

Scandinavian Elderly Care

Micasa Fastigheter i Stockholm AB

- Owned by the City of Stockholm
- 90 employees
- 118 properties in Stockholm
- 1 million square meters
- 1.1 billion SEK turnover



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Stockholm – Capital of Sweden



Agenda

1. Challenges and population statistics
2. Elderly care in Sweden
3. Innovation and education

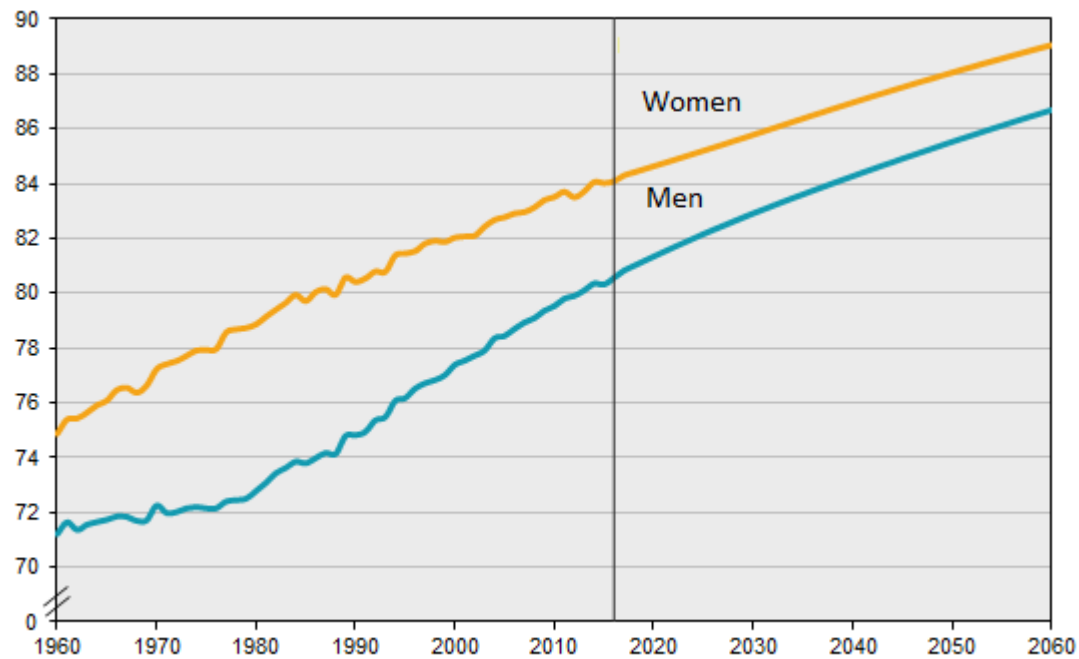




1. Challenges

- Ageing population
- Develop services and care that enable the elderly to live independently as long as possible thereby delaying the need for nursing home and long term care
- Design nursing homes that encourage innovative caring methods
- Staffing

