

Minutes of the Transnational Study Tour

Budapest, May 20-22 2014

Opening

György Kozma (Dr. Vice-president of ONEP)

Greetings and welcome towards:

- Thüringen Ministry (lead partner), EARDA, audience, acknowledgments
- welcome to the „Transnational Study Tour” of the ADAPT2DC project

Introduction:

- about the Office (established on 2 December 2011 and it is operating under control of the Minister for National Economy, the office is the background institute of the ministry)
- supports and coordinates national strategic, economic and territorial planning
- Currently the main task is planning for the 2014-20 EU funded programming period.
 - ONEP is preparing national strategies, being involved into the discussion with the European Commission, and coordinating the territorial strategy building at levels.
 - ONEP takes also part in preparing for the 2014-20 programmes of European Territorial Cooperation (promotion of Hungarian economic development goals in the planning of cross-border programmes)

About ADAPT2DC:

- importance, main elements:
develop transferable strategies for the provision of innovative solutions to restructure the management of services and infrastructure in shrinking regions and cities from Germany, Czech Republic, Hungary, Italy, Poland and Slovenia

PRINCIPAL ONEP MESSAGE:

The effectiveness and the added value of transnational projects is always a key question raised by managing authorities as well as by partners and even by target groups. ONEP is in a very fortunate situation from this regard, and for us, effectiveness and added value of ADAPT2DC can be so transparent that is out of question.

ADAPT2DC identified many innovative, interesting and creative solutions for managing public services in an ageing society. We have been able to integrate these solutions into planning and programming tasks of ONEP. So, the EU-financed national strategies and operative programmes make it possible and recommend applying these ideas in the development interventions implemented by settlements and counties, especially in frame of Territorial Development Operative Programme (programmed by ONEP).

As Hungary faces many crucial challenges in field of demographic change, strong governmental intentions also encourage us finding the right answers even through development policy. Therefore, one of the five main national development priorities declared in the national development plan for 2014-20 programming period (the Partnership Agreement planned by ONEP) is to tackle the demographic change.

Reason for the conference:

- providing a training for the actors of planning of actions in order to adapt the public services and infrastructure to demographic change

Closing remarks:

- reiterate importance of ADAPT2DC
- wish you a very fruitful discussions for the conference

Opening words of **Klaus Bongartz**, as Lead Partner of the ADAPT2DC Project

Keynote lectures

Ivan Tosics (Metropolitan Research Institute, Hungary-ADAPT2DC EAB member): Demographic Trends in Europe

- Fertility level in Europe is declining (average 1,6)
- Migration also plays a role: about 1-1.5 million per year to Europe
 - Consequences: brain-drain, brain-waste
- But there are regional differences: Western and Northern Europe will grow (high level of migration), but in Central and Eastern Europe out-migration and low fertility
- Consequences: lack of skilled labor, overload of health care systems
- Territorial imbalance / development gap
- GDP per head can decrease by up to 20% (because of lack of workers) but burden for care will increase / public spending has to rise / dependency ratio will be rising
- Retirement age may have to be increased by up to 5 years
- In general: a broad perspective is necessary (for instance it is not useful to renovate houses when there will be a 20% loss of population in the upcoming years)
- If all 7 billion people in the world wanted to live at acceptable level, we would need 1,5 earths (and 5-6 earths if we all lived at US level)
- Inequalities are exploding, worldwide: nowadays the rich own a much higher share of total wealth than before
- Results: don't only think about demography

- Also the economic crisis is reducing the resources/potentials for governments
- Also environmental challenges
- A cross-sectoral thinking is necessary
- Shrinkage can be very different: it can be peaceful ageing, but it can also mean enormous unemployment, shrinkage to disadvantaged people only
- Explore also the functional urban areas

“Europe 2020” is a growth strategy – but actually shrinkage is the reality in many areas

Martin Simon (Institute of Sociology Academy of Sciences of the Czech Republic, ADAPT2DC project partner): Specificities of demographic trends in Central Europe

- The project accepts shrinkage as a fact and tries to adapt (not mitigation)
- Demographic change is not linear, but it is a robust process, i.e. it is difficult to change it with policy tools
- Life expectancy is much higher in Germany, Italy and Austria, much lower in Poland, Hungary, Czech Republic....
- The same is true for “mean age”: also here the differences are strong (particularly in Eastern Germany the mean age is high: in some regions it is almost 50)
- The dependency ratio is increasing everywhere
- See case studies:
 - For instance in the Czech case (Usti region): all parts of the region are expected to be shrinking
 - But in other regions, there is also some growth (in Malopolska around Krakow, in Italian case the lowlands are gaining population while the mountains are losing population)
 - Thus different regions need different recipes, but also transferability can be possible (solutions transferred to other regions)
- The costs of shrinkage are born by different actors (for instance in the case of housing, many buildings are owned by private individuals, so the costs are born by them)
- Shrinkage is not openly discussed in many areas (sometimes a taboo topic)
- Shrinkage does not automatically mean lower quality of life

