

Eva de Medts

ELZ Regio Aalst:

effective, qualitative and goal-oriented primary care which is accessible to every citizen of the zone

ELZ Regio Aalst (The primary care zone Region Aalst) is one of the 60 zones created in 2017 by the Flemish Minister of Public Health with the aim to reform primary care towards integrated and goal-oriented care instead of supply-oriented.

The primary care zone Region Aalst has the aim to create a network of health- and welfare workers at which the citizens are the first partner in the organization of their care. The task is to implement goal-oriented, integrated care with the patient/client and informal caregivers as equal partners. There are 5 working groups established to implement the above, focused on: citizen engagement, informal caregivers, post-discharge care, integration of health and social care, addressing loneliness.



When citizens are brought together, it facilitates care. When people can actively participate and engage, they collaborate, become empowered and as a result, small changes lead to a great impact. Eva can share their experience of implementing ICC principles in 2 projects, one focused on vulnerable pregnant women, and the other on bringing neighbors together in nature.

Both resulted in empowered people who decided to take their own care in their hands.

Values and expertise

Governance team

ELZ Regio Aalst is a not-for-profit network organization, with the General Assembly consisting of persons with care and support needs, informal caregivers, professionals, NGOs, local authorities, hospitals, psychiatric facilities, and higher education representatives.

Daily, there is an Executive Board taking decisions (6 people) and the team - 4 people, among them Eva.

Eva has a background in healthcare and she communicates primarily with the representatives of healthcare professions and healthcare-related organizations.

Team member ELZ Regio Aalst

- How to engage the community, especially the younger and professionally active generation?
- How to uncover the real needs of a community and the impact of the project better?
- How to implement change in the old structure?

Questions to the Forum