

REMEM Project Sustainability and Exploitation Plan

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Project Acronym:	REMEM
Project full title:	Unuttuysan Tıkla / Click me, if you forgot
Project No.:	2019-1-TR01-KA204-074782
Funding Scheme:	KA204- Cooperation Partnerships in Adult Education
Coordinator:	Pamukkale University
Task Leader:	Pamukkale University
Last version date:	30.11.2022
Status:	Final
Dissemination Level:	Public

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REVISION SHEET

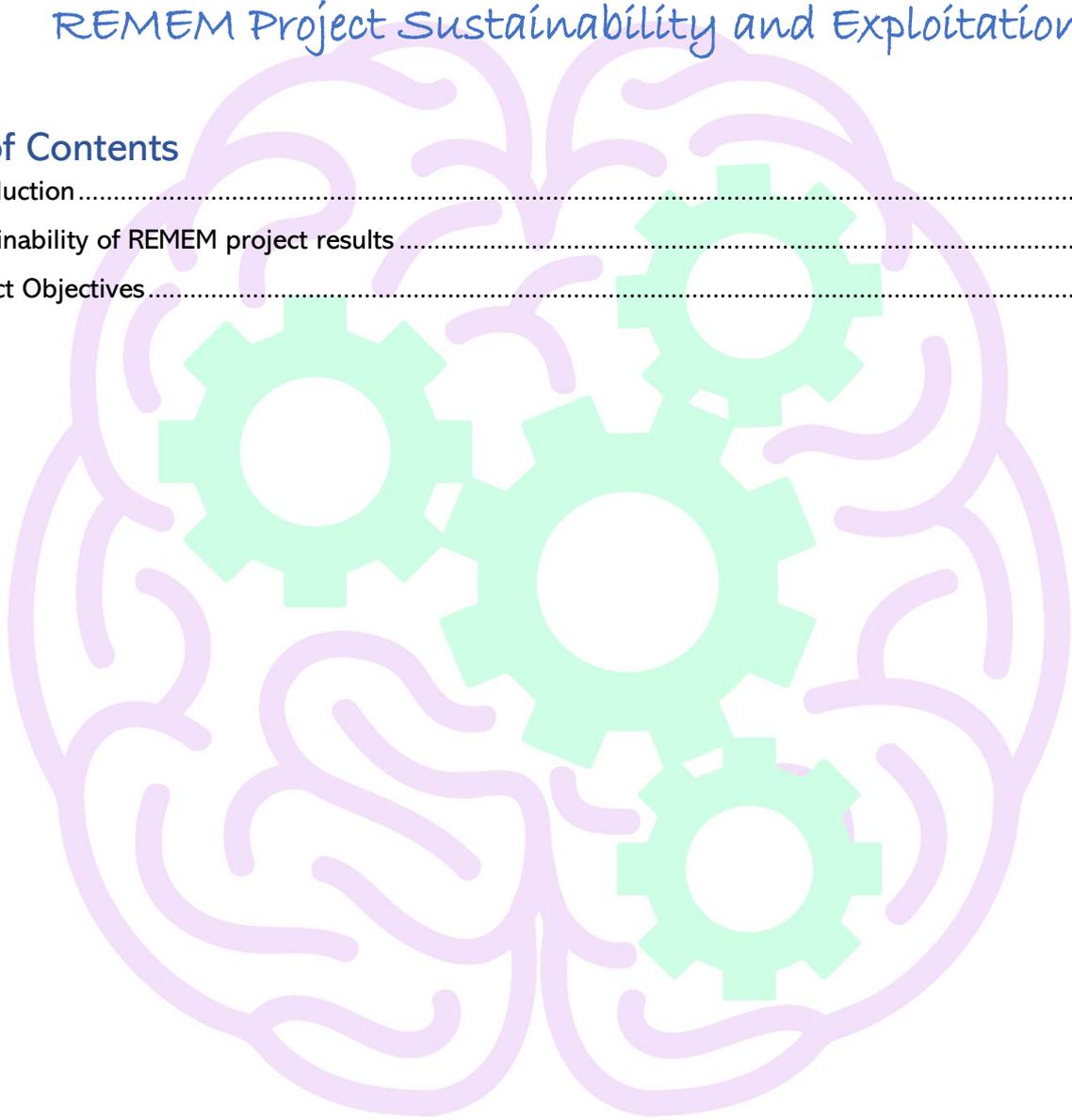
Version	Date	Author (Partner/Person)	The revision reason
0.1	11.01.2021	Arzum İŞİTAN (PAU)	First draft that forms the plan
0.2	30.11.2022	Arzum İŞİTAN (PAU)	Final plan creation

