

The Journey of a Finnish Wellbeing County to the Routine Use of Technology in Home Care

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Päijät-Hämeen
hyvinvointialue

Wellbeing Services County of Päijät-Häme



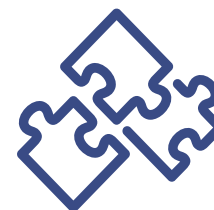
Serves over
200 000 inhabitants



Is responsible for the organisation of
social, health care and rescue services



Employs circa
7 600 personnel



Unites the region's current
social, health care and rescue
services as one entity



Resident participation via
regional elections, committees
and other participatory
activities



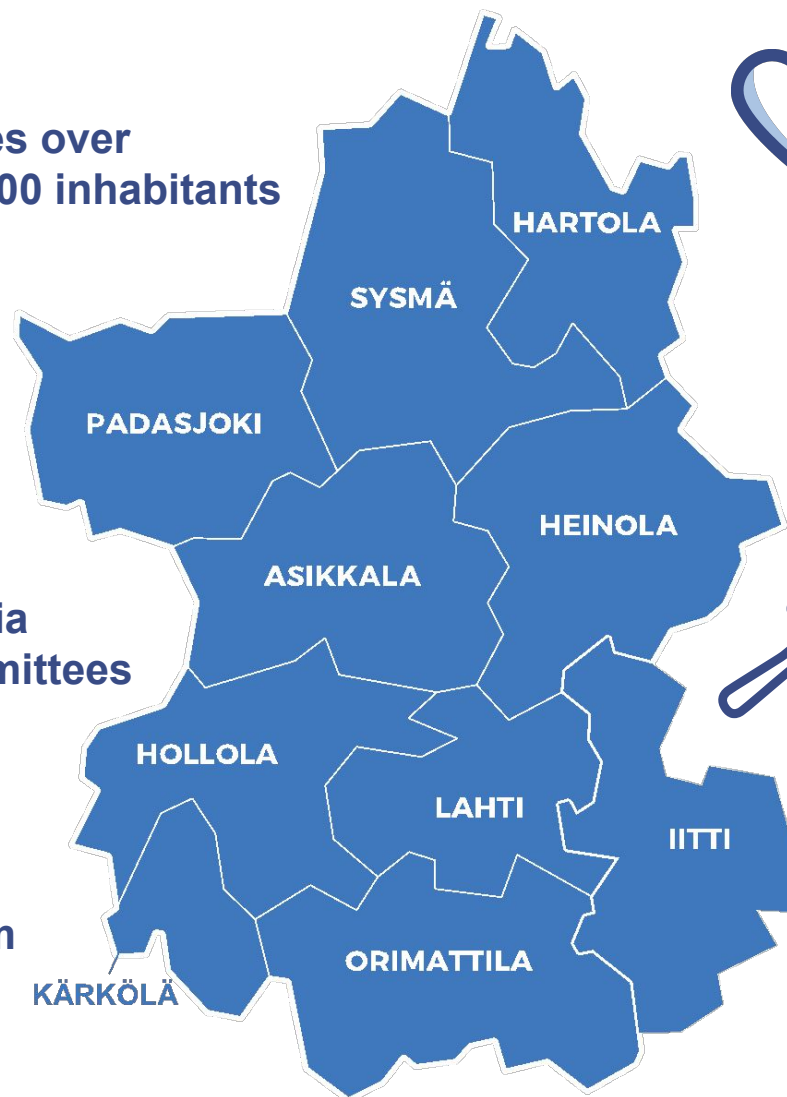
Led by an elected County
Council



Organisation
responsibility from
1 January 2023
onwards



Own budget, principal
financing from the state





Municipalities are responsible for (eg.)

- Daycare, school, employment services
- Health and wellbeing promotion
- Culture
- Housing



We take comprehensive care of our clients



Health and Medical Care Services

- Urgent Care
- Surgical and Critical Care
- Medical Specialties
- Diagnostic Services
- Pharmacy Services
- Outpatient Health Care Services
- Oral Health Care



Family and Social Services

- Services for Families with Children
- Services for the Working-Aged and Emergency Social Services
- Psychosocial Services
- Disability Services



Services and Rehabilitation for the Elderly

- Service Counselling
- Home Services
- Housing services
- Geriatric Skills Centre
- Rehabilitation