Mary Redei (Regionalis Informatika Ltd., Hungary, external expert): Impacts of demographic change

- In Hungary, the generations are growing longer: a few years ago, there was about 20 years between mother and child, now there is about 30 years
- The number of small settlements in Hungary is expected to rise
- A process of concentration: people are moving to centers
- Hungary is now part of Schengen but it is also affected by the economic crisis: the combination of these two factors mean that a lot of people are leaving
- Hungary will lose around 1 million people until 2060
- Influence on economy: less tax income for governments
- Make a difference between pro-active policies and re-active policies?

Artur Ochojski (University of Economics Katowice, Poland, ADAPT2DC project partner): Cost analysis of infrastructures

- It was attempted to gather useful data from Eurostat and other statistical offices – but it was not feasible
- Basis: “Proxy Cost Ratio” = value of services delivered to citizens
- Question: Are there linkages to demographic change?
 - PCR is negatively correlated with long term population change
 - PCR is positively correlated with population density
- Public service provision is much dependant on the spatial characteristics of the territory
- The regions of Central Europe were clustered into groups with comparable characteristics
 - This can be used to transfer solutions
- Case based observations:
 - E.g. The demographic elasticity of supply in health care is higher compared to any network infrastructure
 - E.g. For public transport the share of subsidies increases over the years
 - E.g. road infrastructure: deactivation of roads is hardly possible because it is not only people moving around but also goods transport
 - Water infrastructure: elasticity of supply is low

Katarzyna Tarnawska & Ewa Slezak (Cracow University of Economics, Poland): Policy framework regarding demographic change in EU

- Policymaking is limited to the nation-state in many fields
- Many policy documents exist
- Commission:
 - Green Paper “Confronting demographic change” (2005)
 - The demographic future of Europe (2006)
 - Renewed Social Agenda (but these policies fall within the responsibility of the member states, the EU can only support)
 - 2012 was year of active ageing
 - The Commission also realized that the economic crisis had impact on public resources
 - Europe 2020: some of the goals are related to demographic change (raise employment rate, improve education levels, promote social inclusion)
- European Parliament:
 - The Parliament focused more on the regional level in their analysis and recommendations
- European economic and social committee
 - They published a range of papers on this issue, the main focus is on ageing
- Committee of Regions
 - Focuses on access to social services, mobility, housing for the ageing population
- Clearly some key components emerge: public finances, higher employment rates, social protection systems, immigration, active ageing

Transport and mobility

Introductory lecture- Presentation of the context - :

Bernd Buthe (Federal Institute for Research on Building, Urban Affairs and Spatial Development, Germany): How does Demographic Change influence transport and mobility

- Changing settlement patterns: suburbanization and urban sprawl means that people have to travel more (commuting)
- Because of population decrease, the critical mass is not reached, i.e. there are not enough “users” to make the maintenance of a service viable
- Regional data is necessary in order to come up with a transport strategy
- Due to ageing, the needs also change: more transport safety is necessary
- Federal Transport Infrastructure Plan: the future traffic flows are forecast and then projects are appraised
- Not only people transport is increasing but also freight transport is increasing
- Results of data analysis: the population distribution is shifting towards core centers – therefore the interconnection between the cores is necessary
- If services are centralized, there are longer travel distances = more requirement for transport
- Overall: increasing personal mobility – but at the same time the population is decreasing – so what does it mean for the planning of infrastructures? High uncertainty
- But also qualitative adjustments are necessary, concerning the offer for instance for elderly people
- Discussion: How could they deal with local/regional challenges/problems? Answer: they have statistical data, they prepare forecasts and prognoses based on this data. It takes 2-3 years to finish a forecast and it is very expensive. At the moment, according to the results, people will use car even if the oil prices are increasing. The maintenance costs of infrastructure is very important from company point of view, and e.g. in Germany these maintenance costs means a huge challenge.

