



PROCAREFUL: FINAL RESULTS AND FUTURE PERSPECTIVES OF THE NEW HYBRID CARE MODEL WILL BE PRESENTED AT THE FINAL EVENT

January 2026 - The PROCAREFUL project, funded by the Interreg Central Europe programme, presents the results of the pilot activities implemented across five Central European countries and announces its final event, taking place on 13th February 2026 at the *Fondazione Benetton* in Treviso (Italy).

Over the past three years, PROCAREFUL has developed and tested an innovative hybrid care model that combines a digital platform with the support of a trained professional to deliver personalised exercises and social activities. The aim is to prevent cognitive and physical decline, foster socialisation, and encourage the adoption of healthier daily habits among adults aged 55 and over.

Pilot activities engaged more than 140 participants across Italy, Croatia, Slovenia, Germany, and Poland. The multidimensional assessment revealed improvements in cognitive functions and a strong appreciation for the hybrid model. The combination of group sessions and digital activities proved effective in helping participants adopt healthier routines and increase their awareness of prevention as a personal and collective long-term investment.

The project also developed comprehensive policy guidelines and scaling strategies aimed at supporting the uptake of the model in new regions. These include recommendations on multi-level governance, long-term investment in prevention, workforce development, and the need for accessible and inclusive digital infrastructures.



The final event on 13th February will offer the opportunity to present the project's final results, share policy recommendations and open a discussion with experts, institutions, and stakeholders on the future of hybrid and preventive care. Participation is free of charge and the event will include simultaneous interpretation between Italian and English. Participants are kindly invited to register through the dedicated link:

<https://forms.office.com/e/mhf43N5gCk>

PROCAREFUL now enters its final stage with a wealth of insights gained from real-world testing and cross-country collaboration. The closing event will look toward the future, offering a space for reflection, exchange, and discussion, ensuring that the knowledge developed throughout the project continues to inform innovation in care practices and regional policy.