

Newsletter

National Analysis and best practices

The goal of the analysis was to understand the gaps and learning needs of older adults when it comes to accessing health information and services. The Analysis helped partners gather up-to-date information about the state of health literacy in each V4 country. The research also focuses on digital health and new tools.

After completing the analysis, partners created a comparative table that lists the main findings and promising measures implemented in their countries, as well as the objectives they hope to achieve. The discussions about the findings have also helped partners come up with ideas for a common, innovative methodology to improve health literacy.

Second partners meeting

On May 9, 2022, the second online meeting of all INHEAL project partners was held. Discussions revolved around the progress of the National analysis, the development of a common methodology and training program. Key topics included analyzing shared results on health literacy, deciding what information to include in the methodology, and selecting participating organizations and staff for training.

Common Methodology

From February 2023 the methodology produced by the INHEAL project is available online in multiple languages. It is freely and universally accessible to anyone who wants to improve their health literacy. The methodology is based on extensive research and national analysis across V4 countries. It seeks to bridge the gaps and address the issues identified by providing a guide that explains health literacy and digital health literacy, along with selected effective practices and tools. The guide serves as a knowledge base, highlighting similarities, differences, and specific needs within each country. Its purpose is to enable organizations working with elderly individuals to utilize the knowledge and materials generated by the project, thereby promoting improved health literacy among seniors.

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Caregivers Training

Between November and December 2022, varied organizations gathering older adults such as senior homes and universities of the third age have been invited in Prague, Warsaw, Budapest, and Kosice to participate in the project and receive training on how to share the information, knowledge, and solutions collected in the common methodology, among their pupils.

On November 16th, social services and other organizations in Prague were invited to participate in a training organized by the INHEAL project. The aim was to provide caregivers with the keys to implementing recommendations and activities from the methodology, in order to improve the health literacy of older adults.

The Centre of Active Ageing in Kosice Region and other organizations participated in the caregiver training on December 1. They learned how to organize and coordinate seminars and workshops to help older adults stay healthy and informed.

On December 5th, the INHEAL project organized a training for the National Federation of Hungarian Pensioners' Associations in Budapest. Participants received training on sharing information, knowledge, and solutions collected in the common methodology, to improve the health literacy of older adults in the V4 region.

In the caregiver training in Drobin, Poland on December 6 the group included representatives from senior councils, social care centers, and the Polish Association of Seniors, Pensioners, and Disabled People. They improved their skills about health education among older adults in their communities.



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Online platform

The platform currently under development aims to enhance health literacy and promote awareness of health and digital solutions among its target groups, including public officials, representatives of senior organizations, and seniors themselves. It encompasses three main pillars:

- About INHEAL: This section introduces the project, its partners, and related outputs.
- Health literacy: The platform regularly updates and adapts specific content from national analysis and the common methodology. The approach is simplified, utilizing adapted vocabulary and visuals to enhance understanding for the elderly.
- National references: The platform provides links to relevant and trustworthy national sources and websites, such as institutions and scientific studies.

In summary, the platform's primary objective is to reach a broad audience and improve health literacy among seniors, offering accessible and valuable information on health and digital solutions.

Find out more

To access the outputs produced by the project, you can visit the project website (<https://www.inhealvisegrad.eu/>) or check out the Facebook page (<https://www.facebook.com/InhealProject>). These platforms provide convenient access to the valuable resources generated by the project.