



LIFELONG INVESTMENTS FOR A HEALTHY AGEING

ACTUAL CARE SERVICES AND FUTURE POLICIES

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INTERNATIONAL **CONFERENCE**

IN THE FRAMEWORK OF THE PROJECT: NO. 2018-1-CZ01-KA202-048076

„MODIFICATION OF THE EDUCATIONAL MODULE - E.D.E. CERTIFICATE FOR PROVIDERS OF LONG-TERM CARE FOR SENIORS “

LIFECOURSE APPROACH - LIFELONG INVESTMENTS



ROMANIAN CONTEXT OF LIFELONG INVESTMENTS FOR A HEALTHY AGEING

GENERAL POPULATION

- **19,523,621 residents (2018)**

• **HEALTH PROGRAMS**

- **15** National programmes that impact public health, (run and funded by the Ministry of Health starting with 2015)

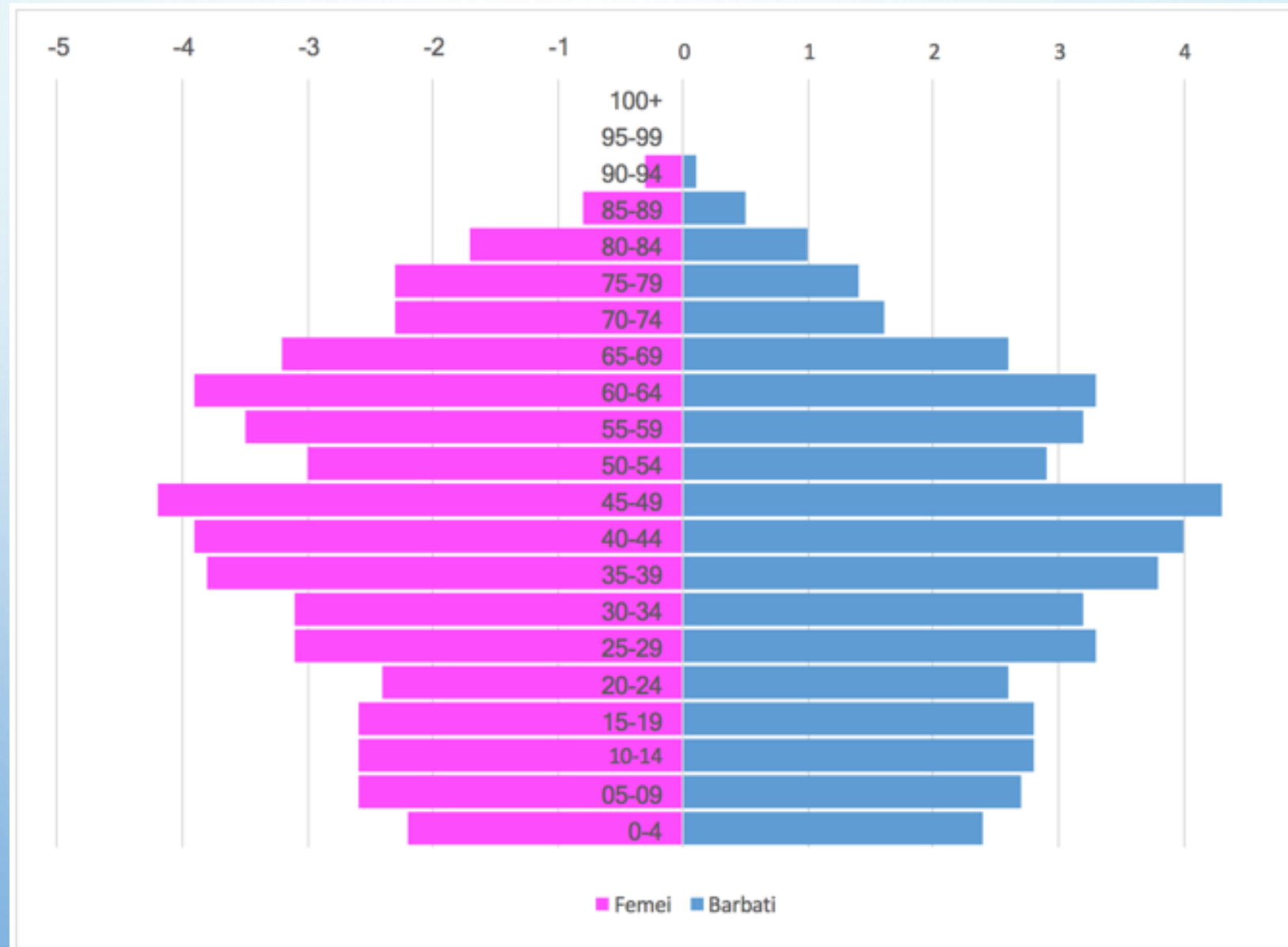
65+

- **3,550,957 persons (18.2%)**

• **PREVENTIVE HEALTH PROGRAMS**

- **1** national programme for the assessment and promotion of health and of health education