Pilot projects, best practices:

Nicolas Ruge (Thuringian Ministry for Building, Regional Development and Infrastructure, Germany) : pilot action “KombiBus”

- Pilot action in Saale-Orla-Kreis: “Demography Coaching”
- Combination of passenger transport with goods transport
- The population of the region is decreasing
- Basic idea: the income of the bus company is declining due to decrease in population – this shall be compensated by the transport of goods
- Benefit: the bus runs several times a day to the villages so that goods can be delivered within the same day
- No modification of netplan (the bus stops will stay the same, the customers can bring their goods to the bus stop)
- Aims: more efficient public transport, existing network structure would be used
- Specific steps: needs analysis was carried out and a legal opinion was obtained – both studies gave positive results
- A test run is planned for one line in September

- Cost savings are expected long-term
- Discussion about transferability: in Poland in many regions there are not enough buses left in rural areas, particularly not large ones (in rural areas, only small coaches are used, so there would be no space for goods)
- What have they learned during the project implementation? Answer: to find investors could be a major problem, to find someone who is willing to give money for implementation. They were lucky in this respect. The whole system works on the basis of mutual confidence, therefore all the participants have to be reliable.
- How many company is needed to make the system cost-effective/sustainable? Answer: there are no exact calculations on that, they think, the minimum number of companies is 5, with 10-15 companies the project would be well functioning.

Jana Valkova (Transport Research Center, Czech Republic): Innovative Measures in Transport

- There are different “users” of transport : heterogeneity (even among the elderly people)
- A lot of good practices already exist
- Example: user training: senior academy in Brno
 - Study program in the form of a life-long learning designated to seniors (not only traffic but also traffic)
 - In 2006 over 90 people enrolled, but now 170 admissions a year
 - The graduates can also become assistants to municipal policemen
- Example: pricing policy
 - Often seniors can travel for free or with reduced fare in CZ
 - In Prague, the age segment was expanded which can travel for free (from 70 to 65) but at the same time the single ticket price had to be increased in order to finance this measure
- Example: cycling academy
 - Motivational campaigns for seniors towards cycling with stress on health benefits
- Example: 5 new low-floor minibuses were introduced within CIVITAS project in Brno
 - Goal: improve acceptance of people with low mobility
 - Initially targeted at people with wheelchairs but in the end it was used a lot by elderly people
 - Results: lower emissions, improved fuel consumption, and the buses were cheaper in the operation
 - Results: high acceptance,
- Discussion: is car-sharing feasible in the rural areas in Czech republic? Answer: it is probably already done a lot but in an informal way and on municipality level (neighbours informing each other about their travels)

Atila Nagy (Public Transport Company of Debrecen, Hungary): Call-a-bus line in Debrecen

- The entire project was about reorganization of public transport in Debrecen (including counting of passengers, calculations)
- The call-a-bus service was one part of it
- There are some sparsely populated areas of Debrecen – there, the bus only comes if it is ordered in advance (line number 46)

- The users need to pre-register – they need to call the bus at least 60 minutes in advance
- The bus runs even if there is only one passenger
- It was planned to introduce the system for other bus lines as well but now it is a trial phase with 2 lines
- Only available in the early morning hours and the evening hours because in the daytime the busses go regularly – the extra service is only necessary when there are less passengers
- The ordering can be done via online platform
- Experience: the service is rarely used (because there are only few people who live in those areas)
 - So less bus miles are necessary
 - Costs are saved
 - but at the same time the resistance of the population is high – because the people think that the service is taken away from them
 - ten million Forint were saved with this measure
 - the entire re-organization of the system saved 400 million Forint
 - there is a high need for market research
- question: how about the cost for the person who answers the phone calls / take the notes about necessary trips – no it was not necessary to hire an extra person because a call centre is already existing
- are people reluctant to call the bus just for themselves? No they are not because it is free for the elderly

Housing and public spaces

Introductory lecture Presentation of the context - :

Lea Köszeghy(Habitat for Humanity, Hungary): how does demographic change influence housing and public buildings?

- Shrinkage results in decreased demand for housing, vacant houses (but also decreased demand for services, therefore vacancies in public facilities such as kindergartens)
- The vacancies again cause problems: deterioration, image problems, security problems - self-perpetuating problems
- But also opportunities: create less dense living environment, remove environmental pressure
- Ageing changes the demand for houses
- Recommendations: concentrate on refurbishment, not on reconstruction, adapt houses to the needs of elderly, improve energy efficiency, spatial concentration of services in rural areas / develop compact settlement structures
- (in Hungary 90% of houses are owner-occupied: private property: it can be a problem for employment opportunities, when residents cannot move
- in post-socialist countries it is typical that private ownership of houses is high: change of tenure structure is necessary, in favor of more rental structure)

Pilot projects, best practices:

Dalibor Spotak (Representative of the Usti Region, Czech Republic, ADAPT2DC project partner): pilot Action Vejprty: energy efficiency in public buildings

- Construction of new housing stock is decreasing
- A significant drop in population after 1945 – today only about 3.000 people live in Vejprty
- Also, ageing plays a role
- Within the pilot action, three energy audits were carried out – the energy savings were proven so that the maintenance costs (for the public budget) would be reduced