Rescue Services

- Rescue Operations
- Accident Prevention
- Technical Support Services



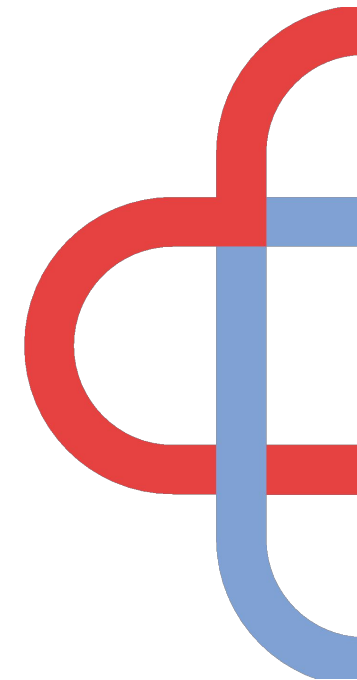
Support Services

- ICT Information Management
- Human Resources
- Premises
- Communications
- Sustainable Development
- Stand-Alone Services
- Project Office
- Risk Management, Preparation and Safety
- RDI -division



Our journey

- Decades of pioneering work & strong organizational co-operation
- Past challenges: strengthening integration of services, designing services from a regional point of view, harmonisation of establishment
- KOHTI project (Technology for Assisted Living and Care at Home) aimed to develop & deploy technology to support independent & safe living at home.
 - Key findings: Best advantage from medicine dispensers, use of virtual reality glasses in personnel orientation
- National KATI model [Finnish Institute for Health and Welfare]:
 - Describes actions wellbeing services counties need regarding usage of age-technology
 - Presents how technology is being used in different phases of clientship
 - How older people can be supported prior the need for homecare
 - Kati- model can be utilized by leadership, management and frontline staff



Prioritising home care, enabling living at home

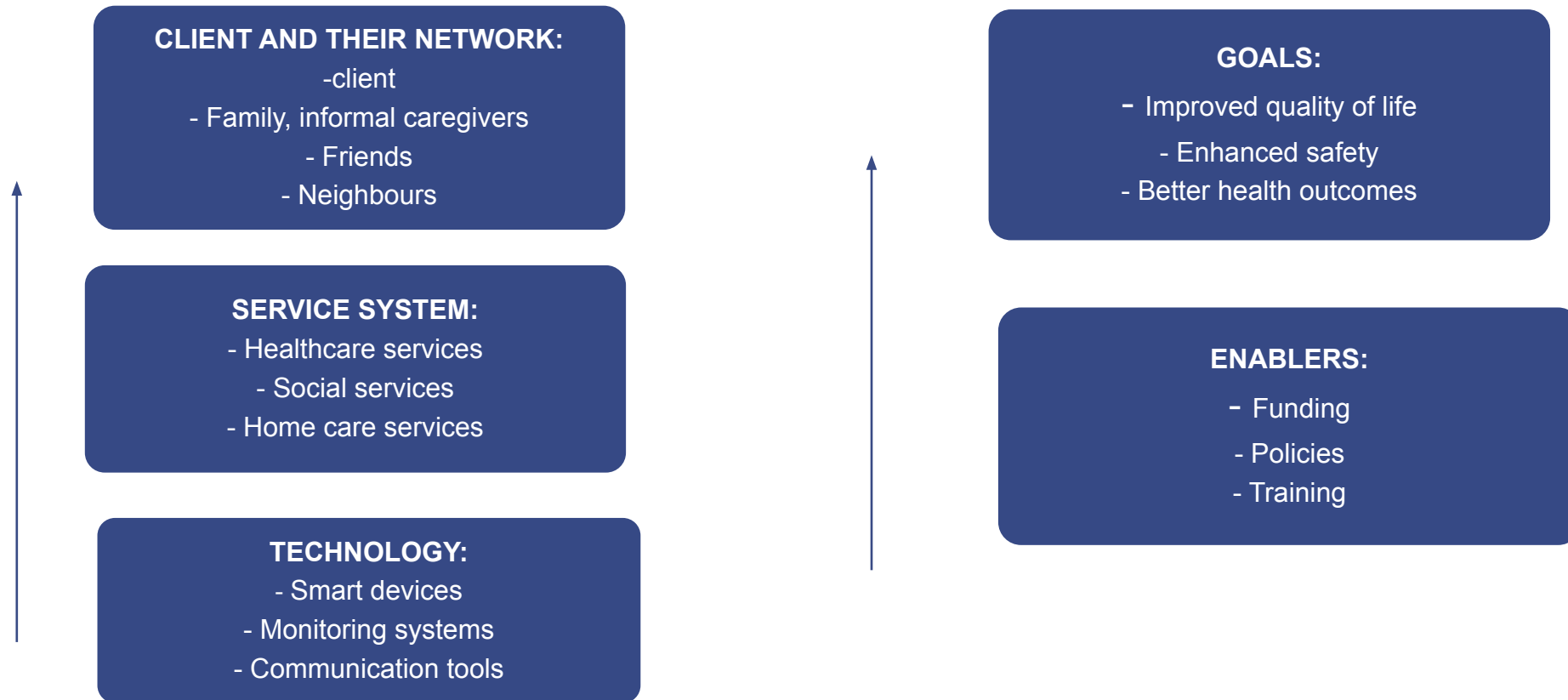
- ✓ The policy aims to enable older people to continue living at home for as long as possible, even until the end of their lives
- ✓ **The goal for 2025: 94,5% of people over 75 years old are living at home**
- ✓ At old age living at home requires eg that housing solutions and living environments are age-friendly, accessible and safe
- ✓ New kinds of solutions combining living and care are available
- ✓ Healthcare and care through distance spanning solutions

