



Fredericia - forming the future

A path to ensuring future welfare



Life Long Living Maintaining Everyday Life as Long as Possible

“Integrated Health and Social
Care”

Nytænkning og udvikling inom hemmatjänst i
den vestliga värld.

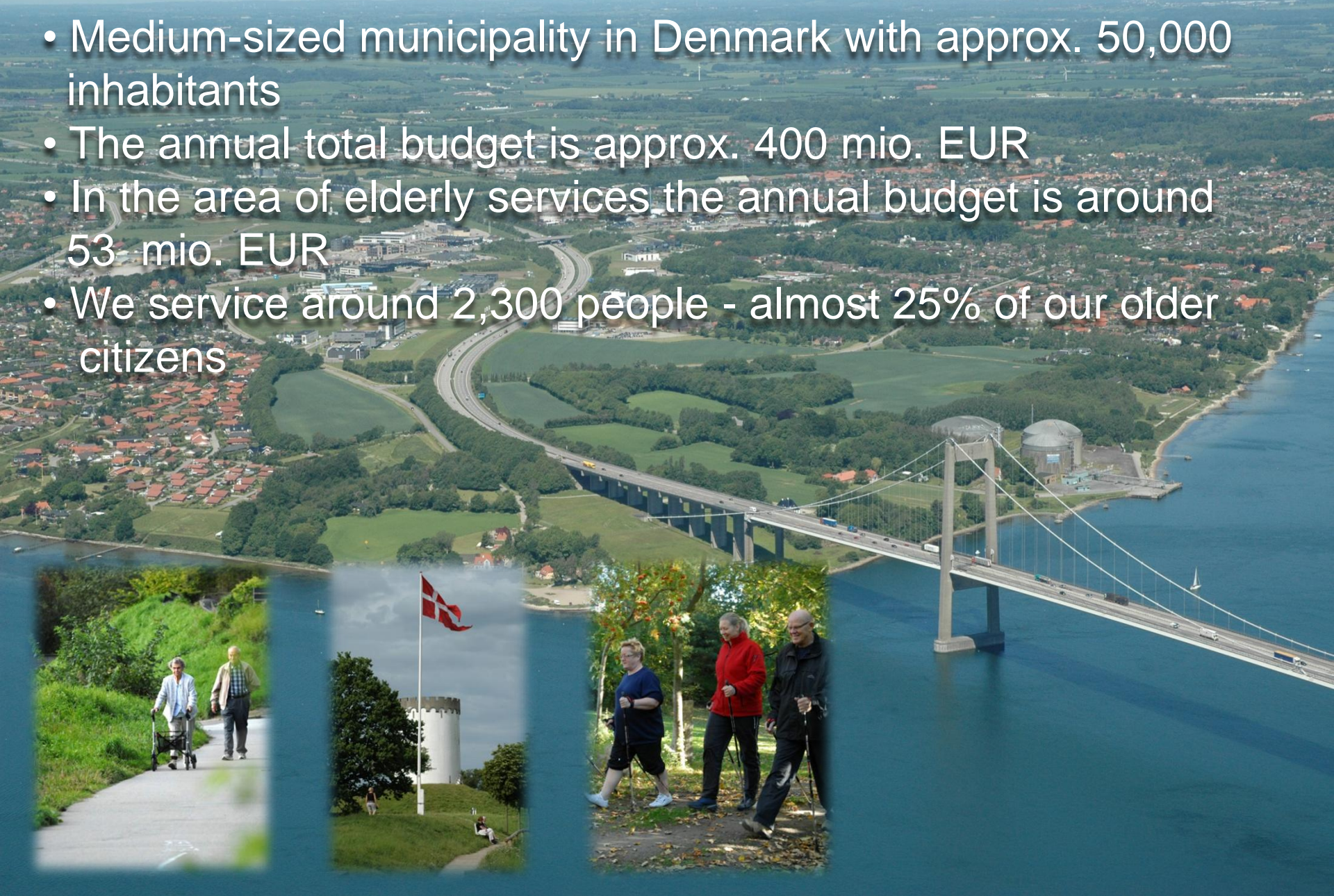
Samordning av socialtjänst och hälsovård.