Marcus Neufeld(FAU Erlangen-Nuremberg-Institute of Geography, Germany): pilot action Bad Berneck: vacancy management

- Shrinkage is predicted for this region of Bavaria, but in Bad Berneck also ageing is a problem
- One issue is that nobody wants to move to the historic city centre but rather the people stay in the suburbs, where they have single houses with gardens and not just small houses
- A GIS system was used in order to give the local administration a tool for managing vacancies
 - A group of 15 students was involved, who studied geography
- 1st step: Mapping the vacancies (in the inner city there is a vacancy rate of 50% on the ground floor)
- 2nd step: Matching the cadastre data with mapped data (including registry data like year of birth so that future vacancies can be shown as well)
- 3rd step: Marketing: create incentives for refurbishment (but even national funding programs exist which could be applied, but the administration did not know about it)
- 4th step: Monitoring: check whether there is change of ownership etc.

Frank Zakrajsek (Urban Planning Institute of the Republic of Slovenia): tools to manage overdimensioned infrastructure in Maribor

- Goal: identify possibilities for cost saving in public buildings and public roads
 - Specific measures: intensify the use of public buildings, introduce by-street parking, reducing street lighting costs by replacing lamps with LED
- All the measures are applied to the same area so that there is an overall reduction of costs
- First step was a mapping of property ownership using GIS software
- In order to intensify the use of public buildings, the attics of some buildings should be developed – unused attic space was mapped
- Concerning the street lighting: several options exist, either to reduce the time for which they are switched on, or to replace the lamps with LEDs - savings of 64% are possible for maintenance costs (but also less air pollution, less light pollution)
- All tools were implemented with a spreadsheet

Anja Nelle (Leinitz Institute for Regional Development and Structural Planning, Germany): Stadtbau Ost

- Urban restructuring development program
- In GDR, there were a lot of new housing units on the periphery – at the same time, the historic town centers were neglected - only after 1989, there was programmes that targeted the old town centers
- But at the same time after 1990 there was a lot of outmigration to West Germany and thus shrinkage: 1 million empty housing units in East Germany
- The program Stadtbau Ost was introduced to make the towns fit for the future, to stabilize neighborhoods, but also to preserve old inner-city building stock
- Good practice approaches:
- Integrated planning
 - Cross-departmental planning is necessary in order to participate in the program
- Combination of upgrading and demolition
 - Many cities chose to upgrade the centre and to demolish suburbs
 - Or reduce the size of blocks, make them more diverse
 - With demolition one issue is how to use the “new” areas, and also how to demolish the other infrastructure (water, energy)
- Upgrading & relocation of social infrastructure
 - For instance create museums, cultural centers in old industrial estates
- New ways to trigger investment
 - For instance marketing campaigns for empty houses, internet databases
- Temporary uses for vacant buildings
 - See “Wächterhaus” in Leipzig: the space is given to artists, they only pay lighting and heating but not rent, so it is cheap for the tenants but the owner has the advantage that there is no decay
 - Other: bicycle repair shops, urban gardening

Gabor Bacso (Representative of the Glove Factory Community House) Kesztyűgyar Community Centre

- Different offers for the locals: programs for children, mentoring employment training

Roundtable discussion:

- What are the main challenges for adaptation actions? Political support is important, otherwise the initiatives die.
 - Frank: the main challenge is how to utilize the unused buildings
 - Marcus: it is a question, where and when should/could implement developments in the future.
 - Martin Lux: there are four different processes ongoing (which mean main challenges): spatial segregation, real estate speculation, investments in cheap flats counting on the growth of prices, districts where are no investors – prices will be even cheaper.
- in addition the best practices are very context sensitive (demolition may be good in Germany but in Czech Republic there is different situation: in the Czech Republic, a strong social segregation is going on: poor people concentrate in cheap estates and the legal context reinforces this; in addition the prices for property are very low)
- if the houses are in the hands of private owners, it is hard or impossible to attempt demolition (demolition is only possible when the housing stock is in the hands of public)

- due to ageing, there are new necessities for public spaces: accessibility (but also the adaptation of new houses is much easier than the adaptation of historic housing estates in the centre)
- privatization of housing market: in Germany, most of the (demolished) housing estates were in public hands in the 1990s so that demolition was possible but now changes have occurred, a lot of privatization occurred so chances diminished – negotiation with private owners is difficult
- how can adaptation measures be financed? Public-private partnerships?
 - But there are also a number of public funding programs and they could be applied
 - Also incentives for private investments are necessary (such as co-financing, competitions)
 - A study about the funds that were invested into urban development programs said that each invested euro induces 3 euros of private investment
 - Best idea is to NOT sell housing stock to private investors – better for municipalities to keep their buildings
 - a good way of using non-financial resources to involve young people (e.g. students), they can usually come up with valuable ideas and new way of thinking, which can be fruitful.
 - knowledge sharing is also important, e.g. towards administration bodies (to make them recognize that they need help)
- Integrated approach is necessary: people move to where jobs are, where shopping opportunities are, where kindergartens are,
- The housing issue can be the “top of the iceberg”, it is important to have an appropriate management strategy etc. The strategy helps to focus on what you would like to solve. Without strategy there is no “marketing” phase.
- German example: “Verfügungsfonds”: you receive 50% of funding if you can provide 50% yourself (with the help of companies, neighbors, associations)

