

## FOR INTERNATIONAL DAY OF OLDER PERSONS,

### ORPEA, A KEY PLAYER IN THE CARE SECTOR, HIGHLIGHTS CONCRETE SOLUTIONS FOR PREVENTING LOSS OF INDEPENDENT LIVING SKILLS

Puteaux, 30 September 2021

The ORPEA Group is committed to improving the lives of older people. Every day, all over the world, it designs tailored solutions to help them preserve their abilities and maintain or improve their quality of life.

Here, we focus on a few collaborative initiatives designed by teams from the medical and paramedical professions, with input from patients or their families.

#### **PREVaction: A comprehensive health education and prevention programme in France that teaches people how to age well at home**

The PREVaction programme is run at an outpatient hospital and is designed for people over 75 years of age who live at home. Its aim is to intervene before loss of independent living skills so as to give patients the tools they need to look after their health, preserve their remaining abilities and maintain or improve their quality of life.

Co-designed by a team of medical and paramedical professionals, with input from patients, it is primarily an educational programme. The course is based on therapeutic education methods and the timescales and methods of care involved are tailored to the needs of the patients.

#### **How the programme works**

The programme starts with a comprehensive and in-depth analysis of patients' needs, in line with their expected abilities, so as to define their priorities, objectives and educational contract.

The patients then start a personalised programme that allows them to:

- Understand the benefits of making certain behavioural changes as they get older.
- Consider and define their own plan.
- Define the actions they need to take to achieve their objectives.
- Link each workshop to their personal plan.

The programme includes a coherent sequence of dynamic, interactive and fun workshops suited to the elderly person, based on the plan that has been defined.

The programme concludes by bringing all themes together through tailor-made educational tools, ensuring the adoption of the educational objectives and the satisfaction of both the patients and the team!

### "Alzheimer Cafés" launched for patients' families and friends:

In France and Spain, the Group's facilities organise informal meetings (cafés) for the families and friends of elderly people suffering from Alzheimer's disease.

During these cafés, ORPEA professionals answer questions and provide advice and guidance to caregivers to help them take better care of their loved ones and improve their quality of life. Meeting other caregivers means that families can also share tips and any concerns they may have. The purpose of these sessions is to offer professional help to many families that do not receive specialist support in dealing with the problems of their elderly relatives. They also provide the opportunity to create trusted networks, where people in very similar situations can lighten their burdens and learn from each other. This in turn will enhance their well-being and that of the older person under their care.

### An intergenerational approach to active ageing

It's a simple idea: build a nursery school in a nursing home! ORPEA believes in intergenerational projects that facilitate contact between children and the elderly. The Group has been working with this philosophy for over 10 years.

In Spain, ORPEA Mecó is the first residence for the elderly to have incorporated a nursery school into its facility. This pioneering initiative allows elderly people to take up the role of responsible adults once again. The children, in turn, learn social skills, acquire values and improve their vocabulary.

Intergenerational approaches, in different forms, are also well established in Austria, Switzerland, the Czech Republic and France.

Another key area for the Group is the development of non-drug-based approaches, through cognitive and sensory stimulation workshops that make care easier, including art therapy, soft gymnastics, skills workshops such as gardening, cooking or sewing, and even reminiscence workshops [sessions designed to encourage patients to remember important events and interests from their past].

Other notable initiatives include several schemes in Austria, Switzerland, Spain and Germany, where bars, restaurants and hairdressing salons at the Group's care facilities are open to external customers. This integration with the local community fosters and maintains links and interactions between residents and the general public

On International Day of Older Persons, Laure Frères, Well-Being EVP, Head of Quality, Medical and CSR, said: *"The ORPEA Group is always seeking innovative ways to provide the best possible support for the elderly. Whether it involves non-drug-based therapies,*

*new technologies or physical training programmes, an individualised care plan is developed by a multidisciplinary team for each elderly person in the Group's care, depending on their level of autonomy."*

### About ORPEA ([www.orpea-corp.com](http://www.orpea-corp.com))

Founded in 1989, ORPEA is one of the major world leaders in comprehensive long-term care, with a network of 1156 facilities comprising 116,514 beds (26,359 of which are under construction) across 23 countries, which are divided into five geographical regions:

- France Benelux: 586 facilities/49,207 beds (5672 of which are under construction)
- Central Europe: 268 facilities/28,419 beds (5828 of which are under construction)
- Eastern Europe: 142 facilities/15,255 beds (4101 of which are under construction)
- Iberian Peninsula/Latin America: 158 facilities/23,108 beds (10,373 of which are under construction)
- Rest of the world: 2 facilities/525 beds (385 of which are under construction)

ORPEA is listed on Euronext Paris (ISIN code: FR0000184798) and is a member of the SBF 120, STOXX 600 Europe, MSCI Small Cap Europe and CAC Mid 60 indices.

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