- Home care and distance spanning solutions
- Family care
- Communal housing
- Service housing with 24- hour assistance

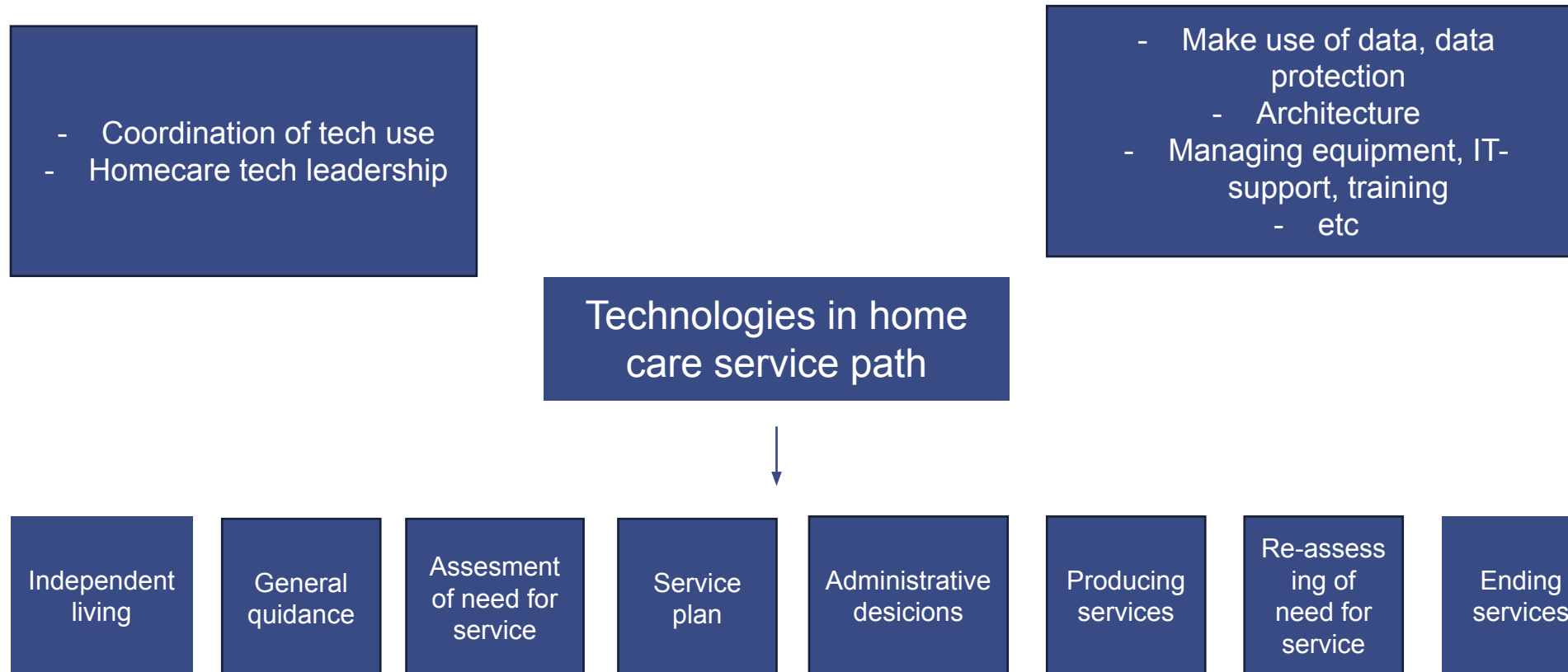


KATI Programme- Technology Supporting Smart Ageing and Care at Home- Core Components [Finnish