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1. Introduction

Alzheimer's is one of the most important diseases of the 21st century. Globally, it is estimated that there are approximately 44 million people living with this condition. Most are over 65, and about two-thirds of them are women. At least in the United States, Alzheimer's kills more people each year than breast and prostate cancer in one place.

Most of us believe that the main symptom of Alzheimer's is memory loss. The four symptoms of the disease, which everyone ignores. There are several signs that may indicate the presence of the disease:

- lack of inhibitions- someone who is usually shy can go to a stranger to try to hug him or kiss him.
- language problems - these occur, especially in cases of progressive primary aphasia, a form of dementia that affects the ability to process and articulate words. Patients may have trouble composing sentences, speak very rarely, and fail to pronounce the words correctly.
- writing problems - someone who normally did not have such problems, does not know how to write correctly, or cannot write at all, not even to sign.
- difficulties in reading - for someone with dementia, it becomes very difficult to read a paragraph in a newspaper or book.

Alzheimer's disease (AD) is a neurodegenerative disease that slowly and progressively destroys brain cells. In general, AD dementia is diagnosed in people aged 65 years and over. Early symptoms of AD dementia may not be recognized at the beginning by both the person concerned and their loved ones. Meanwhile, as the disease progresses, symptoms become more pronounced and may affect daily life. It is meant that practical difficulties for AD patient in everyday tasks such as dressing, bathing, and eating. More negative behaviors can be added of these initial levels of patients. In this phase, in addition to the previous findings; forgetting to take medications, incompetence in the use of the previously used goods, difficulties in reading, writing and other communication ways, non-compliance with the rules of society, increasing restlessness in the restlessness in cooking, inability to do shopping, anger bursts, sleep disturbances are symptoms, frequently. As the disease progresses, patients may have difficulty in choosing appropriate conditions for their selves. All issues are also needed more importance in this phase. It is necessary to control household appliances working with electricity and natural gas powered.

Alzheimer's disease, which is a universal problem, directly or indirectly concerns many people and institutions. This Project Sustainability and Exploitation Plan is a step of REMEM project. REMEM has PHASE 6- Dissemination and sustainable implementation of the products. A dissemination and communication plan, sustainability plan, and a sustainability strategy are parts of this phase.

As known, a European project and its outputs/results are only successful when they are of sustainable value. The further use of the project outcomes is basically connected with successful project results and exploitation activities. The sustainability and exploitation strategy ensures the sustainability of the project and its results after the end of the funding period and will provide recommendations and guidelines for the continuous use of the project's results also after the end of the project.

The dissemination actions of REMEM project are:



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- Establishment or connect with existing networks to promote awareness and engagement;
- Provide information and assistance to persons and relatives, and also local and regional institutions;
- Distribution of information to EU-wide networks, stakeholders, influential institutions, and opinion formers relevant to the topic;
- Disseminate new content for the elderly, patients, and their relatives;
- Stimulation of dialogue between educational institutions, and public and private institutions related to Alzheimer's and Dementia.