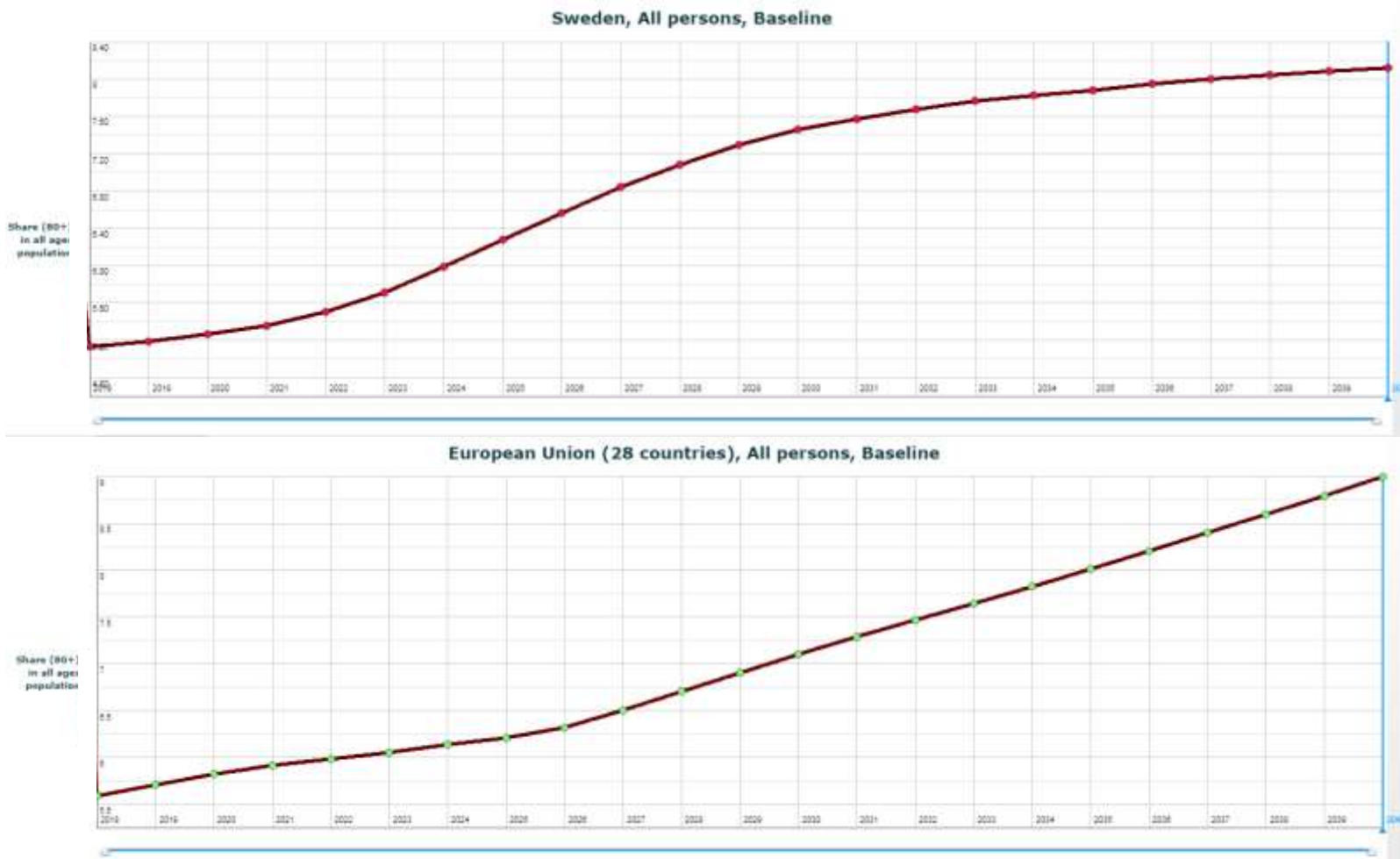
1. Increased life expectancy in Sweden



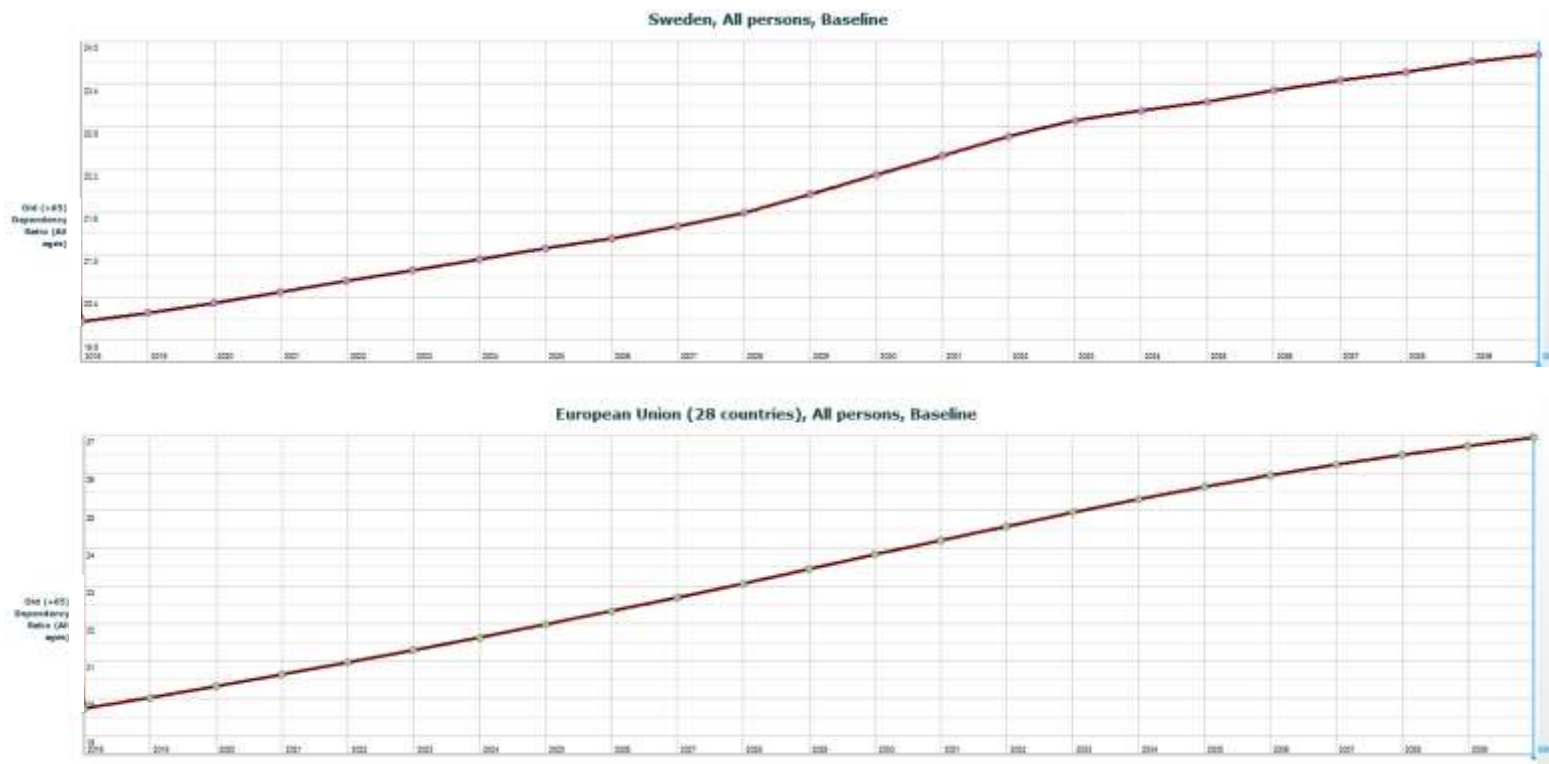
1. Number of people over 80 years will double by 2040



1. Proportion of 80+ in all ages of population



1. Proportion of 65+ in all ages of population



Challenges

- 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

Political goals for care of the elderly

- 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



Older people live in their own homes longer

- Increased number of people needing care in their own homes
- Shortage of available apartments
- Risk that older people feel isolated



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



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.