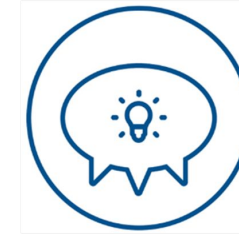
Institute for Health and Welfare 2020-2023]



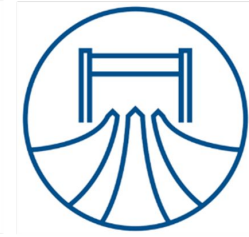
Tasks for the wellbeing services county relating to utilization of technology [KATI- model adoption]



Current State of Technology in Elderly Care and Rehabilitation



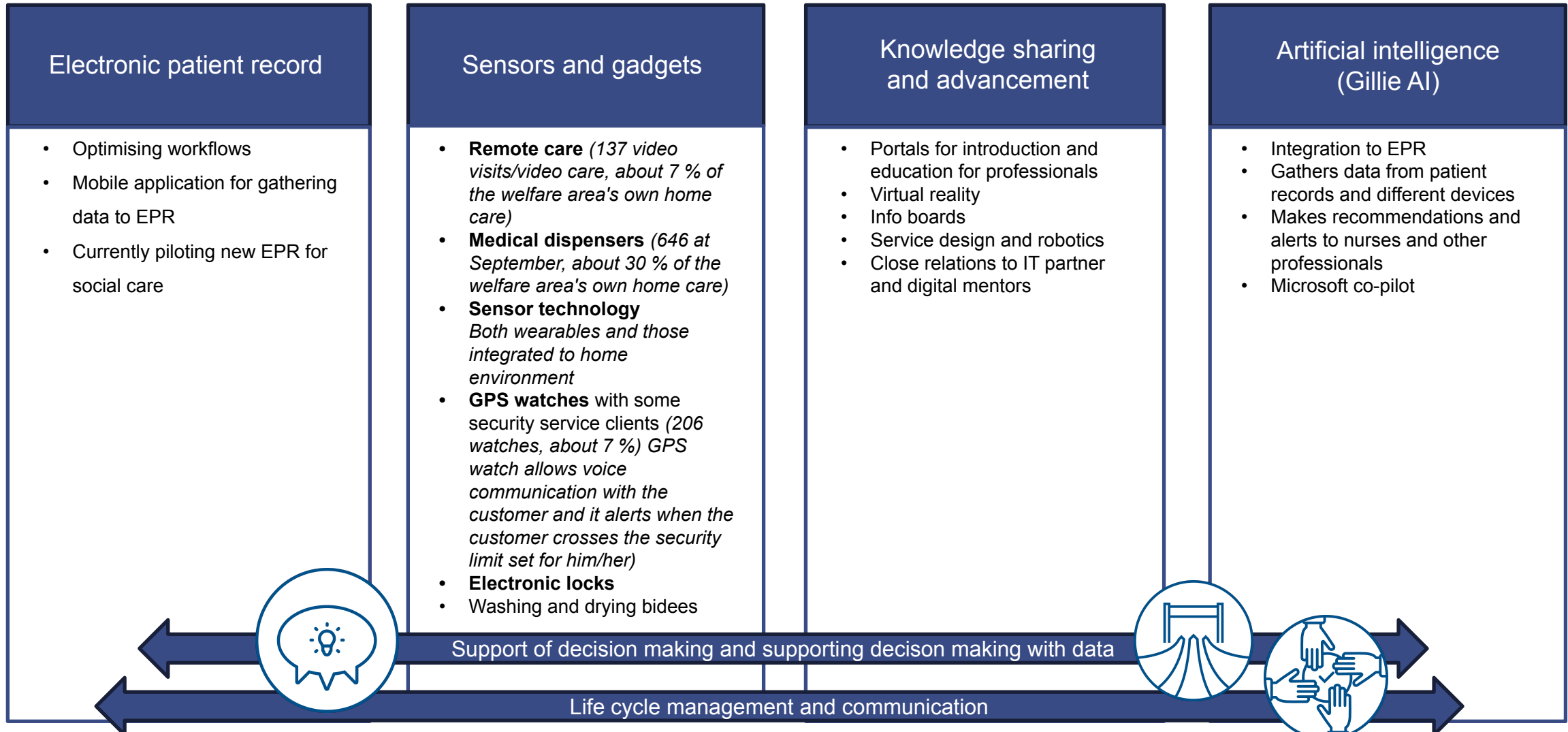
COMMUNICATION AND KNOWLEDGE SHARING



COMMON OR SHARED GOALS



TRUST BETWEEN ACTORS



Photos of service solutions: medicine dispenser, remote care



Resident Assessment Instrument (RAI) & knowledge leadership [the Finnish Institute for Health and Wellbeing / THL]

- Home care clients can be profiled using RAI questionnaire (software)
- Is used during the assesment of need for service and in different phases of clientship
- Evaluating the functioning capability (client data)
- Client data forms unit information
- quality knowledge
- RAI can be used to identify potential medical dispencer clients
- [Using RAI with the clients - THL](#)



Our remote homecare clients (instrumental activities of daily living, cognition, ability to communicate & senses)



RAIsoft Päijät-Häme
InterRAI-HC,
ikäntyneiden
asiakasohjaus

Remote Care Unit 2025 46 (n)

Independent: 74 %

Need of guidance: 20 %

Limited need of physical assistance: 4 %

Need of physical assistance: 2 %

Instrumental activities of daily living 0-6

Median: 3

Ability to prepare meals, shopping, manage household chores & banking, taking care of medications

Cognition

No disturbance: 39 %

Borderline disturbance: 13%

Mild: 35 %

Medium difficulty: 9 %

Mediumplus: 4 %

Ability to communicate [I] and senses [II]:

No disturbances: 39 % [I] 43% [II]

