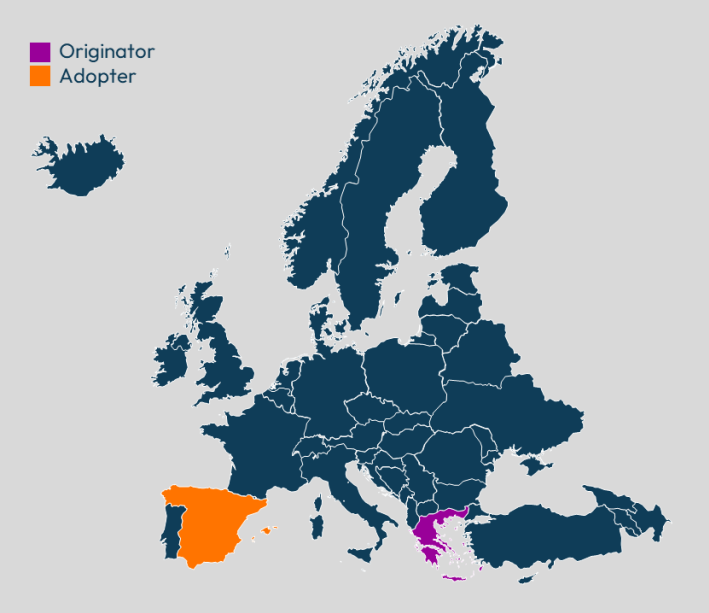
DHU Twinning: HUDHLL

Upscaling digital health and care solutions through living labs

Originator: Aristotle University of Thessaloniki (AUTH) – Thessaloniki Action for Health and Wellbeing Living Lab (Greece)

Adopter: CSG ITGALL (Spain), Health Living Lab Son Espases (Spain)



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Project overview

The "Upscaling Digital Health and Care Solutions through Living Labs" (HUDHLL) project was led by Aristotle University of Thessaloniki (Thess-AHALL) in collaboration with Cluster Saúde Galicia (ITGALL) and Hospital Universitari Son Espases (HEALTH LIVING LAB SON ESPASES, IdISBa). The project's goal was to share and exchange best practices in the testing and implementation of digital health solutions through Living Lab methodologies, enhancing the capacity of the adopters to foster innovation in health and care sectors.

Summary of Main Activities

Activity 1: Exchanging Good Practices with Partners

The initial phase of the HUDHLL project involved identifying and exchanging best practices among participating regions. This was achieved through regular online meetings and workshops where representatives shared their experiences and strategies for integrating health and social care via digital solutions. This activity created a knowledge base for all partners, ensuring the dissemination and adoption of the most effective methods.

Activity 2: Analyzing Existing Health and Social Care Integration Models

A comprehensive analysis was conducted to evaluate current models for health and social care integration. This analysis identified digital barriers and opportunities by accessing information systems, service delivery models, and stakeholder engagement strategies in each region. The findings were documented in a report highlighting strengths, weaknesses, and potential areas for improvement.

Activity 3: Facilitating Co-Creation Workshops with Stakeholders

Engaging end-users and stakeholders was crucial for the HUDHLL project's success. Co-creation workshops were organized to involve patients, caregivers, healthcare providers, and policymakers in the design and implementation of digital health solutions. These workshops fostered collaboration, ensuring that solutions were user-centered and addressed real-world challenges.

Activity 4: Developing Training Sessions on Digital Health Technologies

To build capacity and ensure effective use of digital health technologies, a series of training sessions were conducted for healthcare professionals and administrators. Topics included the use of specific digital tools, data management, and cybersecurity. These sessions aimed to enhance digital literacy and facilitate the smooth integration of digital solutions into everyday practice.

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Activity 5: Organizing Dissemination Events to Share Findings and Outcomes

Dissemination of the HUDHLL project's results and outcomes was essential for raising awareness and promoting best practices. Several dissemination events were organized, including webinars, conferences, and public presentations. These events showcased the project's achievements, shared lessons learned and encouraged the adoption of similar approaches in other regions.

Activity 6: Leveraging Opportunities Presented by the New Longevity Landscape

The HUDHLL project explored opportunities related to the aging population. This involved studying demographic trends and identifying innovative digital solutions to support healthy aging and independent living. The project aimed to develop targeted interventions to enhance the quality of life for older adults and reduce the burden on health and social care systems.

Areas of Common Interest

The HUDHLL project facilitated a rich exchange of expertise between Greece, Galicia, and the Balearic Islands, emphasizing shared priorities and strengths while highlighting areas for potential improvement.

Central Macedonia (Thess-AHALL)

- Strengths: Excels in Living Lab methodologies with strong stakeholder engagement and co-creation approaches. Notably, its management software for Living Labs enables optimal data integration.
- Challenges: Limited data integration between social and healthcare systems.
- Opportunities: Can learn from Galicia’s advanced practices in leveraging new longevity initiatives and the Balearic Islands' telehealth initiatives.

