

Newsletter

What is INHEAL?

INHEAL, which stands for "Innovation in Health Literacy," is a project aimed at addressing the issue of low levels of health literacy among seniors in the Visegrad countries (Czech Republic, Hungary, Slovakia, Poland). The project's primary objective is to empower caregivers who work directly with seniors by providing them with the knowledge and tools necessary to educate their students on sensible consumption of healthcare services, maintaining healthy lifestyles, adhering to medication regimens, and utilizing innovative, ICT-based methods for accessing health information and services (such as e-health, m-health, e-receipts, etc.).

The INHEAL project encompasses the development of three key products:

- 1. Country research and analysis:** This involves identifying the gaps and learning needs of senior citizens regarding access to health information and services. It also includes creating an inventory of existing measures, policies, and practices adopted at the national level to enhance health literacy among seniors.
- 2. Common innovative and health-improving methodology:** This entails selecting successful practices, innovative methods, and tools aimed at increasing health literacy, based on previous analyses conducted by project partners. The methodology will be accompanied by guidelines for caregivers, assisting them in effectively imparting knowledge to seniors within organizations associated with senior citizens.
- 3. User-friendly and accessible online platform:** This platform will serve as an educational tool for the Visegrad countries and beyond. It will feature the developed methodology and provide essential information related to health and innovative methods. The platform will be available in English and the languages spoken in the participating countries, ensuring accessibility to a wider audience.

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.