Local supply

Introductory lecture - Presentation of the context:

Andrea Bianchini (Ministry of Environment, Italy): How does demographic change influence local supply?

- The population of Europe is ageing, this is also true for the Alps: the areas with high mean age are concentrated, for instance in the Alpine regions of Piedmont region; at the same time the terrain makes traveling more difficult, so that access to services is difficult
- Examples of adaptation from the Alpine region:
 - Home-delivery of groceries for elderly people
 - Subsidies: since 2011 the Province of Trento subsidizes 183 bars, restaurants and community shops (it costs about 1,4 million per year)
 - PROVIBUS: small busses on demand
 - ALIAS: virtual hospital network (telemedicine): 12 hospitals are linked by internet, it is possible to have consultations with doctor

Pilot projects, best practices :

Flavia Giai Miniet (The National Union of Mountain Towns and Communities (UNCCEM), Italy): pilot action Ostanta: multi-service centre

- Creation of a multi-service centre
- Steps: individuation of the building and finding a manager, research sources of financing, agreement with local agricultural enterprises to supply fruit and vegetables,
- At the moment the centre contains: library, internet point, tourist information
- Other services are being prepared: sale of medicines (para-pharmacy), doctor's office, kindergarten playroom, grocery shopping on demand
- The manager also provides a public service
- Risks: a misunderstanding about the role of the centre (it could be seen as a private initiative which is supported by public funds)
- The products are local agricultural products mostly from an area of within 15km

Anke Frey (DORV-Center Ltd., Germany): DORV center

- Initially it started in Barmen
- The DORV centre offers different things: services (can be parcel service etc), cultural activities (such as meetings), communication (such as cafés), food
- The help and support of the people is vital
- You need less people and less overhead costs
- The initiative can come from the public side or the private side
- At the moment 15 DORV centers exist in Germany, and 50 more are in preparation phase
- The goods are brought to the shops daily by a company from the wholesale market

Magdolna Lakatosné Sira (District Office, Fehérgyarmat, Hungary) : Self-supporting village of Turistvándi

- For the 750 inhabitants there is a kindergarten and social centre and more services
- The village plays a central role also for surrounding villages
- High unemployment rate
- It was speculated that there would be benefits from tourism (for instance a famous watermill exists there) but this hope did not manifest
- A survey was taken to find out what the income of people was and especially their spending (30% food products, 30% energy, other)
- Question: are we rich enough to spend so much money for external food products that are purchased from other regions? There is enough agricultural space in the region
- A set of smaller projects
- For instance a local market was built with support of municipality
- Altogether 25 families signed a contract with the municipality that they would like to provide the necessary food products to the municipality
- This also improves tourism
- Also the watermill now creates energy, and agricultural by-products are now used for energy
- Now there are 7 years of experience but another 7 years are necessary in order to reach the expectations

