the National Operational System for forecasting and preventing the effects of heat on health, coordinated by the Ministry of Health. They are published, as every year from Monday to Friday, from mid-May until mid-September. The operating system is deployed in 27 Italian cities and allows the daily identification, for each specific urban area, of weather and climate conditions at risk to health, especially for vulnerable persons: the elderly, the chronically ill, children, pregnant women. The cities monitored are: Ancona, Bari, Bologna, Bolzano, Brescia, Cagliari, Campobasso, Catania, Civitavecchia, Florence, Frosinone, Genoa, Latina, Messina, Milan, Naples, Palermo, Perugia, Pescara, Reggio Calabria, Rieti, Rome, Turin, Trieste, Venice, Verona, Viterbo.

Heat wave bulletins can also be consulted through the “Caldo e Salute” APP, created by the Ministry of Health in collaboration with the Department of Epidemiology of the Lazio Region Health Service - ASL Roma 1. The APP is available online for Android devices on Google Play. From the Ministry's portal it is possible to download numerous brochures and information material on heatwaves, for the general population and health and social workers (doctors, staff of facilities for the elderly, staff assisting the elderly).

Each summer, information is collected on local prevention plans and emergency protocols in 34 cities involved. The document is periodically updated and includes:

- a summary of the available evidence on the risk factors associated with heat and heat waves and on prevention interventions,
- models and tools, based on the available scientific evidence, for the implementation of local prevention plans for heat-related health effects differentiated by risk level and population susceptibility level.

Specific recommendations have been defined for different subgroups of the population most at risk.



COMMITTEE ON ENVIRONMENT AND SANITARY CRISIS OF THE CONFERENCE OF OINGS OF THE COUNCIL OF EUROPE, OCTOBER 4TH 2022 EXPERT MEETING.

Support to the Council of Europe contribution to SDGs and the 2030 Agenda.



General collaboration framework

ELISAN, European Inclusion and Social Action network, member of the HOPE consortium enjoys participatory status at the Council of Europe and is rapporteur of the Committee on Environmental and Sanitary Crisis presided by Anne-Marie Chavanon vice president of COFHUAT.

The Committee has been set up by the Conference of INGOs in June 2021. The purpose is to face the double crisis with awareness raising of:

- the need for a holistic approach required by the complexity of the ecosystems that shape the world in human settlements as well as in all life forms
- the urgency for research with a human rights perspective and in which ecology is both environmental and human (one health approach)

The identification of components for an efficient and humane « recovery » (building back better) and for a better future for the next generation (building forward better) are being searched on three main lines:

- Environment and health
- Solidarity and resilience
- Good governance

Within this framework the Committee consulted on October 4th the **HOPE representatives, Vildana Gacic** (project coordinator, city of Rotterdam) and **Prof Henk Rosendal** from the university of Applied Sciences of Rotterdam to prepare the Health and Environments World summits: the **Health Summit of 16-18 October** in Berlin and The COP27 (7-18 November Charm el Sheikh. The projects objectives, methods and challenges were highlighted for the exchange of views. The essential goal of putting the health threat of heatwaves on the agenda of the organizations in older people ecosystem, the Local and Regional Governments and the Health and welfare services was underlined.

The invited speakers included **Laurence Lwoff**, Secretary of the Committee on bioethics CD-BIO of the Council of Europe and **Roberto Ciambetti**, President of the Veneto Regional Council.

Miltos Sakellariou from the Social Cooperative Altera Vita Cycladis (Greece) member of the HOPE consortium was also consulted about the actions taken in Greece during the extreme summer temperature, the Heatwaves and traditional Bioclimatic architecture. Indeed summer 2021 has been a Greek heat wave of records.

Following these consultations, the HOPE project has been included on the programme of works of this Committee and a resolution has been adopted by the NGOs involved in the Environmental and Sanitary Crisis Committee of the Conference of INGOs of the Council of Europe as a contribution to the Summit of Sharm el Sheikh (Egypt).



HENK ROSENDAL, professor University of Applied Sciences of Rotterdam



VILDANA GACIC, City of Rotterdam

WHAT'S NEXT

HOPE third transnational meeting, Amadora (Portugal), 16th and 17th January 2023

The third transnational consortium meeting will be organized by the portuguese partner **Santa Casa da Misericórdia da Amadora** in collaboration with the project coordinator from the city of Rotterdam and it will take place from the 16th to the 17th of January 2023.

The whole meeting will be held with a **co-creative approach**.

While the first day will be mainly dedicated to the development of the **data base** of good practices and the structure of the **e-learning course**, the second will be an opportunity to learn more about **SCMA's and its current practices regarding heatwaves mitigation** and, in an interactive process, to work together on older adult's **health empowerment**. Interviews with older adults, caregivers and professionals will take place between SCMA's stakeholders and the HOPE consortium enriching the contents through knowledge exchanges. The outcomes will be then gathered and evaluated for the future development of the project outputs.



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GREETINGS FROM THE HOPE PARTNERSHIP
MERRY XMAS AND HAPPY 2023!



Editors: HOPE project

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