Borderline: 13% [I] 33% [1 of 2]

Mild: 35% [I]

Medium difficulty: 9% [I] 24% [2 of 2]



Our remote homecare clients (behavioral challenges, signs of depression, pain, fall risk)



RAIsoft Päijät-Häme
InterRAI-HC, ikääntyneiden
asiakasohjaus

Behavioral challenges

No signs: 85%

Mild signs: 9%

Moderate signs: 4%

Signs of depression

No signs: 61%

1 sign: 20%

Moderately signs: 7%

Pain

No pain: 39%

Pain, not daily: 35%

Mild: 35%

Moderate pain daily: 20%

Fall risk

No falls in 90 days: 65%

Falls in 90 days (not in last 30): 17%

1 fall during last 30 days: 11%

2 or more falls during last 30 days: 7%



Supporting inhabitants independent use of technology and assistive products: Showroom in Lahti

Open to public in community-based building

AIM is to spread awareness of available solutions (with information how to acquire, test it)

PURPOSE is to help end-users, health & welfare professionals □ increase in knowledge and acceptance

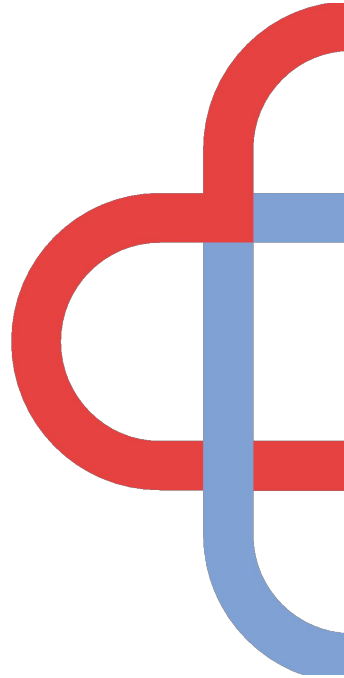
BENEFIT for end-users, wellbeing services county, companies □ technology adoption

Marketing channel for companies



Conclusion; Why this works

- Integrated services, designing services from a regional point of view
- Client- orientation in designing services
- Efficient communication and knowledge sharing, trust between actors
- Adoption of technology use in home care in every step of the service path
 - KATI framework / model
- TIP: when starting, you need a few enthusiasts to sell the idea of using digital solutions to others (clients, family members, colleagues, decision-makers). They can also give support [Technology Acceptance models: eg. TAM, UTAUT]



Thank you! ❤️

