

Transnational Innovation Program on Homecare and Community-based Services

Bulgaria; Romania; Bosnia and Herzegovina

This initiative is part of the Transnational Innovation Program within the Caring Communities project.

CADENCE

A transnational dementia care model that brings diagnosis, treatment and support straight to people's homes, while giving caregivers the tools and rhythm they need to do their work well.

What it is and who it serves

Dementia rarely announces itself early. In much of Eastern Europe, it is diagnosed late, treated unevenly and managed by caregivers who are stretched thin across long distances and fragmented systems. CADENCE was built to change that.

The initiative works on two fronts at once. For people living with dementia, it delivers early detection and continuous home-based care, so that diagnosis and support arrive in time to matter. For the caregivers and professionals around them, it makes daily work more structured, more coordinated and far more sustainable.

The model combines proactive community outreach, capacity-building for healthcare and social care professionals and mobile teams that conduct in-home cognitive assessments and follow-up visits. Structured referral pathways link patients to specialized providers, ensuring that diagnosis leads to coordinated care rather than fragmented care. Telemedical tools, continuous monitoring, training programs, awareness activities and mechanisms for treatment adherence and medication access tie the system together - bridging the medical, the social and the community.

Organization details

CADENCE is a transnational initiative jointly developed by partners in Bulgaria, Romania, and Bosnia and Herzegovina. The three-country setup is not incidental. Dementia care faces remarkably similar pressures across the region: underdiagnosis, uneven access and fragmented systems. A shared model therefore carries far more weight than separate national responses. Together, the partners bring expertise in healthcare delivery, social services, digital tools and caregiver training.

Development stage

CADENCE has moved beyond concept and into active piloting, with measurable results already in hand and a clear path toward broader rollout.

Results achieved so far:

At the heart of the pilot is an AI-assisted scheduling and coordination platform that optimizes the daily work of home-care professionals - cutting travel time, smoothing handovers and lightening the load on caregivers who too often carry the system on their shoulders. Early numbers from the pilot speak for themselves:

- 150+ optimized care schedules delivered through the platform
- 25% reduction in travel time for home-care workers
- 18% increase in care quality satisfaction reported by patients and families

Within the Transnational Innovation Program, these results confirm both the clinical value of early, home-based dementia care and the operational value of intelligent coordination.

Future plans

The road ahead for CADENCE is about turning a working pilot into a regional standard. The immediate focus is on expanding the reach of the mobile teams, scaling the scheduling platform to serve more care professionals and deepening the referral pathways that connect home-based detection with specialist treatment. Each new site adds not only beneficiaries but also data, and with it the chance to refine the model further.

In parallel, the partners will invest in caregiver training, public awareness and stronger links with healthcare authorities in all three countries, so that CADENCE does not sit alongside national systems but becomes part of them. Sustainable financing, regulatory alignment and continued investment in the digital backbone will all be priorities in the next phase.

In the longer term, CADENCE is positioned to become a reference model for dementia care across Eastern Europe. Through the Transnational Innovation Program, the lessons learned in Bulgaria, Romania, and Bosnia and Herzegovina can travel further and offer other countries a tested blueprint for catching dementia earlier, caring for people at home and supporting the people who care for them.

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