

## How can I participate?



1 Call today and find out the selection criteria from the reception and service advisors of the Multidisciplinary Municipal Clinics.



2 Make an appointment for a session with the Programme's medical specialists.



3 In case of selection and inclusion in the Programme, you will sign the relevant consent form and it will be determined the starting date of your participation.

## Information - closing an appointment

1st Multidisciplinary Municipal Clinic - Kalfopouleio Health Centre  
78 Solonos Street, Athens, 10680  
Tel: 21 0362 6587

3rd Multidisciplinary Municipal Clinic - Petralona  
Piraeus 108, Athens, 11854  
Tel: 21 0342 7515

2nd Multidisciplinary Municipal Clinic of Neos Kosmos  
Fanosthenes & Frederikou Smith, Athens, 11745  
Tel: 21 0923 9865

6th Multidisciplinary Municipal Clinic of Kypseli  
Chania 4B, Athens, 11257  
Tel: 21 0883 6200

<https://iatreia.cityofathens.gr/>

[iatreia.cityofathens](https://www.facebook.com/iatreia.cityofathens)

[iatreia.cityofathens](https://www.instagram.com/iatreia.cityofathens)



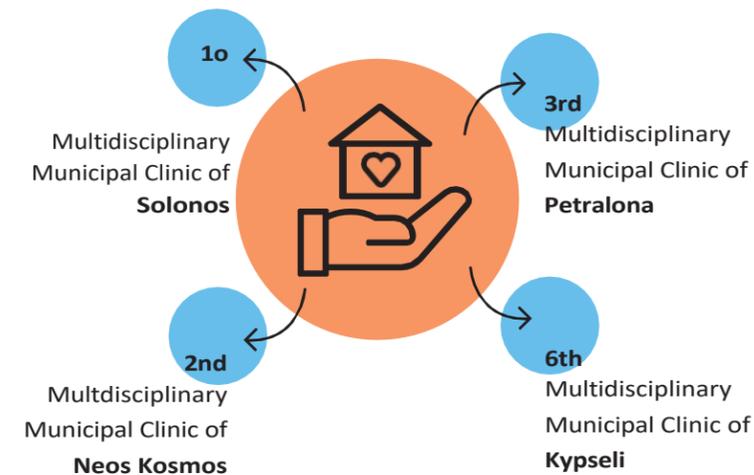
# I care

The Municipality of Athens takes care of elderly people with chronic diseases

New programme of multi-disciplinary municipal clinics

## Vision and objectives

The aim of the Programme is the **integrated primary care of** elderly people with chronic diseases (COPD, asthma, heart failure, coronary heart disease, diabetes mellitus, etc.) through the provision of **innovative** combined medical and social services.



# 1

Holistic approach / optimisation of care

# 2

Personalised patient- and person-centred Care

# 3

Plan of care and Monitoring

# 4

Patient education and carers

# 5

Management of polypharmacy

# 6

Electronic health record /coordination of care

# 7

Applications of artificial intelligence

## Structure of the Programme



### A. PHASE

Participation of elderly people with chronic diseases in group and individual assessment sessions and training of up to 30 hours (10 three-hour sessions). These will be conducted in person by the multidisciplinary medical, nursing and psycho-social staff of the Programme, in the premises of the Multipurpose Municipal clinics.

**The aim is to set up a comprehensive and individualised care plan** by all specialists, to educate and empower the elderly and to formulate the right perception and behaviour for the treatment of their disease(s).

### B. PHASE

With the help of new technologies (video-conference, remote monitoring, etc.), there will be ongoing remote live communication, continuous monitoring, coordination of care with all those involved and support for the elderly and their environment.

Each elderly person will be supported by appropriately qualified staff (case managers), according to their individual needs and their treatment plan.

### Expected results

- Reduction of exacerbations and complications of chronic diseases
- Reduction in hospital visits and hospitalisations
- Easy access to health care, with dignity and a feeling of security
- Better quality of life and social participation of beneficiaries