



Brief CV: Dr. Judy Triantafillou 2023

Judy Triantafillou is a UK trained medical practitioner working in Greece in the field of primary care and research programmes in health, services and family/informal care of older people. For many years she was physician in charge of the first Open Care Community Centre for Older People (KAPI) in Athens, providing health and social care services, as well as recreational programmes, at the local level.

She is a founder member (2006) and member of the Advisory Committee of the first Greek NGO for older people 50plus Hellas www.50plus.gr, which is the Greek representative in the EU level organisation AGE Platform Europe <http://www.age-platform.org/>, where she served in the Health Expert Group.

Following her participation in the MIPAA-20 Rome 2022 UNECE Ministerial Conference on Ageing and the Joint Forum Declaration, she worked with the 50+ Hellas Advisory Committee to produce the document '50plus Hellas Position Paper and Proposals for Ageing in Greece 2023-2025' <https://www.50plus.gr/theseis-protaseis-2023-2025/> (Greek pdf and English translation attached, shortly to be available as pdf).

Current work with 50plus Hellas also involves supporting

- the LAPIS programme (Innovations and Skills in the Adult Social Care sector, particularly looking at work-based learning, where employees learn on the job <https://lapis-project.eu/> and has produced an excellent set of Policy Recommendations for social care
- Care-Platform <https://www.careplatform.gr/> which is developing a comprehensive set of available information and training programmes for informal and untrained caregivers, as well as online carer support and advocacy groups, with the aim of improving the quality of care
- A new research programme GELDERIN, awaiting final ethical committee approval, with the Panteion University, 'The Greek elderly care system in the face of population ageing: the challenges of inclusiveness and gender equality'

Previous work and projects

- As a member of the SEXTANT research group she has been involved in research at both national and European levels into healthy ageing, services and family care for older people.
- Together with Prooptiki Co. she represented 50+ Hellas in the EU INTERLINKS project on health and long term care systems for older people in 14 European countries (2008-2011) <http://interlinks.euro.centre.org/project>, leading Work Package 5 on the role of informal care within LTC and being main author of the European Overview Report on "Informal care in the long-term care system",

which examines the contribution of informal/family carers to long-term care of older dependent people.

- In the EUROFAMCARE project www.uke.uni-hamburg.de/extern/eurofamcare/ , (“Services for Supporting Family Carers of Elderly People in Europe: Characteristics, Coverage and Usage” 2003-2005), she was jointly responsible for the pan-European background report (PEUBARE) which analysed data from the 23 National Background Reports and for the Greek National Survey Report (NASUR Greece), giving data from interviews with 1014 family carers of older people as well as cross-national comparisons with the other 5 participating core countries (Germany, Italy, Poland, Sweden and UK).
- She was a member of the Management Committee for the CARMEN project (“Care and Management of Services for Older People in Europe Network” 2002-2004), which examined Integrated Care systems for older people in various EU MS and developed a guide for managers as well as a number of other publications <http://www.ehma.org/?q=node/53>
- She participated in the EU MHPP programme (“Mental Health Promotion and Prevention Strategies for Coping with Anxiety and Depression in Europe - Section 3, Older People” 2001-2003), which aimed to gather information on best practices in the promotion of mental health and the prevention of mental disorders in the participating countries http://ec.europa.eu/health/ph_projects/2001/promotion/fp_promotion_2001_anne_x3_02_en.pdf
- Working within the National School of Public Health, Athens, she was a co-author of the research report “*The Health of Older People in the European Community*” for the EU DG V (Public Health) and has also worked with the WHO on “*the Elderly in Eleven Countries – a socio-medical survey*”, with the European Foundation for the Improvement of Living and Working Conditions, Dublin, on “*Family Carers of the Older Elderly in Greece*” and in the EC DGXII Age Care Research Europe (ACRE) *Care Delivery Systems for the Elderly* collaborative project.

