

FRAGILAB: Strengthening Communities to Support Older Adults

<u>Organisation(s):</u>	Government of the Basque Country, Departmental Council of Hautes Pyrénées, Government of Navarra, Bogan Group of Social Cooperatives - Zabalduz and Garaian-, SSI Group-Home Care Lab, Re-Santé Vous, Etcharry Formation Développement, Novaldi, Eusko Ikaskuntza, Universidad of Deusto, Public University of Navarra (UPNA), Gèrontopôle Nouvelle Aquitaine, Militants des Savoirs.	
<u>Country:</u>	Spain / France	
<u>Contact:</u>	policy@esn-eu.org (we will function as an intermediary between you and interested organisations who want to learn more about the practice)	
<u>Theme:</u> 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 Services' Resilience ☐ Mental Health ☒ Person-Centred Care ☒ Research & Use of Evidence ☐ Management & Planning ☐ Other, please specify:
<u>Principles of the European Pillar of Social Rights:</u> Which principles does your practice cover? 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 ☒ 12. Social protection ☐ 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
<u>Current status of the practice:</u>	☐ 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):	
<u>Summary:</u> Please summarise the practice in maximum 3	FRAGILAB is a French-Spanish cross-border social innovation laboratory in longevity, embedded within TRANSISLAB, that uses a digital platform to support public administrations in detecting frailty among older adults and developing personalised intervention plans. Tested through six pilots in rural areas of the	

sentences. This will be the disclaimer of your project on our website. Example here.	Basque Country, Navarre, Pyrénées-Atlantiques and Hautes-Pyrénées, it connects health, social care, NGOs, research organisations and public administrations around a shared approach to ageing at home. The practice demonstrates how data-driven, community-centred innovation can strengthen rural long-term care ecosystems across borders, sectors and professions.
<u>Context/ Social issues addressed</u> Please explain the problem you attempt to solve with your practice.	FRAGILAB addresses the growing challenge of physical and social frailty among older people living at home in rural and peri-urban cross-border communities. In sparsely populated areas, older adults are at higher risk of isolation, functional decline, fragmented support and avoidable institutionalisation, while local services often face limited capacity and coordination challenges. The practice responds by creating a shared, community-based and data-informed model for early detection, integrated assessment, personalised support planning and local longevity innovation agendas.
<u>Objectives:</u> Please provide a maximum of three objectives in bullet points.	1. Detect and assess physical and social frailty among older people aged 65 and over through a shared digital platform. 2. Develop personalised, community-based intervention plans that combine social, health and local community resources. 3. Generate comparable evidence from cross-border pilots to support scalable local longevity innovation agendas and integrated long-term care policies.
<u>Activities:</u> Please describe the activities put in place to achieve the objectives (maximum 400 words).	FRAGILAB developed and tested a cross-border digital platform and governance model within TRANSISLAB: • The platform supports public administrations and frontline professionals in identifying older adults experiencing physical or social frailty, assessing their needs, designing personalised intervention plans, conducting ex-ante and ex-post evaluations, and using evidence to shape local longevity innovation agendas. • The practice has been implemented through six pilot initiatives in rural areas of the Basque Country and Navarre in Spain, and Pyrénées-Atlantiques and Hautes-Pyrénées in France. It targets up to 400 older adults aged 65 and over and involves around 90 professionals from local social and health services, NGOs, universities, research organisations and public administrations. • Activities include multi-stakeholder co-design, use of shared frailty indicators, baseline, mid-term and end-line assessments, joint case reviews, professional collaboration across sectors and borders, and the adaptation of support pathways to local community assets and service models.
<u>Outcomes:</u> Please explain what the results were/are so far and how you evaluated this (i.e. statistics, a study, or feedback)	The project is evaluated through a monitoring framework combining the FRAGILAB digital frailty index, common social and health indicators, and baseline, mid-term and end-line assessments across 14-month rural pilots. • Preliminary internal monitoring data from the first implementation cycle, covering around 180 older people with baseline and mid-term data, show that 68% of participants maintained or improved their frailty score, with an average reduction of 0.6 points among those initially classified as highly frail. • Self-reported severe loneliness decreased from 42% to 27%, while participation in at least one community activity per week increased from 35% to 57%.

	- At service level, joint case reviews between social services, primary care and community providers increased from almost zero to an average of 1.8 per person with complex needs, and 73% of professionals reported that FRAGILAB simplified or greatly simplified multi-agency coordination. - Qualitative feedback from older people highlights feeling less alone, better informed and more confident about staying at home, while professionals value the shared assessment language and automated care-planning suggestions.
Funding Source	EU Funds: ESF+ ☒ INTERREG ☒ ERDF ☐ ERASMUS ☐ RRF ☐ other ☐ ☐ National Government Funds ☐ Regional Government Funds ☐ Local Government Funds ☐ Private Sponsorship / Public-Private Partnership ☐ Financial contribution of People using Services ☐ Other, please define:
Links to supporting documents: <i>e.g. project website or report of the practice, articles</i>	Project Website: TransisLab : Living Lab transfronterizo de innovación social en longevidad en zonas rurales - Proyecto POCTEFA
Comments and tips <i>i.e. for people willing to implement your Practice in their service</i>	This project highlights several (sequential) lessons that should be considered when designing adaptations for replication. - First, a comprehensive analysis of complementarities and synergies among the participating regions and stakeholders (geographic, demographic, regulatory framework, powers, skills, etc.). - Second, the need to leverage synergistic strengths to structure working tools in a way that generates value-transfer systems, in which partners can learn from one another, accelerating the learning curve and avoiding the need to reinvent the wheel. - Third, the capacity of cross-border areas as spaces for enhanced experimentation, which allow these differences and synergies to be harnessed for interventions with greater added value at the local level but using standardised and common tools and practices that enable coordinated implementation and joint monitoring and evaluation.