

Scandinavian Elderly care

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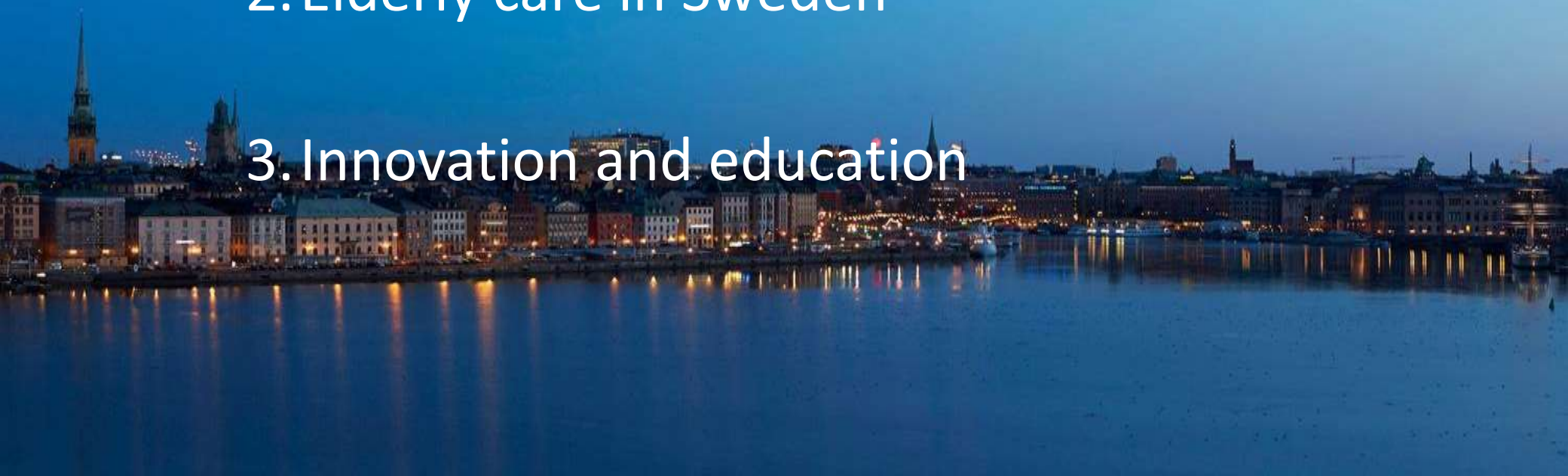