3. oktober 2014, Reykjavik.

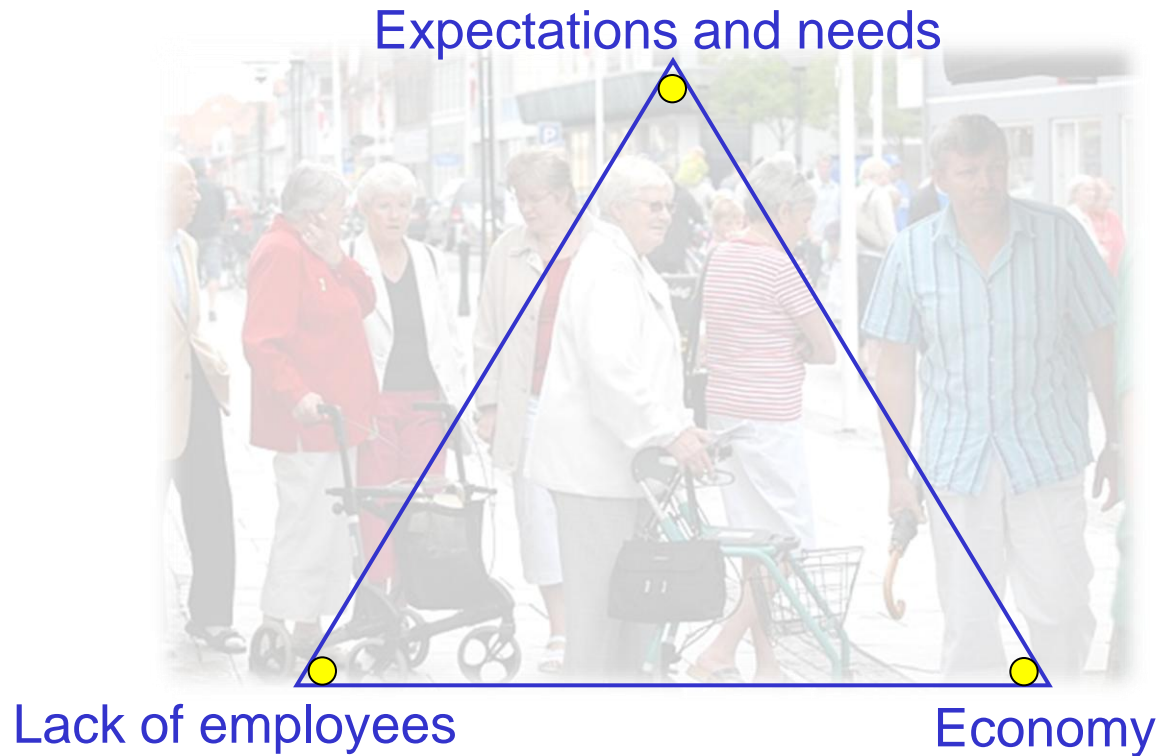
Karen Heebøll, Director of Social Services,
Municipality of Fredericia



- Medium-sized municipality in Denmark with approx. 50,000 inhabitants
- The annual total budget is approx. 400 mio. EUR
- In the area of elderly services the annual budget is around 53 mio. EUR
- We service around 2,300 people - almost 25% of our older citizens



Welfare challenge



Life Long Living

Our vision

“A municipality with active and resourceful elderly, who through prevention, rehabilitation, technology and social networking can maintain everyday life for as long as possible.”