Relevant Publications and Reports

'Active and Healthy Ageing in a Time of Crisis and Lessons from Civil Society: Experience from 50plus Hellas' Authors: Delatola-Paganelis M, Drymoussis I, Kampanaros D, Karampetsou M, Lazaridou C, Mestheneos E, Michalopoulou G, Pavlidis G, Ranga M, Tsoumaki T, Triantafillou J. In *Ageing in the Crisis: Experiences from Greece* (2018) Ed: Fred Karl Lit Verlag, Zurich (ISBN 978-3-643-90984-8(pb) ISBN 978-3-643-95984-3(PDF). <http://www.lit-verlag.de/isbn/3-643-90984-8>

Triantafillou J, Mestheneos E. (2013) “The Present and Future Health Status of Older People in the Mediterranean Region” in *Ageing in the Mediterranean* Troisi J, von Kondratowitz H-J (Eds.), The Policy Press, UK. ISBN 9781447301066 <http://www.policypress.co.uk/display.asp?k=9781447301066>

Naiditch M, Triantafillou J, Di Santo P, Carretero S, Hirsch Durrett E (2013) "User perspectives in long-term care and the role of informal carers", in *Long-term care in Europe – Improving policy and practice*. Leichsenring K, Billings J and Nies H (Eds.) Basingstoke: Palgrave Macmillan ISBN: 9781137032331 HB
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Triantafillou J, Naiditch M, Repkova K, Stiehr K, Carretero S, Emilsson T, Di Santo P, Bednarik R, Brichtova L, Ceruzzi F, Cordero L, Mastroiannakis T, Ferrando M, Mingot K, Ritter J, Vlantoni D. (2010) "Informal care in the long-term care system: European Overview Paper" INTERLINKS project, Athens/Vienna (FP7 no. 223037)

http://interlinks.euro.centre.org/sites/default/files/WP5_Overview_FINAL_04_11.pdf

Executive Summary

http://interlinks.euro.centre.org/sites/default/files/WP5%20Informal%20care_ExecutiveSummary_FINAL_1.pdf

Altanis P, Economou C, Geitona M, Gregory S, Mestheneos E, Triantafillou J, Petsetaki E, Kyriopoulos J. (2008) "Quality in and Equality of Access to Healthcare Services – Country Report for Greece" EU programme Healthquest. EHMA.

http://www.ehma.org/files/healthquest_greece_en.pdf

Lamura G, Döhner H, Kofahl C (Eds.) (2008) Family Carers of Older People in Europe: A Six-Country Comparative Study *Reihe: Supporting Family Carers of Older People in Europe. Empirical Evidence, Policy Trends and Future Perspectives*

Bd. 9, 2008, 328 S., 24.90 EUR, br., ISBN 978-3-8258-1089-4 . LIT Verlag <http://www.lit-verlag.de/isbn/3-8258-1089-4>

Triantafillou J, Mestheneos E, Prouskas C, Goltsi V, Kontouka S, Loukissis A (2006) The National Survey Report for Greece. EUROFAMCARE – Services for Supporting Family Carers of Dependent Older People in Europe: Characteristics, Coverage and Usage

http://www.uke.uni-hamburg.de/extern/eurofamcare/documents/deliverables/nasure_el.pdf

Mestheneos E, Triantafillou J (Eds.) (2005) Supporting Family Carers of Older People in Europe - The Pan-European Background Report *Empirical Evidence, Policy Trends and Future Perspectives* ISBN 3-8258-9121-6. Lit Verlag, Hamburg.

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Triantafillou J (2004) Chapter 7: "Integrated Teams" in Nies H, Berman P (Eds) *Integrating Services for Older People: A resource book for managers*

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Triantafillou J. and Mestheneos E. (2001) Ch.4, Greece, in "Family Care of Older People in Europe - COPE". Ed. Philp I., Biomedical and Health Research Vol. 46, IOS Press, the Netherlands.