AGENDA

1. Challenges and population statistics

2. Elderly care in Sweden

3. Innovation and education

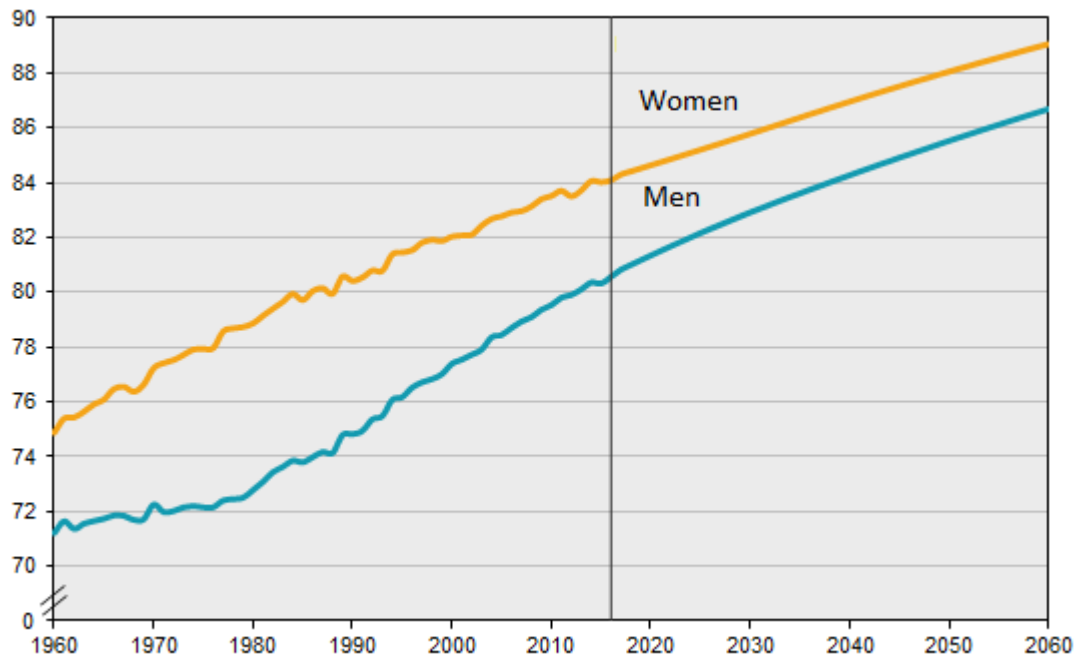




1. Challenges

- Ageing population
- Develop technology, services and care that enable the elderly to live independently as long as possible
- Design nursing homes that encourage innovative caring methods
- Staffing

1. Increased life expectancy in Sweden



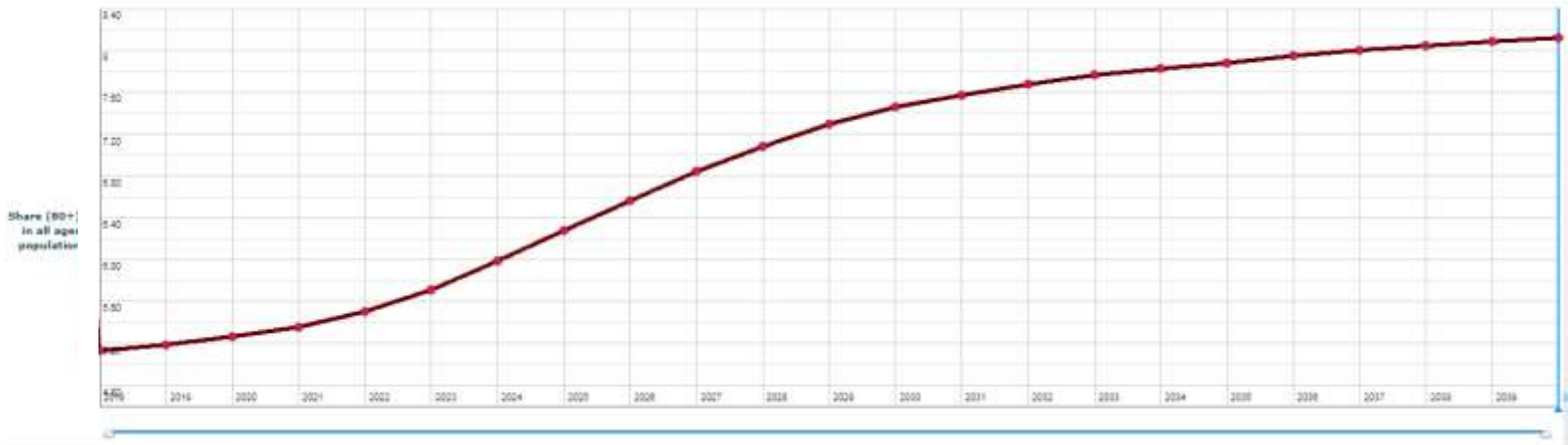
1. Number of people over 80 years will double by 2040