The dissemination plan is based on the following characteristics and principles:

- it orients toward the needs of the users, incorporating the types and levels of information needed into the forms and language preferred by the users,
- various dissemination methods, including written information, electronic media, and person-to-person contact are used,
- it incorporates both proactive and reactive dissemination channels;
- it includes information that users have identified as important and also likely to need;
- it draws upon existing resources, relationships, and networks to the maximum extent possible while building new resources as needed by users,
- it includes effective quality control mechanisms to assure that information to be included in the system is accurate, relevant, and representative;
- it includes sufficient information so that the user can determine the basic principles underlying specific practices and the settings in which these practices may be used most productively;
- it establishes connections to resources that may be needed to implement the information.

REMEM is a two-year KA220-ADU-Cooperation Partnerships in Adult Education project supported by Turkish National Agency, on biopolymers between five partners from Turkey and EU. Because of the Covid19 restrictions, the project duration time was enlarged 12 months.

REMEM is aimed to develop a mobile application for Alzheimer's patients in the early stages and their relatives/the person responsible for the patient's care. REMEM is an online and mobile application. It is also aimed to improve the memory of Alzheimer's patients and delay the progression of the current disease by using reminder applications, to provide more detailed information about the disease, and to ensure more efficient patient care. Before creating the mobile application, current data and treatment methods related to Alzheimer's disease in Turkey and Europe were compiled and analyzed. To help to reduce all negativities of the early stages of Alzheimer's and dementia diseases, a report was prepared including a cross-sectional model in partner countries. This analysis report was used for both the creation of the mobile application and the preparation of an information guidebook for the relatives of the patients. REMEM project is aimed to raise both Turkey and European youth's awareness about these issues additionally. Therefore, the topic of how to explain the disease to children was also included in the scope of the project. For this reason, a book section that includes explaining the disease to children was prepared and added to the guidebook, and a children's book was written and illustrated in 4 different languages.

REMEM has seven work packages/phases:

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- WP1- Management->PHASE1
- WP2-Compiling and reporting of existing mobile applications related to Alzheimer
- WP3-Mobile application development
- WP4-Preparation of mobile application user guide
- WP5-Preparation of information book for relatives
- WP6-Dissemination and sustainable implementation of the products-throughout the entire project->PHASE 6
- WP7-Quality assurance of the products->PHASE 7

This document is prepared based on information obtained from the following documents:

1. Erasmus+ KA204- Cooperation Partnerships in Adult Education Project Proposal for “Click me, if you forgot”,
2. Partnership Agreement,
3. Erasmus+ Programme Guide Version 2 (2019): 15/O1/2019.

2. Sustainability of REMEM project results

Sustainability is the capacity of the REMEM project to continue its existence, effect, and functioning beyond its end. The main aim of the sustainability strategy is to discuss, create, and develop ways in which the project outputs can be led to further sustainable use. REMEM's sustainability strategy does not focus only on the individual suggestions of each partner, but also provides some general information and suggestions on how to use the results of the project after the end of the funding period.

The following two key aspects are very important for the successful exploitation of the REMEM project results:

- Producing relevant results of good quality to satisfy the demands of target groups and stakeholders.
- Ensuring that results reach the right target audiences in the right format and at a right time, which provides the greatest benefit.

Within the scope of the REMEM project;

- A detailed field study was carried out.
- A detailed book and mobile application research were conducted.
- Surveys and pilot studies were conducted to determine the needs of patients and their relatives.
- As a result of all studies, SWOT analysis of the project was made.
- A cross-cultural analysis of disease and patient care between partner countries was conducted.
- book chapter titles were determined according to the needs of the target groups.
- The content of the mobile application was determined according to the needs of the target group as a result of field research.
- A guide for the use of the application has been prepared.
- A book chapter has been prepared with the help of expert on how to explain the disease to children.

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- An illustrated children's book in 4 languages has been prepared for children.

