In 2015 the European Commission funded 5 projects under the H2020 call SC1-PHC25. The aim of the call was to develop innovative solutions to improve and advance home-based integrated care for people suffering from chronic conditions, including co-morbidities. The solutions progressed by the 5 funded proposals (Polycare; CONNECARE; ICT4LIFE; CaregiversPro-MMD; ProACT) address this call to advance digital integrated care increasing citizen’s independence and quality of life, allowing them to remain in their own homes, supported by families, care-givers and health professionals.

The technology development approach shared by the projects is based on strong co-design and development research methodologies with end-users, to ensure solutions offer a personalised model of care. Presently solutions are involved in proof of concept trials in sites across the EU.

The technologies have been developed involving end-users during iterative design and testing approaches, to better respond to citizen and health, community and social care service needs. Preliminary results indicate a positive response from end users to the solutions provided. However challenges to the design, development and implementation of the technology are present due to the complexity of multiple disease management, especially for persons with dementia and acute conditions. Initial outcomes have also highlighted the positive influence of previous ICT knowledge on the acceptance of the new tools. Overall early findings indicate patients reported improved self-management, carers felt reassured and more autonomous, while health professionals experienced improvements in coordination of care.

Improved integrated care systems rely on data sharing and continuous communication flow among the actors involved in the care of patients. Information sharing supports care efficiency which led in turn to cost-effective treatments and coordination of care among social and health actors.

Real-time, proactive and early interventions prevent adverse events while promoting patients’ independency and safety.

Effectiveness of care and better health outcomes are supported by the adaptation of systems to local contexts, which is crucial given the differences in terms of health and social care provision in the European regions.

The monitoring of disease evolution and symptoms through the interaction of the patients with the platform allows for personalised and adapted care-plans. Patients have a better understanding of their conditions and decide whether they need to visit care centres.

The projects propose solutions aimed at addressing the challenge of developing cost-effective systems in several dimensions:

- Hospital admissions should be reduced and care-givers supported in performing their tasks thus allowing more effective care provision;
- The platforms contribute to better coordination of care and real-time communication among the stakeholders involved, allowing a more effective tasks distribution.

However, cost-effectiveness analysis will be developed after pilots as it will be based on real data. The flexibility of the platforms enables cost-effective personalisation to other scenarios after project ends, and especially adaptation to other diseases and domains. The adaptability will help to improve real practice deployment of integrated care and will contribute to transfer new methods and technologies to other regions in EU and beyond.

The provision of self-management interventions empowers patients and their care-givers to take control of their situation, by improving their quality of life and by allowing them to share experiences with people in the same situation.