Galicia (ITGALL)

- Strengths: Boasts comprehensive data-sharing practices, high interoperability, innovative scorecards for evaluating care in nursing homes, and potential in new longevity initiatives.
- Challenges: Weak telecare coordination managed by local governments and integration of data between healthcare and social care providers.
- Opportunities: Can benefit from Greece’s Living Lab methodologies and the Balearic Islands' telemedicine practices.

Balearic Islands (HLL Son Espases)

- Strengths: Robust telehealth initiatives, integrated care framework, and capability to manage a high volume of users due to tourism.

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- **Challenges**: Limited digitalization in social care and lack of standardized scorecards for evaluating care in nursing homes.
- **Opportunities**: Can improve by adopting Galicia's scorecards and digital transformation strategies and exploring Greece’s Living Lab methodologies.

Final Conclusions

The HUDHLL project provided an opportunity for partners from Central Macedonia, Galicia, and the Balearic Islands to share and compare methodologies, leading to significant improvements in their practices. This exchange of knowledge has deepened the partners' understanding of health and social care integration, focusing on digital transformation. The project has positioned the partners to become leading Living Labs, setting new standards that can serve as models for other organizations. The collaboration underscores the benefits of cross-regional cooperation and diverse methodology exchange, enhancing organizational practices and establishing new benchmarks in digital health and care.

Pictures Repository

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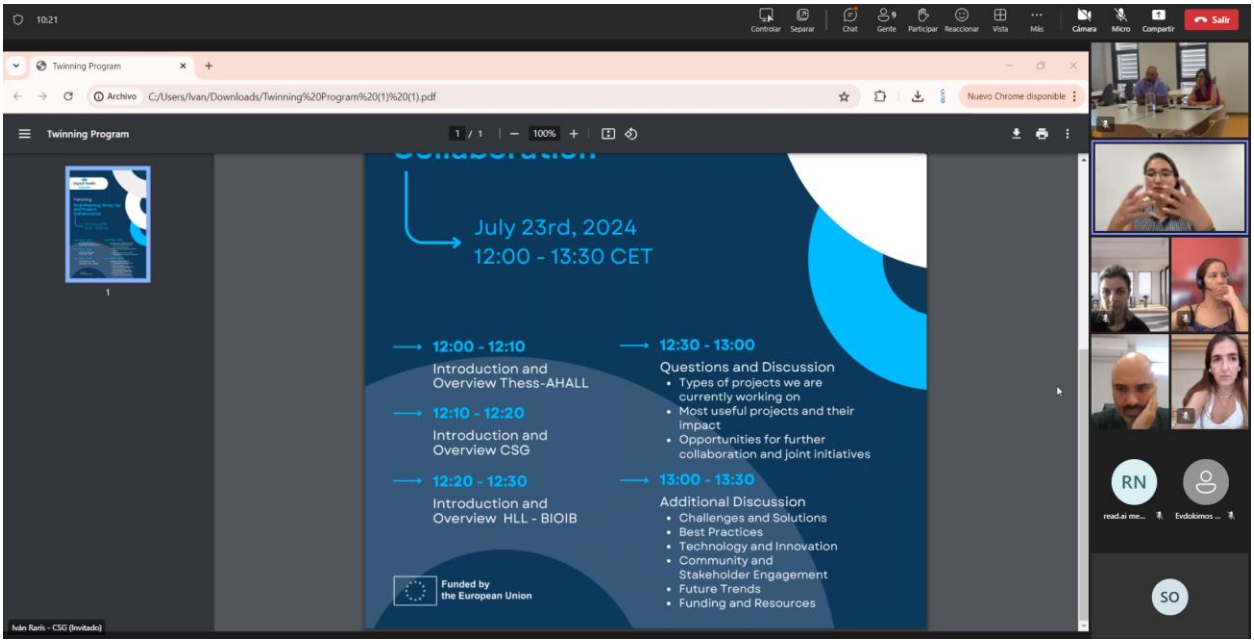
Twinning Program
July 23rd, 2024
12:00 - 13:30 CET
12:00 - 12:10
Introduction and Overview Thess-AHALL
12:10 - 12:20
Introduction and Overview CSG
12:20 - 12:30
Introduction and Overview HLL - BIOIB
12:30 - 13:00
Questions and Discussion
Types of projects we are currently working on
Most useful projects and their impact
Opportunities for further collaboration and joint initiatives
13:00 - 13:30
Additional Discussion
Challenges and Solutions
Best Practices
Technology and Innovation
Community and Stakeholder Engagement
Future Trends
Funding and Resources
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