CuidAs Network – Co-creating transformation towards community-based long-term care	
Organisation(s):	Regional Ministry of Social Rights and Welfare PRINCIPALITY OF ASTURIAS
Country:	Spain
Contact:	policy@esn-eu.org
Theme: *Choose at least one option*	☒ Ageing & Care ☐ Asylum & Migration ☐ Young People ☐ Support for Children & Families ☒ Community Care ☒ Integrated Care & Support ☐ Co-Production ☐ Disability ☐ Housing & Homelessness ☐ Artificial Intelligence ☐ Digitalisation ☐ Quality Care ☐ Labour Market Inclusion ☐ Social Inclusion ☐ Technology ☐ Workforce and Leadership ☐ Social Benefits ☐ EU Funding ☐ Social Service's Resilience ☐ Mental Health ☐ Person-Centred Care ☐ Research & Use of Evidence ☐ Other, please specify:
Principles of the European Pillar of Social Rights: *Check the 20 principles here.*	☐ 1. Education, training, life-long learning ☐ 2. Gender equality ☐ 3. Equal opportunities ☐ 4. Active support to employment ☐ 5. Secure and adaptable employment ☐ 6. Fair Wages ☐ 7. Transparent employment conditions ☐ 8. Social dialogue ☐ 9. Work-life balance ☐ 10. Healthy, safe work environment ☐ 11. Childcare and child support ☐ 12. Social protection ☐ 13. Unemployment benefits ☐ 14. Minimum income ☐ 15. Old age income and pensions ☐ 16. Health care ☐ 17. Inclusion of people with disabilities ☒ 18. Long-term care ☐ 19. Housing and assistance to homeless ☐ 20. Access to essential services
Current status of the practice:	☐ Concept and Design Phase ☐ Testing or pilot phase ☐ Temporary practice that has terminated ☒ Temporary practice that is ongoing and has a termination date ☐ Established and ongoing practice ☐ Scaling Up and Transformation Phase ☐ Other (please specify)
Summary: *Please summarise the practice in maximum 3 sentences.*	Establishing community care for older people is the goal of the 'CuidAs' Network in Asturias. It helps help public authorities and care providers to manage the transition towards person centred & community based long-term care, using a co-creation approach involving care providers, older people, their families and long-term care professionals.

Context/ Social issues addressed *Please explain the problem you attempt to solve with your practice.*	After experiencing the Covid 19 pandemic and its negative consequences for older people in long-term care and especially residential care, the Region of Asturias decided it was necessary to change its long-term care model, which was still very much focused on residential care. To undertake this transformation Asturias has developed the CuidAs Strategy (2021-2027), which aims to promote a paradigm shift that places the main protagonists of care at the centre: people people using services, their families and professionals. To this end, the CuidAs strategy integrates three complementary elements: a) a guiding quality model that defines the quality of care in centres and services, b) an action plan and c) the CuidAs network, the space designed to promote joint action of the different stakeholders involved in implementing the strategy. The latter will be described below:
Objectives: *Please provide a maximum of three objectives in bullet points.*	1. Enable co-participation in the development of the CuidAs action plan. 2. Achieve commitment to an improvement process in the CuidAs quality framework by LTC providers. 3. Facilitate meetings and exchanges of professionals to promote best practices, reflection and learning. 4. Provide support for LTC professionals (information & documentation, training, leadership & team support). 5. Promote innovation in LTC and further knowledge.

Activities:
Please describe the activities put in place to achieve the objectives (maximum 300 words).
	The Network is operates by a team of professionals that undertook and continue to undertake the following actions:
	
	1. Permanent exchange of information and documentation (through the Teams team and e-mail groups).
	2. Development of webinars aimed at the exchange of experiences as well as reflective training.
	3. Co-production work from different development groups (GOES) that carry out work or activities related to the different measures included in the CuidAs strategy. A total of 10 GOES are currently in operation, as follows:
	   • GOE1. Evaluation of the quality of care.
	   • GOE2. Day care.
	   • GOE3. Residential care.
	   • GOE4. In-home support services.
	   • GOE5. Sensitisation and a new approach to care.
	   • GOE6. Community and intergenerationality.
	   • GOE7. Accompaniment to centres and services.
	   • GOE8. Training and a professional role.
	   • GOE9. Prevention of dependency, fragility and adaptation to the territory.
	   • GOE10. Inter-institutional coordination.

Outcomes:
Please explain what the results were/are so far and how you evaluated this.
	Outputs:
	This network currently has 500 members (141 centres/services, 39 innovative projects and 320 allies - 39 associations and other groups and 283 professionals). Both public and private services and entities are part of the network.
	
	The network organized 7 webinars on
	   • Exchange of innovative projects and best practices (3)
	   • Technological support teams
	   • Methodology of Life stories
	   • Loneliness

	• The Euthanasia Law in Spain The network generated a number of outputs: • Consultations with people in care, their families and professionals about elements of quality resources and good care. • Guidelines 'A new look at care. Banishing myths'. • Guidelines 'Best practices in intergenerational action'. • CuidAs stock photos & image bank. • CuidAs Best Practices Catalogue. • Residential Care Quality Standards. • CuidAs training tools. Evaluation: Various evaluations are being carried out, including a survey of the Network's members to gather opinions on the progress of the strategy and, specifically, on its effectiveness as a space for partnership. Qualitative opinions are being gathered regarding its strengths and areas for future improvement. On the other hand, the development of the network is monitored through continuous evaluation using different indicators: number of participants, participants according to participation modalities, webinars carried out, documents exchanged and products produced by the different operational groups (GOES) that carry out different activities in the network, always linked to the measures of the CuidAs strategy.
Links to supporting documents: *e.g. website or report of the practice*	CuidAs Outputs available at: https://socialasturias.asturias.es/red_cuidas
Comments and tips *i.e. for people willing to use your Practice*	Tips: ♥ Create a **network**. ♥ Work at **different levels**: daily care, service planning, CuidAs action plan. ♥ Promote and disseminate **best practices.** ♥ Create **steering committees** in services (professional, people using services and families working together). ♥ Develop *communication channels* during the entire transformation process to **involve people** (beyond the steering committees). ♥ **Always listen** and guide the action accordingly. Lessons Learned: • A process like this takes **time, continuity and endurance.** • It also requires **committed and shared leadership.** • A **quality framework** is very important to guide the improvement plans of the services. • Service transformation requires a **systemic approach**. Centers and teams need **different types of support,** more than classical training. They can't do it alone. • A process like this **is really complex but it is worth it**