

## **CSG (Galician Health Cluster)**

The Galician Health Cluster ,CSG (Cluster Saúde de Galicia) is a professional platform for public private cooperation, which acts as a catalyst for the competitiveness of the health and social care industries, contributing decisively to the economic and social development of the region of Galicia.

One of the key objectives is the internationalization of the innovation of the health and social care sectors.

### **#CSG ECOSYSTEM - *A patient-centred model based on innovation***

The CSG develops a model based on clinical excellence, R&D&i, digital transformation and the development of technology - based products whose purposed is the well - being of the person. For this, the CSG acts as the channel of communications between the users, providers and regulators and translates the needs from the first to help the later adapt their policies to the real demand of society. CSG works for keeping a good communication with the regional Ministries of Health, Social Affairs & Industry, Economics and Employment. Our members include patient associations, entrepreneurs, SMEs, MNC as well as universities, technological centres, research foundations, and professional school associations.

Collaboration is imprinted in CSG DNA, leading the health and social care sectors of Galicia in several European networks and being an active member in the national network of health clusters. The Galician Health Cluster participates in several European projects as a key partner for communication and translation of research results into industry.

### **Person Centred Care - PCC**

It is the care model that returns the person to their leading and participatory role in their own aging process, placing professionals in the role of "companions" of the person. It fosters the autonomy of the person to the maximum through activities and environments with meaning and always from the approach towards capacities and strengths (instead of deficits or weak points).

The challenge is to get to know the person in order to provide them with the necessary supports and strategies that give continuity to their way of life and encourage their active participation in decision-making.

### **CSG PCC (Person Centred Care) Living Labs - *improving quality of life of the elderly through PCC and technological innovation.***

It is an ecosystem made up of social health centers for the care of the elderly and associations of elderly people in Galicia that meets the conditions to be a real test bed and an experimentation environment where users, caregivers, family members and product and services developers can co -create innovations.

The objective of carrying out the living lab tests is to help improve the design of solutions, increase the accessibility and adaptation of the product to end users (elderly people, formal and informal caregivers) under the approach of person-centered care (PCC) (independence, autonomy, individuality, integrity, participation, social inclusion, social impact, etc).

## MEMBERS

The Galician healthcare and social care ecosystems have several types of housing testing environments among the Galician Health Cluster, CSG members: international big care homes group (DOMUSVI), medium size residencies with broad services, day care centre and full accompaniment of the user throughout his/hers different states of dependency until the end of life. (SARAIVA), home help in supervised flats (ATENDO) or community housing (O Lecer). CSG Ecosystem also counts with day care centres and programs that focus in autonomous/dependent +65 seniors and caregivers (ATEGAL, AFUNDACION). These CSG PCC Living Labs are spread all over the Galician geography including both rural and urban settings.

**ATEGAL:** sociocultural association of permanent training for seniors over 55 years of age that has more than 1400 members

**AFAGA / FAGAL:** associations of relatives of people with Alzheimer's in Galicia

**O LECER:** Social and health center for the elderly that applies person-centered care

**ATENDO:** Socio-health center for the elderly that applies person-centered care. Technological innovation center and has several day centers and home help services

**DOMUSVI:** Spanish leaders in residential centers, mental health centers, disability centers and home help services

**SARAIVA:** socio-health center for the elderly that applies person-centered care. R + D + I center and with several day centers

**AFUNDACION:** association of people over 60 who want active aging with 12,000 members

**CRUZ ROJA GALICIA:** humanitarian institution, voluntary and of public interest that develops its activity through programs for the elderly and people with disabilities. It has technological tools that favor attention

## USER PROFILES

- **Autonomous and independent people over 65 years of age:** This profile of people has the capacity to make decisions and assume the consequences thereof and do not depend on another to do something. They have few chronic diseases (diabetes, hypertension ...) The most important thing for these people is their health, their family and their unwanted loneliness.

- **People over 65 with disabilities:** people have some physical, intellectual or sensory deficit (visual, auditory) that, in the short or long term, affect the way they interact and fully participate in society. The most important thing for this group of people is feeling useful, social inclusion and a wide network of resources.

- **Dependent people over 65 years of age:** this profile of people needs help from another person, or important help to carry out basic activities of daily life such as eating or dressing. This loss of autonomy may be due, for example, to illness or disability. They have several chronic diseases that aggravate the

situation. The most relevant needs are help with personal care, help with mobility and help with housework.

- **Professionals dedicated to the care of the elderly (formal caregivers):** professionals who take charge of the care of an elderly person with a disability or dependency and who have received training to carry it out. The most relevant for this group are economic improvements and recognition.
- **Families of elderly people (informal caregivers):** they take care of the elderly person in a circumstantial way, because they are an acquaintance or a relative, so it is a help without specific preparation, or experience and, in many cases, altruistically. The most in-demand needs are care training, support groups, and relaxation techniques to cope.

## TESTING SERVICES

Our services are divided in four main streams having a prepared protocol, follow up and report for each of these lines.



## CONTACT DETAILS

CSG PCC LIVING LABS

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