Roundtable discussion

- What agricultural products are produced and in what quantities?
Vegetables, fruits, meat, dairy products (egg, milk, cheese, butter).
- The project was mostly led by the government and also non-profit companies can participate in it. The town is in a fortunate position, it has 100 tourist beds, despite of the economic weakness.
In the Italian Ostana a private manager was requested for the implementation of the project.
The German project's implementation received help from the private and the public sector equally. The newly opened shop's manager is self-employed.
- What do you think, is the project applicable for other municipalities in similar situations? What are your suggestions?
First, the small municipalities are encouraged to consider this practice, which also has no outside help, has no economic feet as a supporter (e.g. industry). The tourist attractions can be the key elements of these settlements' progress. The management of the municipality Túristvándi gladly offer its advice to these settlements.
- Is the tourism the result of the improvement or the element, tool of the improvement in these settlements?
Obviously the tool. In the settlement not just the mill matter of local touristic attraction, but also the locally produced foods.
The development of the infrastructure was also an important tool of the intensified tourism.
- What progresses were born in the program between the everyday problems?
The negative demographic trend stopped, thanks to the program, what is more the tendency show increase since the program has started. This trend is due to both the rising of the natural reproduction and the positive migration balance.
- These positive effects are only observed in Túristvándi or in the whole region?
Just in Túristvándi.
The number of tourists has increased due to the developments, because the inhabitants of the surrounding villages have the pleasure to look around and look at the innovations.
- When the program started, what was the one you definitely wanted to develop, which is definitely needed a change?
Local people's motivation and confidence are the key elements of the developments. It was the first of our aims to motivate people to take ownership of goals of the town and work with us to achieve these goals; and to obtain the trust of residents to the town's leaders. The next important step is to distribute the development to small, concrete steps.
It was hard to find a private guide to lead the project, as the distance was too deep between the residents and the management of the town. It was difficult to find the right person to create relation between the two sides.
In the beginning people didn't pay attention to the community and to the leaders either in Túristvándi, so we had to find something to put them up to do it. It is important to know the individual needs of each inhabitant (about 750 inhabitants), if we know them, it's much easier to find common ground.
They also had to face a similar problem. The settlement was clearly missed the store, but they couldn't do anything without the lack of connection between the local residents and city leaders. Under the effect of the project in Germany 50 similar initiatives have born in settlements with the same problems, e.g. like low-population (400 people) settlements. The store must be sustainable, but it can be that only if every resident have responsibility for that.
- How do you get the local people to buy local products?
The settlement has around 10 commuter inhabitants, all the others shopping at local (?)
- Is the project financed by the municipality or is it the private contractor's responsibility?
In Ostana the private contractor's responsibility is clearly much smaller.
Before the settlement become economically stronger, at the beginning of the project the farmers can sell their product for free in the market. It is a kind of self-government support.

In Ostana there is a market once a week, it's quite large, as the center of the valley lot of people come here from other surrounding places to buy and sell. Here the local farmers can sell with favorable conditions as well.

- How are the products delivered to the market and who is responsible for it?

An outside firm is entrusted with this task.

- Do you plan to sell the local products in the surrounding settlements? Kombibus?

The first step is to keep the locally produced money in the Túrístvándi, of course if possible, we'd like to attract the money of other settlements. If we'll have enough products, we plan this certainly.

Some local residents are selling their products in other stores in neighboring towns as well, with the aim of touristic promoting and economic growth as well.

For the elderly residents living in more remote parts of the town there are people who arrange the shopping in the market and transport to them by bus.

Health and long term care

Introductory lecture- Presentation of the context:

Katarzyna Tarnawska (Cracow University of Economics, Poland) : How does demographic change influence health care systems?

- Fostering good health in an ageing Europe, Action at EU level – accessibility of a healthy, independent, active life
- EU health care policy: the provision of health care systems are the responsibility of the member states / the EU cannot adopt health legislation (but some influence on patient's right, tobacco, and some other related areas, and the "European Innovation Partnership on Active and Healthy Ageing" was established)
- Health expenditure per capita differs between European countries: for instance in NL and Luxembourg is the highest, but Romania and Bulgaria only about 600-700 € per capita
- Health expenditure as share of GDP: between 12 % and 6 %
- doctor visits – for instance in Hungary the number is high, but in Sweden is much lower

Expectations towards health system

- Shorter waiting time
- More professional treatment
- Availability and accessibility of pharmacies
- Equal treatment despite different types of insurance
- Effective treatment for cancer
- Conclusion: the expectations are high, but the public budgets are limited – we cannot afford all expectations
- We live longer, but we need to increase health accordingly – prevention & education & promoting of healthy and active ageing
- (for instance in Poland activity of children is declining, less and less participation in PE classes)
- Prevention is the best way to improve health and also for efficiency of health systems

Long-term care

- there is no one definition
- 'cross-cutting political issue, that brings together a range of medical and non-medical services'
- not coordinated at EU level, national characteristics are different
- most of the people after 75 years are need long-term care (services)
- limited competences – money, strategy innovation

Korneliusz Fil,M.D./ Michal Charanczy,M.D.(John PaulII Hospital in Cracow, Poland): Pilot action Malopolska: telemedical services for elderly people

- holter – 24/48 hours monitoring; ECG (event holter) – when the patient feels arrhythmia he/she presses the red button to send information to the hospital (the device uses GSM network)
- Goal: distribute telemedical units to patients – on-demand recording of health values for one month – therefore the distance does not matter
 - The information from the telemedical units is transferred to the lab
- Venue: John Paul II Hospital in Krakow
- First step: enrollment of patients (advertise the measure within the region) & training of patients
- Second step: rial:
 - : 1000 patients, each patient was monitored for one month.
 - At least three times a day the patients could had to press the button to send the medical information to the hospital (even if they didn't feel arrhythmia)
 - 4 doctors, 3 medical physics, 3 dietetical expert
 - 1031,5 hours total work
- Third step: feedback and evaluation: surveys among the patients and health check
- Characteristics: more women took part (66 women vs. 34 men), mean age = 65
- average age – women: 65,27 years (58-81), men: 66,12 years (56-80)
- Outcomes:
 - Arrhythmias (irregular heartbeats) were discovered in 36 patients
 - the doctors spent 51 /patients on the average
 - 3 patients – sinus tachycardia