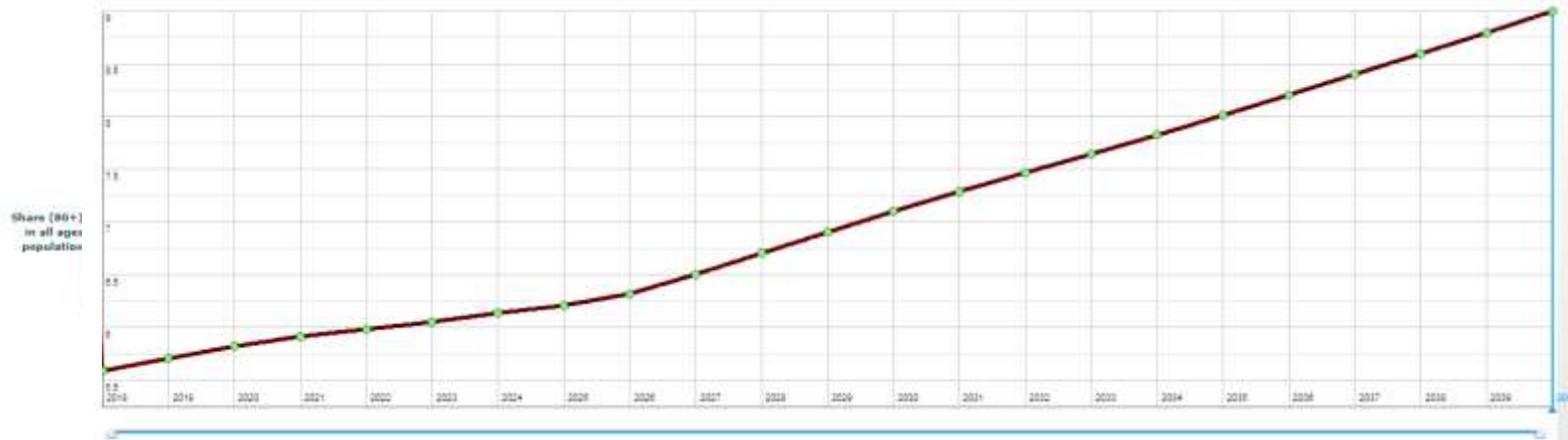
1. Proportion of 80+ in all ages of population



Sweden, All persons, Baseline



European Union (28 countries), All persons, Baseline



Consequences

- The number of people over 80 years of age will double by 2040
- Increasing cost for care of the elderly
- Older people live in their own homes longer
- Shortages in available apartments
- Risk that older people become isolated
- Support for older people through home care, meeting places and mobility services



2. Elderly care in Sweden

- Support for independent living
- Various types of residences
- Financing



The Social Services Act

Anyone who cannot meet their needs themselves or can have them met in another way has the right to assistance from the social welfare board for their livelihood (support) and for their way of life in general.



Political goals for care of the older people

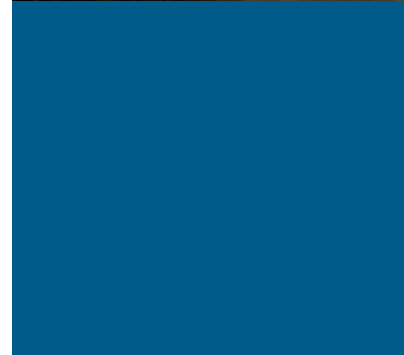
- We want older people to remain living in their own homes as long as possible
- We want older people to stay healthy and be an active part of society as long as possible.
- Incorporate technical solutions and aids to meet health care and elderly care needs





Older people live in their own homes longer

- Increased number of people needing care in their own homes supported through incorporating technical solutions
- Countering the risk that older people feel isolated with technical solutions



Services for older people living in their own homes

- Relief care
- Short-term care
- Support for families and close friends
- Janitor service for people over 75 years
- Mobility Service for older people
- Home care services
- Personal security alarm



Home care services



Home care services can help older people with:

- Personal care
- Housekeeping
- Shopping and running errands
- Cooking
- Companionship – someone to accompany you to the healthcare centre, doctor, dentist and similar

A personal security alarm

An alarm wristband connected to a central response service.



Social activities



Organised activities and companionship

These activities are intended to give older people purpose in their daily lives and counteract loneliness and isolation.



Meeting points and places for older people

Meeting points and meeting places for older people. These activities are free of charge.