Thus, studies were conducted on the main factors for the sustainability of the results of the REMEM project¹:

- **Output quality:** The REMEM project has WP7 (quality assurance of the products). All project outputs have been prepared and tested considering quality indicators. In addition, the project outputs are constantly updated to ensure sustainability. The platforms required for the website and mobile application will remain functional for at least 5 years after the project is completed.
- **The adaptability of outputs to the specific circumstances of the countries and organizations involved:** Considering the importance of the high adaptability of the project results and outputs to different country conditions, the REMEM project outputs were created in 4 languages. The outputs were prepared to consider the results of the field studies and analyzes conducted in each partner country.
- **Clear definition of advantages for users:** The capacity of the project and the partnership is very important in reaching the target groups, promoting the project outputs, and increasing the usability of the outputs. All partner institutions have always agreed to share and make the benefits and results of the project transparent and obvious. For this purpose, articles, oral presentations, and promotional activities related to the project will continue without slowing down.
- **Early identification of stakeholders and potential users:** Potential stakeholders were identified in the first 6 months of the project. All project outputs were prepared in consultation with target groups and stakeholders. Those were contacted and kept informed throughout the whole project process in order to ensure the sustainable use of the results after the project ends.

3. Project Objectives

The target group of the REMEM project is all project stakeholders including the project team members, Alzheimer's patients and their relatives, stakeholder associations and universities, the university students, public and private institutions, children, and general society.

The results of the projects: The situation analysis in the partner countries was compiled and revealed (O1). Scientists report that the progress of the disease in the early stage can be slowed down by intelligence games, physical exercise, matching games, and skills activities. Extending this stage can make the process easier for the individual and his/her relatives. Using O1's results, a mobile application (O2), a mobile application user guide (O3), a guide-book (O4), and a child book were prepared. Both the figures put forward by the World Health Organization and the strategic objectives of the European Union reveal the importance of taking urgent and effective measures and developing strategies in this regard. In particular, young people to be gained awareness on this issue and to be raised their awareness are great importance. REMEM project is aimed to raise both Turkey and European youth's awareness about these issues.

In a summary, the objectives of the REMEM project include:

¹ <https://ec.europa.eu/programmes/erasmus-plus/project-result-content/f60b3b1f-0dcb-460e-95e9-2353343b7373/Sustainability%20PLAN.pdf>

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- Supporting the setting up of, and access to, upskilling pathways
- Improving and extending the supply of high-quality learning opportunities tailored to the needs of individual low-skilled or low-qualified adults
- Open education and innovative practices in a digital era
- Both the figures put forward by the World Health Organization and the strategic objectives of the European Union reveals the importance of taking urgent and effective measures and developing strategies in this regard.

The project team planned to spread project results faster by taking the opinions of all target groups and institutions. In this way, new projects can be produced.

All partners had agreed on dissemination and all partners, except the DIDER, hold one informative meeting within the project. All partners got responsibility for dissemination project results using their local and national links.

Creation of website and leaflet, and opening of social media accounts (Facebook, Twitter, LinkedIn) were done by PAU and DIDER at the beginning of the project. All partners shared project news and announcements on their official website. In addition, since all partner institutions have very strong local press relations, the project activities were promoted in the local and national press.

For the project logo, PAU and DIDER prepared a draft before TPM1, and the project logo was determined during TPM1. After the logo was decided, a brochure draft that introduces the project was prepared by PAU and after the approval of the partners, all project partners translated into their languages and used in all promotion and dissemination activities.

E-Newsletters were issued to promote the project and its outputs. The newsletters were disseminated in partners' languages to national training organizations, stakeholders, and media. For this purpose, the partnership used its National Informal Networks.

All documented activities were collected in a final dissemination report/plan which is made available to the national agency and the public. Arzum Işitan from PAU, Evren Çağlarer from KLU, Gratiela Dana Boca from CNU, Aniello Gervasio from COSVITEC, and Şaban Varol are responsible dissemination activities as team leaders.

Before TPM5, PAU prepared a sustainability plan, and it was shared with all partners. During TPM5, the plan was discussed, and its final form was created, and the activities planned to be attended in the next 3 years and the activities planned to be organized were discussed. The following decisions have been taken and implemented for the sustainability of the project:

- Writing new Erasmus+ and Horizon projects as a continuation of the project,
- Established partnership to produce projects on other subjects,
- Writing at least 2 more articles describing the project and its results,
- Participation of each institution in activities to promote project outputs.