- 4 patients with no arrhythmia during symptoms (psychological or other reason)
 - 22 patients were discovered to be in pre-diabetes state
 - Overall: the medical treatment was changed for 33 patients
 - 16 patients without symptom
- Patient evaluation:
 - Most patients considered it useful (average of 4.22 on a scale of 1 – 5)
 - 69% said they would recommend this service to others
 - 89% would like to take part in the same or similar offer
 - Problems: travelling to Krakow was a problem for 34% of people, to manage the units was a problem only for 10%
 - 99% think that this should be a part of the official medical services

Magdalena Sliwa (Commune of Lipinki, Poland): Community care in the Commune of Lipinki

- Lipinki is a rural community with 6.873 residents
- The program was targeted at a group of seniors
- problems: increasing unemployment rate, increasing migration rate, too much money for social services
- Aims: help seniors to live in their own homes
- Subsidy for the care for people to stay in their homes and be cared there
- 10 out of 23 people were classified to go to nursing homes but the rest stayed in the community
- Savings occur because the care at home is cheaper for the community than sending a patient to the nursing home (and there is contribution by the patient)
- But apart from the savings there are also social benefits: the people are happier if they stay in their familiar environment
- And in addition this measure creates jobs in the local community (the caregivers)
- Strengthen the relations between generations

Eszter Deli (:Housing and home care for elderly and vulnerable people and Local Planning Strategies in Central EU Citizens (HELPS) project (Debrecen City with county rights, Hungary))

- Goal: to improve the quality of life (fields housing and home care) ,elder people can stay at home as long as possible
- Central Europe project, 3 years project
- 8 countries, 12 organizations involved
- total budget: 2 670 299 EUR, municipality budget: 195 778 EUR
- website: <http://www.helps-project.eu/>
- Several pilot actions,
 - for instance home-care training: training program for informal carers
 - Webnurse website for carers (such as nutrition guide, list of hospitals and pharmacies, guide how to shower a patient)
 - Supervised flats
 - AAL systems
- Lessons learnt: it is necessary to create partnerships with local stakeholders
- Transferability is not so easy since the contexts differ

Child care services

Introductory lecture – Presentation of the context

Andras Gabos (TÁRKI Social Research Institute, Hungary): how does demographic change influence childcare?

- The quality of childcare institutions affect parents decisions about having children
- Target of EU is that about 30 % of children are cared for in professional care – but some countries are far away from this
- The gap between female employment and maternal employment is large in Central Europe compared with other OECD countries (especially for young children)
- Debate: what is the exact link between employment and fertility?
 - (in general the women employment is positively correlated with fertility? But this link can be misleading because in general the employment rate increased but the fertility decreased)
- Differences in Policies: Hungary spends much more than OECD average, mostly in terms of cash benefits, but for instance Poland spends much less
- General context of childcare services
 - childbearing
 - Labor market participation
 - child development
 - social inclusion

- Barcelona target (2010) – increase the use of childcare services average to 30 hours / week
- falling fertility
 - decreasing since 1950 to 2000 and small increase since 2000
- maternal employment rate
 - low maternal employment in Visegrád countries
 - the gap is large between female and maternal employment rate
 - very low employment rate among mothers with 3 or more children in OECD countries (except in Poland)
- conflict between labor market participation and childbearing
 - relation between employment rate and fertility – in 1980 the relation was negative, but to 2010 it turns into positive (higher employment rate means increasing fertility)
- poverty
 - 4 groups, poverty rate in Hungary, and also in Visegrád countries is not so good (Hungary is in the group B, because of high level of joblessness, Slovakia is in group C, Poland is in group D. Czech Republic is in group A, so poverty is not a serious problem there).
- Relation between the usage of childcare services and level of education
 - in Hungary and Slovakia the middle certificate people use the most the childcare services, and in Poland the lower educated people use most of it
- Family policy country groups:

most flexible family policy (high employment rate, part time employment, work – life balance) for example Sweden	mixed, mainly flexible family policy Germany
mixed, mainly traditional family policy CZ, HU, PL, SK low female employment, few children in childcare services	most traditional family policy

- Public spending on family benefits (cash, services, tax measures) in per cent of GDP
- Hungary spend a lot of cash on family benefits, but only low amount for services, so spending on family benefit in Hungary is higher than in Poland, but not efficient, and not flexible as it should be (in Scandinavian countries spend less money, but in a more flexible way on family benefits)

