

## Case study 7

# Switzerland: Evivo – implementing the Stanford model with a partnering approach

Careum, a private independent Swiss Foundation, has been working with British and Danish organizations on implementing the Stanford model in Switzerland and German-speaking countries. Careum's main reason of working with the Stanford model is the main principle of peers as course leaders and, thus, emphasizing a new role of "patients" in health and social care. Most importantly, patients and their families and partner organizations are always involved in the process and provide valuable feedback, which facilitates the implementation.

A core emphasis has been on networking and collaborating with national as well as international partners in order to translate, adapt, and successfully implement the Stanford approach in Switzerland as well as Austria and Germany – here it is known as the course program «Evivo – Gesund und aktiv mit Krankheit leben». Later in 2012, a French version of Evivo will be available.

Early findings from the very first Evivo courses in Switzerland and Austria suggest that the Stanford model is working in these countries and the experience of both participants as well as providers mirrors those described in other countries. Early feedback underlines the impact of the program on motivation, self-efficacy, life-style change, decision-making and action planning.

Of particular value for Evivo's implementation is the partnering approach based on Careum's principle of an on-going dialogue with various stakeholders in the health care system. Implementing Evivo not only includes partnering with organizations that deliver courses but also more strategic partnerships with institutions.

Besides working towards a French version of Evivo and running its evaluation until 2013 Careum will develop additional programs for people with chronic conditions based on the principle of patient engagement and partnering. Especially working with ethnic minorities and vulnerable groups will be pursued and the development of an online approach for self-management support for chronic illness is a top priority.