Types of residence

Senior housing

Assisted living

Nursing homes



Senior housing

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



Social activities

- Access to some services and communal areas
- Organised social activities



Accessibility

- Accessible apartments for older people



Accessibility

- Accessible gardens around the properties



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 some 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

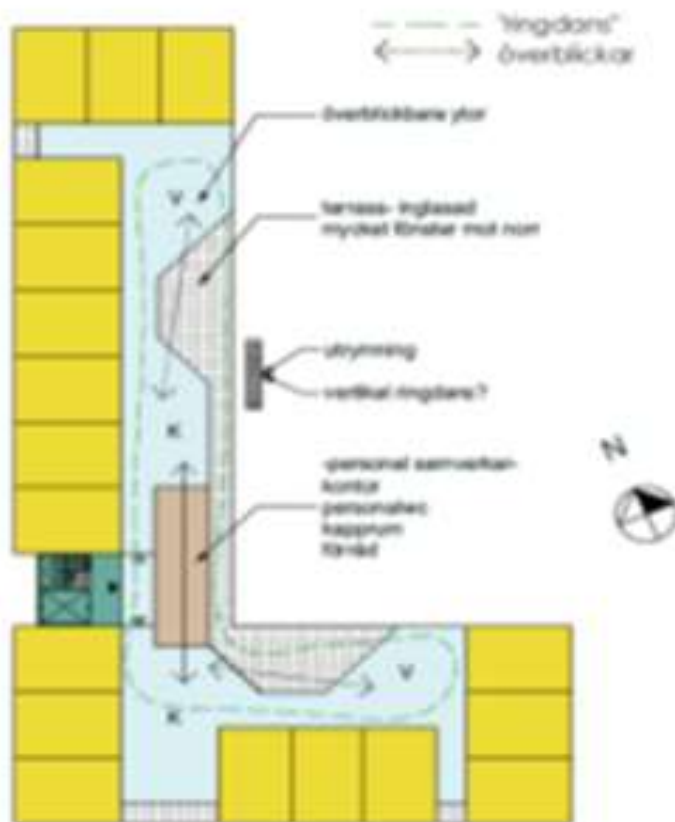




New nursing homes



New nursing homes



New senior housing





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
- Variety of housing suitable for older people
 - Senior housing
 - Assisted living
 - Nursing homes
- We are building new senior housing and nursing homes
 - 21 new nursing homes
 - 1100 new senior housing apartments
- 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.



Empowered living

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

YOUR
EMPOWERED
LIVING ADAPTS
IN REAL TIME

Soma-skeleton

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.

Technological development



The Care Diary

Through the use of the city's website, older people and their close relatives can see how their care is provided

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 bring a higher level of safety and security for older people and greater potential for increased efficiency and lower costs for care providers





Digital demo Stockholm



This is a collaboration based on research and innovation conducted by the public sector, academia and industry.

- 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.



Digital demo

Safe and connected health and social care in home environments

Identifying the type of digital support needed with the aim of strengthening the care services provided and establishing a digital infrastructure.

Smart locks

By changing or supplementing traditional systems with digital and key-free solutions there is great potential for increased efficiency, reduced costs and heightened security.



Stockholm Digital Care

Five year EU-project
between private welfare
companies and public
sector.



Goal to develop new
welfare technology so
that older people can live
an independent and
healthy life in their own
homes.



New products

- 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



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.



New technology releases more time to elderly care



- In the city of Västerås there is a nursing home for people with dementia which has installed portable security alarms, sensors and cameras that make it possible for the elderly residents to move around the home freely.
- Home care service providers are introducing cameras which monitor elderly residents at night as well as motion detectors.
- Floor covering are being developed that minimise fall injuries.



New technology

- Several tests using robots as a complement to home care services and in nursing homes
- Robots help communication between the elderly and home care staff



New technology

- Older people with dementia or Alzheimer's disease can now cycle wherever in the world they want
- Cycle around your home town or birthplace



Staff education



DigIT

EU-financed project between 2015 and 2018 to train 3000 staff working in elderly care about digital technology and how they can use it in their work.

Quality observers in elderly care

To develop elderly care we have introduced quality observers that sit in on meetings between the elderly individual and care staff.

Care college

The city has established care colleges where staff can be trained to take care of elderly people in the future.



Staff education

- Immigrants offered combined internship and education in elderly care
- Internships for unaccompanied minors in Sweden





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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