Pilot projects, best practices:

Zsuzsanna Antal Dr (Eszak-Alföld Regional Development Agency, Hungary, ADAPT2DC project partner): pilot action Hungary: child daycare nurseries

- The share of inactive women is higher in HU than the EU average , especially a high share of women who stay at home with their children
- There is much more demand than supply for kindergarten and nursery school spaces
- Pilot area: Jászág microregion (high unemployment rate)
 - Jánoshida, Jászfényszaru, Jászárokszallás
 - high unemployment rate
 - A high share of women who receive childcare aid from the state
- Legal background:
 - Kindergarten will be compulsory from the age of 3 (at least 4 hours a day)
 - From January 2014 the mothers are enabled to go back to work after one year while keeping the childcare benefit – the regulation is likely to increase the number of alternative childcare institutes
- Question of efficiency: for many small municipalities it is cheaper to install a daycare nursery and not a full kindergarten
- Daycare nursery: no pedagogic program (basic service, only short training is necessary), small groups (5 to 7 children), usually within private homes,
 - Paid by parents: 70000 HUF plus catering = 130 to 230 Euros per month plus 2,5 catering
- In comparison: kindergarten: Public education institute (the staff need diplomas), bigger groups (average 20), professional education program, special requirements for buildings (can be expensive)
 - In state-owned kindergartens the parents only need to pay for catering
 - In private kindergartens, the parents have to pay fees
- Child daycare nurseries
 - non educational, social institute
 - no pedagogic program
 - maximum 7 children in each groups
 - main tasks: playing, singing, sports, English lessons
 - children between 20 months to 14 years
 - cost: 40 000 – 70 000 HUF / month (+catering 800 HUF/day)

- nursery school
 - educational institute
 - pedagogic program – professional employees
 - children between 3 – 6 years
 - special requirements for the building
 - municipality nursery schools- only for catering
 - private nursery schools – 60 000 – 150 000 HUF/month
- municipality daycare nurseries
 - educational institutes, pedagogic program, professional, educated employees
 - strict regulation
 - groups with 20-25 children
- The pilot action consisted in a feasibility study: an expert was contracted for this, also workshops were held
- The study included data collection, personal interviews, analysis, workshops
- Results: 3 models were analyzed and it was checked which model would be adapted to which settlement
- The suggested recommendations are now integrated into development plans of the region

Anna Klecha (Center of Culture and Leisure for Senior Citizens, Poland): The Centre of Culture and Leisure for Seniors

- A daycare home in Krakow, financed by the municipality
- Previously the building was a school canteen but afterwards it was unused
- In June 2006 it was decided to create a centre for seniors (nowadays over 27% of the population of Nowa Huta are aged over 60)
- The main tasks of the centre are providing care for the seniors, activating social networks (including physical exercise, cultural activities)
- Christmas dinner for their beneficiaries
- Costs: there is a charge for the seniors, from 8 to 38 Euros per month
- The average cost for the stay is 75 Euro per month, the difference is covered by the municipality and partly by some companies
- The cost of staying in the daycare centre is lower than for a nursing home
- Benefit: avoid social exclusion, let people live at home as long as possible

Roundtable discussion:

- Radka Veprkova(Czech Republic, Prague):: SuperKids(short introduction : Working with children with chronical diseases, giving them space for playing and also giving them support
- Question: how does it work that so much money is spent for family policy in Hungary but still so many women are at home? It is not efficient: the focus is on cash benefits
- Intergenerational solutions: in the case of the centre for seniors in Krakow there are often activities for the seniors which include other age groups, often combined activities are prepared, but it has been shown that seniors are not so happy to take care of children that are not their own grandchildren (they expect something in return for their help);
 - In the case of the Czech Republic ("Superkids"), the kids are sometimes cared for by previous beneficiaries of the organization; in terms of financing it is difficult because some money comes from EU grants and they are not eternal
 - There was one project in Hungary where seniors acted as guides/advisors in the breaks of schools – it turned out well because the schoolchildren accepted the authority of seniors more easily than the authority of teachers
- What about the future of childbearing? It is hard to imagine that the fertility levels will rise again because mothers are missing (people who weren't born 30 years ago cannot be parents now)
 - It is predicted that the long-term fertility rate will be around 1,6 (compared to now 1,3)
 - Childlessness is an accepted characteristic in society ; at the same time people plan more children (in the beginning) than they end up having (gap between real number of children and planned children)
 - From a personal perspective(Anna Klecha),, it does not seem that there will be an increase in fertility in Poland in the near future – people have their children much later than before (but this can be a health risk and at the same time when you have the children so late there is no help from grandparents because they are themselves too old)