The City Council, 2008



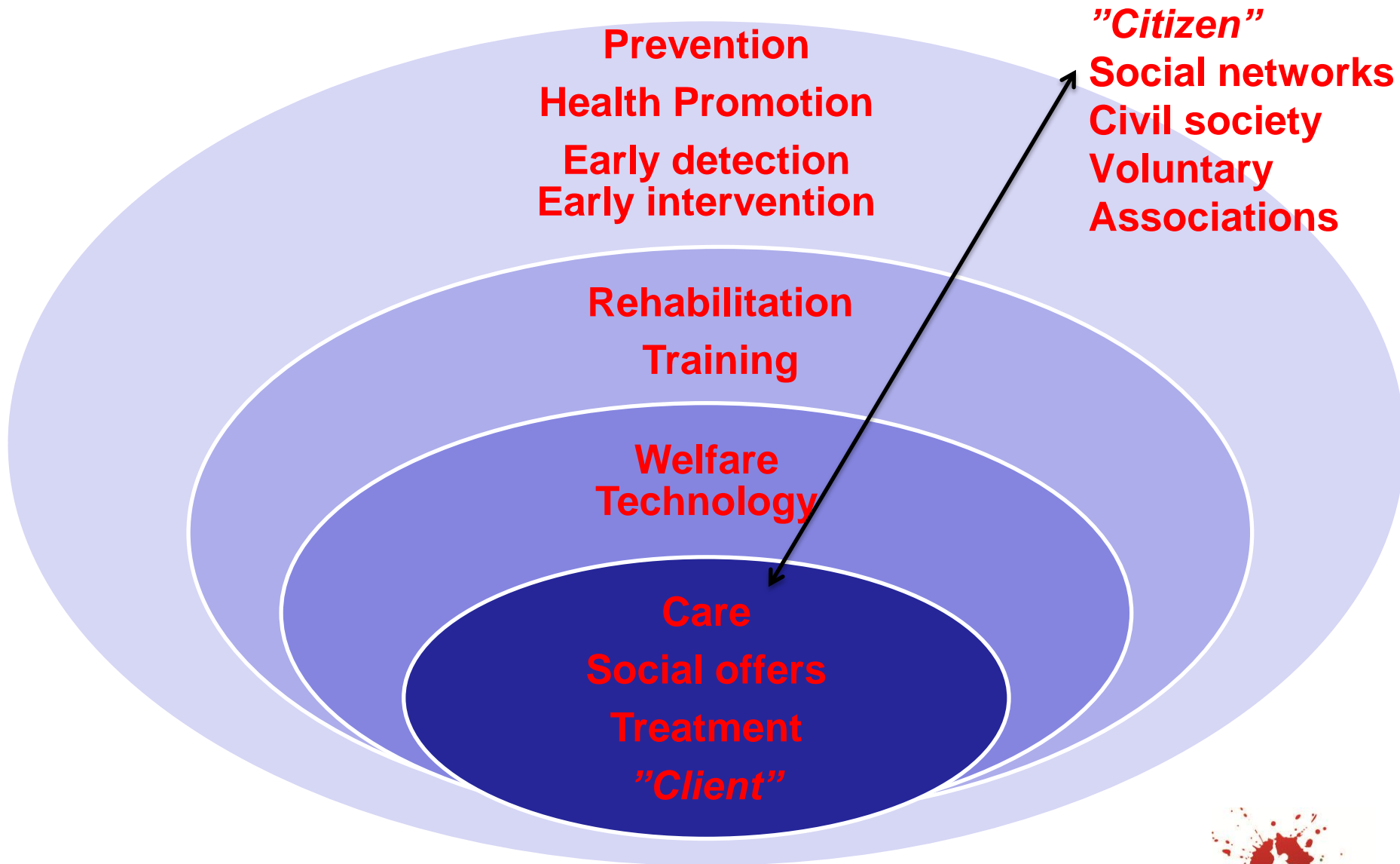
Change of paradigm in practice



- late to early intervention
- compensation to rehabilitation
- care to prevention
- senior burden to senior strength