Assistive Devices



Assistive devices for older people

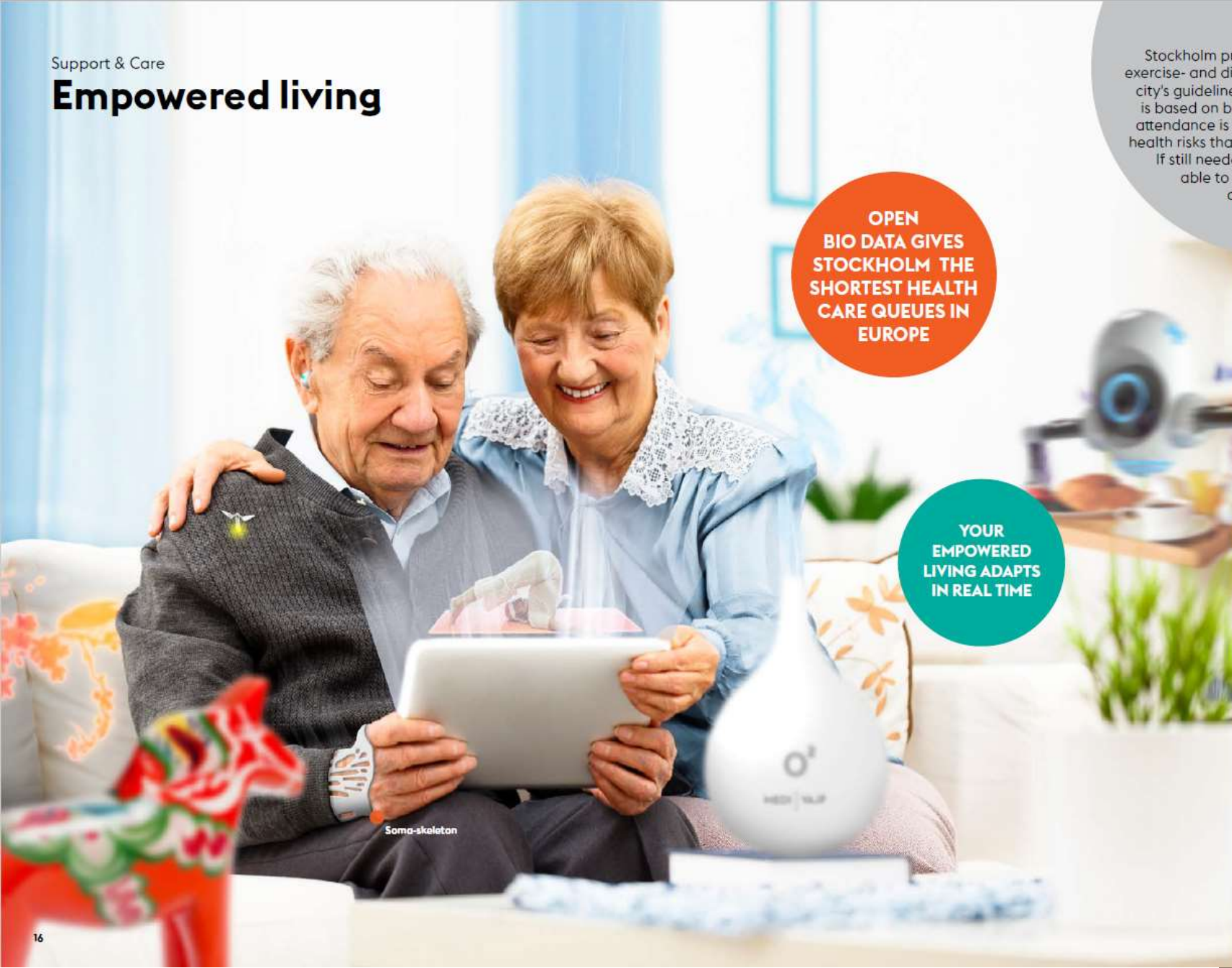
Older people can borrow a range of support devices from their local municipalities, these include wheelchairs, wheeled walkers, grip-friendly cutlery and height extenders for chairs and toilets.

Home Adaption

Older people who have a disability can receive a financial grant from the municipality to cover alterations to their home to suit their changed needs.



