



WHAT BENEFITS WILL YOU GAIN FROM SUSTAIN?

Through participation in SUSTAIN, the sites will experience a number of benefits including:

- ✓ Access to tailored best-practice research and evidence
- ✓ An experienced team of integrated care experts to help you implement best practice techniques
- ✓ Help and support with improvement through organisational development, including the involvement of users and other relevant stakeholders
- ✓ Opportunities to collaborate and share experience with other sites to find ways of improving together
- ✓ Identifying your work practices as an example of good practice for other initiatives throughout Europe

ADDITIONAL INFORMATION

SUSTAIN is a four-year initiative (2015–2019) funded through the European Commission's Horizon 2020 Work Programme 2014–2015. If you would like to receive further information please contact Simone de Bruin (project manager of the SUSTAIN project) on simone.de.bruin@rivm.nl

Visit our website <http://www.sustain-eu.org/>



SUSTAINABLE TAILORED INTEGRATED CARE FOR OLDER PEOPLE IN EUROPE



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INTRODUCTION

The **SUSTAIN** project aims to improve **integrated care for older people living at home with multiple health and social care needs.**

From 2015 to 2019, the project will work with **fourteen initiatives (sites) in seven countries** aiming to achieve integrated care, and will **support them in further improving their care** based on a number of identifiers.

SUSTAIN will work on ensuring that improvement work is **transferable** to other health systems and develop a guide to help others enhance their own services and **achieve quality integrated care** in Europe.

A EUROPEAN-WIDE PROJECT

SUSTAIN is funded by the European Commission and will benefit from partners with high expertise in different European countries. The sites will be located in Austria, Estonia, Germany, Norway, The Netherlands, United Kingdom. They will be supported by several European wide organisations.



HOW WILL WE PROCEED?

To achieve its aims the SUSTAIN team will:

1. Work hand in hand with sites and local stakeholders for 18 months to agree on how to progress, and how to implement needed improvements.
2. Evaluate how the sites are doing during and after the improvement implementations.
3. Ensure that improvements can be transferred to other integrated care settings in Europe.

The overall approach to the project is **close collaboration with stakeholders** at the sites, which is achieved through a **fully participatory approach** that speeds up the process of translating research evidence into practice.



WHAT DO WE AIM TO ACHIEVE TOGETHER?

We expect that over the next four years the SUSTAIN project will:

- ✓ Advance outcomes of integrated care through a **tailored set of improvements** that will have been implemented and evaluated.
- ✓ Produce a set of **tried and tested measures and indicators** that integrated care providers can use to evaluate their progress.
- ✓ Create a **'toolbox'** of information to carry out evidence-based integrated care.
- ✓ Produce a **roadmap** to help with designing, establishing, and maintaining models of integrated care for older people with multiple health and social care needs.