Rehabilitation and Prevention as strategy



Life Long Living

Everyday rehabilitation

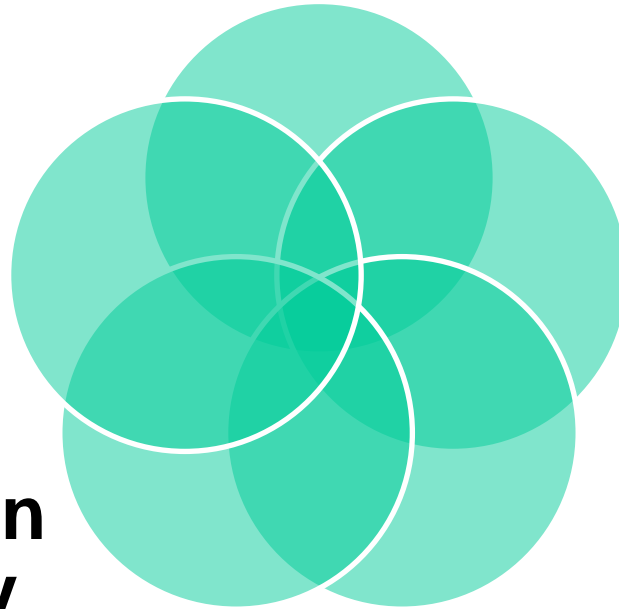
Training home care

Follow-up
after
discharge

Welfare
Technology

Prevention
and early
detection

Health
promotion



Every Day Rehabilitation

- Help to self-help
- Staff can withdraw to a monitoring role
- Focus on activities in every day life
- Assess resources – make one plan for the citizen - “The citizen Plan”
- Care in a ”training way”
- Intensive help in the beginning
- Cross-professional teams (care trainers, therapists, visitation staff and nurses)



From "patient" to independent – ex.

1. Apply for personal care and practical help
2. Receive 31 days intensive training
- totaling 72,3 hours
(normally 9,3 hours p/w or 483 hours p/a)
3. Achieve independence and happiness

Conclusion

Investment returned after approx. 2 months



Trained home care staff for people who live at home



Approx. 25% of the elderly who already receive help, have potential for rehabilitation

Evaluation 2013

Training home care

To all citizens are attached:

- One or more persons responsible for rehabilitation
- An individual rehabilitation plan with targets, actions and evaluation
- Regular visits by the person responsible for rehabilitation assessing that the routines of the care workers are in accordance with the actual needs of the citizen



From "patient" to independent – ex.

Mrs. Olsen is an 80-year old woman who has received care for a long time, diagnosed with COPD.

- **Assistance in traditional system:** 290 minutes p/w
(Personal care, shopping and cleaning assistance)
Can't walk without breathing apparatus
- **Assistance in new system:** 35 minutes p/w
(Cleaning assistance)
Can now walk short distances without breathing apparatus
- **Difference in assistance (traditional / new system):**
255 minutes per week = 221 hours p/a
Yearly savings corresponding to app. 8.500 EUR



Training home care - results

- Improved systematic and structured work with rehabilitative methods
- The initial investment has been recovered within the first year
- Key factors:
 - Professional and personal qualifications are essential
 - Perseverance by the management
 - Continuous adjustment based on experience
- Future potential:
 - More inclusive collaboration and involvement of the nearest relations