Empowered living



Soma-skeleton

OPEN
BIO DATA GIVES
STOCKHOLM THE
SHORTEST HEALTH
CARE QUEUES IN
EUROPE

YOUR
EMPOWERED
LIVING ADAPTS
IN REAL TIME

Stockholm provides customized health-, exercise- and dietary advice according to the city's guidelines for a good life. The advice is based on biodata that you share. Work attendance is maximized by predictions of health risks that help you avoid becoming ill. If still needed robotic care kiosks are able to provide basic therapy and healthcare.

I LEAD AN INDEPENDENT LIFE

Interview with Kim, 110 year old stockholmer

How do you like your appartement?

- I really like it. My life as a senior is so much safer and a more independent than my parents life was and I need virtually no personal assistance. Life is so much more social and I have control over my day. I feel enriched and not a burden on society. It is good to be able to have a private life although it is nice when the home care givers stop by to look in on us.

What do you like the most?

- That I can lead an independent life! I really appreciate all the services that I have through Empowered Living. A carer used to come every morning to help me with my dry eyes. Now I have a device integrated into my bathroom mirror that measures and dispenses the right dosage. When I eat, I get suggestions on appropriate meals according to my current physical and emotional state, and the food is delivered to our door.

What is your favorite aid?

- Oh, it's hard to choose! Since my stroke I've had difficulties moving and it was hard to keep up with the day to day tasks around the house. So it's nice that the chores take care of themselves, for instance our nano-treated windows are self-cleaning. If I have to pick one I would probably choose the soma-skeleton that gives me the freedom to walk and bike almost like before the stroke and as I learn new movement patterns becomes even easier.

New technology

- **Personal support through qualified health care staff. Services are provided digitally on a 24/7 basis.**
- Personal support through qualified staff digitally
- Robots as a complement to home care services and in nursing homes
- Robots help communication between the elderly and home care staff



SeniorNet Sweden



SeniorNet Sweden



Vi hjälper seniorer in i digital gemenskap

We help seniors to be digitally included



Types of residence

Senior housing

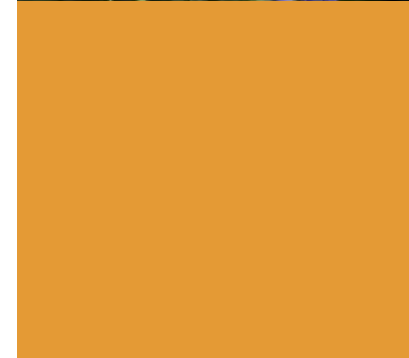
Assisted living

Nursing homes



Senior residences

- Apartments for people over 65 years
- Own apartment with own furniture
- Priority can be given for medical or social reasons in rental apartments
- Provided though the municipality or individual housing companies and organisations



Senior residences – for independent living

- Supportive environments
- Social community and various activities available.
- Safe, attractive and accessible outdoor environment
- Good working environment for home care staff
- Cost-effective
- Design based on surveys conducted with senior citizens





Common areas, Reimersudde senior residence

- Social community and various activities available.
- Safe, attractive and accessible outdoor and indoor environment



Entrance of Tunets residence



The garden at Rågsveds senior residence

Social activities



Accessibility



Assisted living

- A care assistance decision is required to gain a place in an assisted living care home
- Own apartment with own furniture
- Provided with a personal security alarm
- Access to shared services and communal areas
- Access to medical and care staff, including nurses, doctors, occupational therapists and physiotherapists



Nursing home



- A care assistance decision is required
- Voucher System
- Own apartment with their own furniture – the bed is provided by the nursing facility
- Round the clock service and care round the clock
- Access to medical staff
- Shared communal areas for socialising
- The nursing home is, above all, a home.





New nursing homes



New nursing homes - requirements Framework program





How do we pay for it?

Health and social care for older people are important segments of the Swedish welfare policy. Most elderly care is funded by municipal taxes and government grants.

Each individual will pay a small fee based on their level of income.





