



## CARES PRESS NO.6

The sixth semester of the CARES project marks a turning point. It closes the core phase dedicated to interregional learning — three intensive years of exchange, exploration of good practices, peer discussions and collective reflection on how to strengthen digital health and care systems across Europe.

What once began as dialogue and mutual inspiration is now transforming into tangible policy change.

This semester clearly demonstrates the added value of structured interregional cooperation. The knowledge accumulated through study visits, stakeholder engagement, thematic tutoring and continuous peer exchange is no longer theoretical — it is actively shaping regional policy instruments. Partners are consolidating their efforts to report concrete improvements and, where required, to finalise ambitious Action Plans that will guide the next phase of implementation.

With three study visits taking place within this semester, alongside intensive local stakeholder work and targeted capacity-building sessions, the results of three years of shared learning are now visible. Regions are better equipped, more confident, and strategically aligned to deliver inclusive, innovative and sustainable digital health solutions.

This edition captures that momentum — showcasing how cooperation has evolved into measurable impact.

## Europe Advances Digital Health in Bassano del Grappa

On 23–24 September 2025, partners gathered in [Bassano del Grappa \(Italy\)](#) to explore regional approaches to advancing digital health and integrated care solutions.

The visit provided insights into how digital tools are embedded within healthcare systems to improve service coordination, accessibility and quality of care. Through meetings with regional authorities, practitioners and service providers, partners examined governance models and implementation mechanisms supporting digital transformation.

The exchange offered concrete inspiration for adapting similar solutions within regional policy instruments and reinforced the importance of strategic alignment between innovation and public policy.





## CARES Study Visit in Zagreb

On 2–3 December 2025, partners gathered in [Zagreb \(Croatia\)](#) for another key interregional exchange. The study visit showcased national and regional initiatives supporting digitalisation in healthcare, with a focus on systemic solutions and strategic coordination.

Discussions emphasised the importance of long-term planning, cross-sector collaboration and alignment between policy objectives and operational tools. Partners engaged in in-depth exchanges on how to ensure sustainability of digital health investments and maximise their impact on citizens.

The Zagreb meeting marked one of the final collective learning moments of the core phase, consolidating insights gathered throughout the project.





## Insights from Gdańsk: Digital Transformation in Practice

The study visit in [Pomorskie Voivodeship \(Poland\)](#), held on 4–5 February 2026, focused on practical implementation of digital health solutions at regional level.

Participants engaged with local stakeholders and institutions responsible for planning and delivering digital healthcare services. Discussions addressed governance structures, funding mechanisms and strategic coordination necessary for sustainable digital transformation.

The visit demonstrated how long-term strategic planning combined with stakeholder involvement strengthens regional health ecosystems and supports the effective improvement of policy instruments.





## Strengthening Regional Policies Through Stakeholder Engagement

As the project moves toward the implementation and monitoring phase, local stakeholder engagement remains at the heart of CARES.

### **Pomorskie – 4th Local Stakeholder Group Meeting**

In [Pomorskie \(Poland\)](#), the 4th meeting of the Local Stakeholder Group focused on discussing progress in improving the regional policy instrument and identifying further adjustments based on interregional learning outcomes.

### **Kujawsko-Pomorskie – Ongoing Dialogue**

In [Kujawsko-Pomorskie \(Poland\)](#), meetings with local stakeholders provided an opportunity to validate proposed changes and ensure alignment between project recommendations and regional strategic priorities.

### **Gerontopole Nouvelle-Aquitaine**

In [Nouvelle-Aquitaine \(France\)](#), the meeting hosted by Gerontopole brought together regional actors to discuss innovation in ageing and digital care, strengthening the link between European exchange and regional implementation.

Across all regions, these meetings demonstrate how accumulated knowledge from three years of cooperation is being translated into concrete policy improvements.



## Digital Inclusion in Focus – CARES Tutoring Session

On 24 November 2025, partners participated in a dedicated [tutoring session focusing on digital inclusion](#) — a key dimension of digital health transformation.

The session provided expert guidance on addressing digital divides, particularly among older adults and vulnerable populations. It supported partners in refining measures within their policy instruments and Action Plans to ensure accessibility, inclusiveness and equitable service delivery.

This targeted mentoring strengthened the quality and strategic coherence of proposed policy improvements.



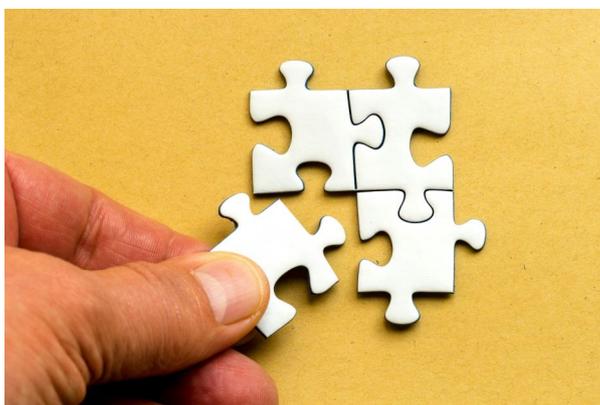
## Building Capacity Through Cooperation

Throughout the core phase, CARES has not only focused on policy improvement but also on strengthening institutional capacity. Interregional cooperation, peer learning and structured exchanges have enhanced partners' ability to design, implement and monitor digital health policies.

By combining study visits, stakeholder engagement, tutoring and continuous dialogue, the partnership has built a strong foundation for sustainable policy change. The sixth semester clearly shows increased capacity across regions — both at strategic and operational levels.

As CARES transitions beyond the core learning phase, partners are well-equipped to implement meaningful improvements, ensuring that digital health and care systems across Europe become more inclusive, innovative and resilient.

### [Increased Capacity Report](#)



### Looking Ahead: Follow-up and Final Conference

As the core phase comes to an end, CARES enters a crucial **follow-up year**. Partners will continue to monitor the implementation of the improvements and enhancements introduced to their regional policy instruments. This period is also an opportunity for **continued learning**, as regions exchange experiences and refine strategies based on real-world outcomes.

Looking forward, the **final CARES conference will take place this autumn in Toruń, Poland**. It will bring together partners, stakeholders and policymakers to share achievements, lessons learned, and plans for the next phase of digital and inclusive healthcare development.

Stay updated on project news and upcoming events by following CARES on:

- **website** – [CARES - Remote Healthcare for Silver Europe | Interreg Europe](#)
- **social media** - [\(2\) Facebook](#) | [\(23\) CARES Remote Health for Silver Europe | LinkedIn](#)

The journey of learning, improvement, and cooperation continues — and we invite you to follow every step!

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