Welfare Technology

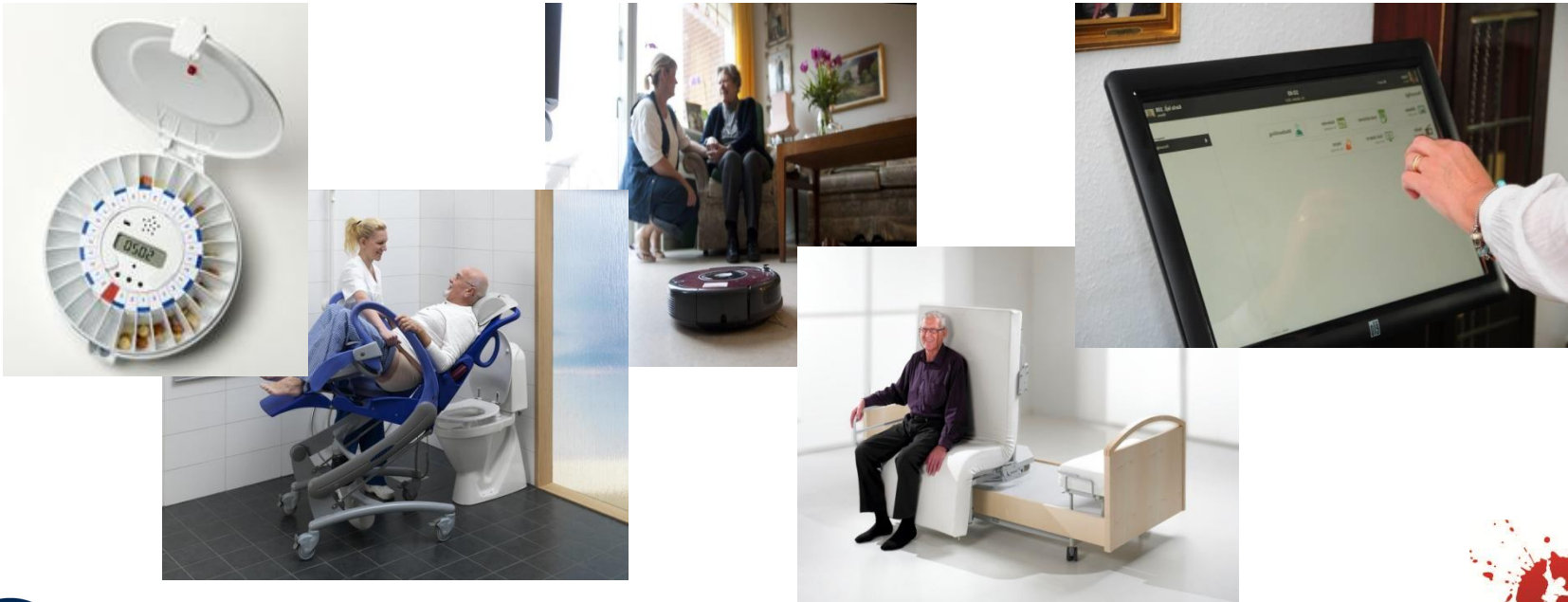


- A tool to support rehabilitation - a means to ensure independence
- The overall focus is still on people, relations and self-help
- Shaped towards individual needs of the citizen



WT: Systematic work

- Welfare technology assessments
- Strategy for digitalisation and welfare technology

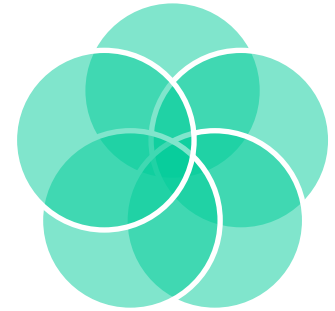


WT and municipal readiness

- 80% employees and organisation
- 20% technology
- Welfare technology ambassadors
- Training



Prevention and early detection



- Observe every day risks in the home
 - Signs of loneliness / social exclusion
 - Behavioural changes
- Preventive home visits



Report from the National Board of Social Services:

*Early rehabilitative aid arrangement
– a pilot project in Municipality of Fredericia*



Citizens step in – ”Exercise communities”

Step 1:

Bringing COPD patients to the municipal rehabilitation centre instead of the hospital

Step 2:

Exercise communities for citizens with COPD

- Citizens plan and are in charge of the exercise
- The municipality make the exercise programs



Overall experiences “Life Long Living”

- Political agreement is essential
- Establish clear and concise development culture
- Communicate the vision and the positive stories
- Include key stakeholders



Transferring the method

Danish role model for working with elderly care

Mapping experiences with rehabilitation in the elder care sector in the Danish municipalities, KORA May 2013:

- 92 of 98 municipalities offer rehabilitation to elderly citizens
- Rehabilitation and training services differ between municipalities
- The succesrate also differ

Norway show great interest





Transferring the method

Awarded the LGDK Innovation
Prize 2010

Awarded EPSA 2011 Best
Practice Certificate

Awarded “Towards Age-friendly
Environments”, European Year
of Active Ageing 2012





Life Long Living

www.lmiel.dk



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