Elderly care in Sweden

- Support for older people who remain living in their own homes
 - Home care services
 - Meeting places
 - Mobility services
 - Technical support devices
- Technical solutions for rural areas

- Variety of housing suitable for older people
 - Senior housing
 - Assisted living
 - Nursing homes

- Most elderly care is financed through taxation, a small part is financed through individual income assessment

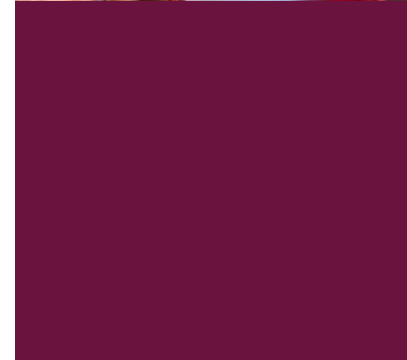
3. Innovation and education

- Vision
- Technological innovation
- Staff education



The World's smartest city

Vision of Stockholm becoming the world's smartest city by 2040.



Welfare technology

The National Board of Health and Welfare in Sweden conducts annual surveys on welfare technology. Since 2020, there has been an increase in all types of welfare technology in LTC, both in ordinary housing and institutions. In Sweden, digital maturity is generally high.

Some examples

All care providers work with digital files.

Mobile documentation

Digital signing of healthcare measures

A national list of the patient's prescribed medication.

Welfare technology

Digital locks for the staff, ordinary keys are not needed.

Digital monitoring

GPS-tracking and geofencing

Digital incontinence sensors

Alarm sensors such as door alarms, fall alarms and motion detectors

Digital support for physical training or activation..

Digital medication dispensers.

Care diary

Technological development in homecare



ParaGå

This App allows Home care service staff to report digitally when they visit an older care receiver and when they are leaving

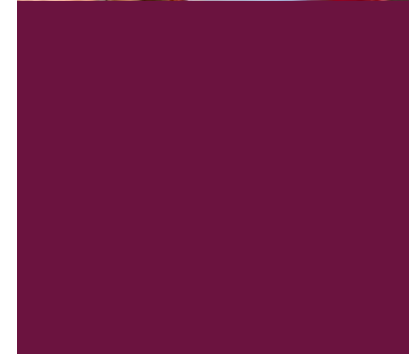
Digital locks

Digital and key-free lock solutions

The Care Diary

Older people and their relatives can see how their care is provided





Digital demo Stockholm



In 2018 started a collaboration based on research and innovation conducted by the public sector, academia and industry.

Triple Helix model fostering economic and social development.

- The public partners identify challenges and define criteria for usability and economic viability of technological solutions.
- Industry partners offer expertise in technological viability and product development.
- Academic partners offer neutral research expertise in subject matters, simulation and evaluation of solutions.



Reality lab

A reality lab in a nursing home means looking at the core business, care for the older people, and the development of new ideas, tools, products, working methods, in a real-world environment.

The reality lab allows researchers to work directly in the real care environment together with the care receiver.

Short decision-making processes and close cooperation with the business offer opportunities to drive research and projects in an innovative way.



Success factors for implementing digital tools:



Governing documents that express goals, allocated resources, implementation, follow-up and long-term management.

Competence at all levels

Collaboration

That a care provider has the financial resources and the personnel required

Analyze the benefits of the change.

Rural areas

- Technical solutions
- Cottage hospitals.
- Extended primary care.
- Digital emergency care teams in rural areas.
- Physician present via ipad in nursing homes



Example of technical product

- Smart and motion sensitive armbands connected to an App
- AI that learns the behaviour of the elderly user and reports abnormalities to the home care service provider or relatives
- Can prevent injuries and malnutrition



Staff shortage

- Innovative working methods using technology
- The care colleges are training staff to use innovative technology to care for older people.
- Immigrants offered combined internship and education in elderly care and Swedish



Pandemic

The pandemic exposed the need for comprehensive digital support technology

Seamless working from home as well as providing digital health care and support for independent living





Summary

1. Challenges

- Ageing population
- Improve accessibility in the home
- Risk that older people feel isolated
- Higher risk of dementia
- Support for older people who live in their own homes

2. Elderly care in Sweden

- Variety of housing for older people
- Majority of support services financed by the state, a small portion is fee based

3. Future, innovation and education

- The worlds smartest city
- Incorporating new technology to improve elderly care
- Digt, introducing quality observers in elderly care education

Thank You!

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