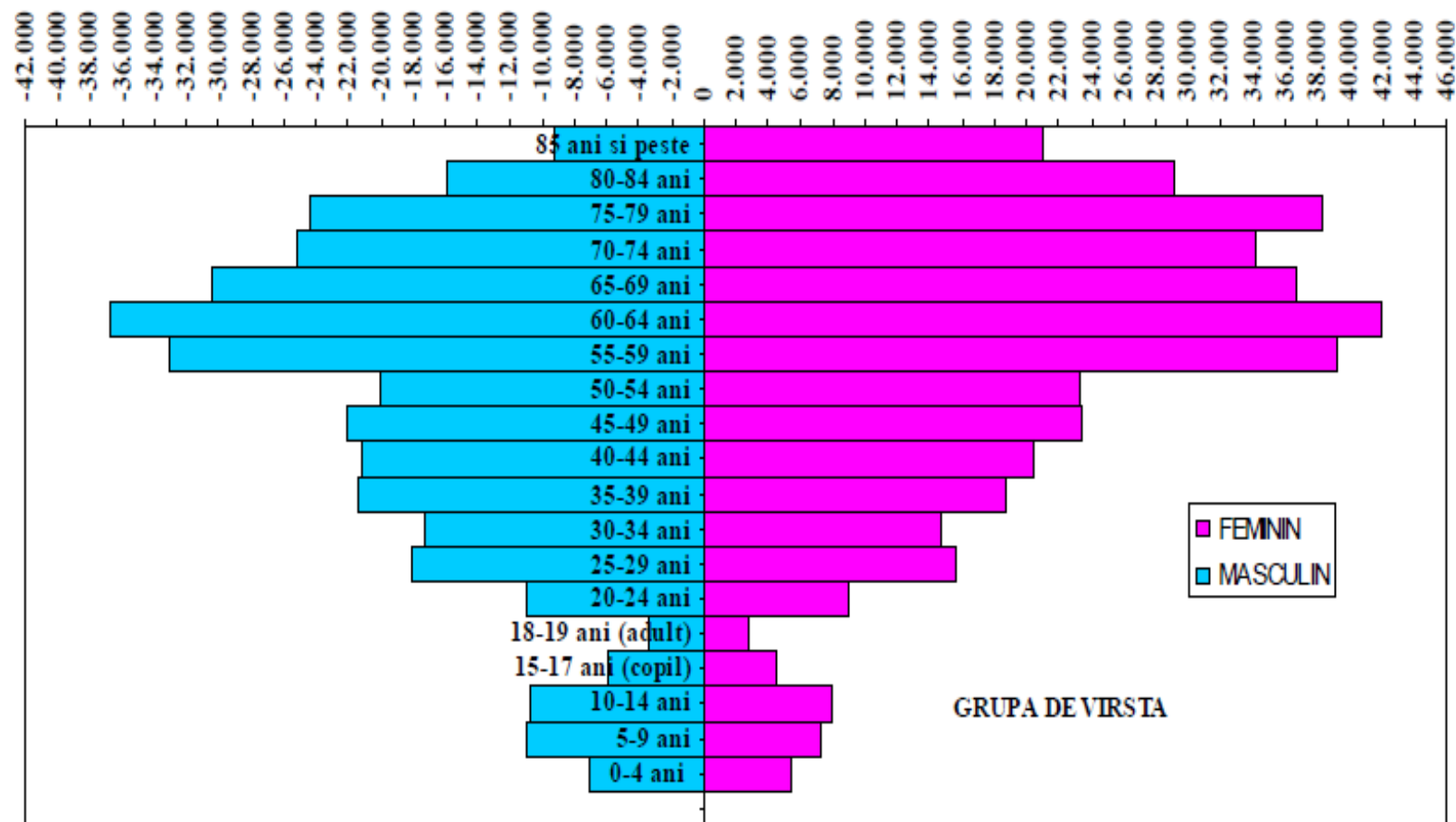
Romania – population (2018)



DISABLED PEOPLE _ AGE AND SEX: F/M

Protecția persoanelor cu dizabilități / Protection of Disabled Persons

Grafic 7. Numărul persoanelor cu dizabilități, pe grupe de vârstă și sex, la 31 decembrie 2014



Femeile reprezintă 53,34% din totalul persoanelor cu dizabilități.

Numărul persoanelor cu vârsta de peste 50 ani reprezintă 67,71% din totalul persoanelor adulte cu

Long-term care (LTC)

- a complex field, defined and approached differently in the legislation in the field of **health**, **insurance** and **social care**.
- Long-term care is defined, in law 292 / 2011- law on social assistance-, in the form of "care with a duration of more than 60 days“, covering personal care of people encountering difficulties in their daily life activities.
- According to the same law, LTC is provided **at home, in residential centres, in day centres, at the home** of the person for whom the service is provided and **in the community**.

SOCIAL SERVICES FOR THE ELDERLY AND DISABLED PEOPLE



The Electronic Register for social services

Care Homes for the elderly	691
Respite center / crisis center	4
Sheltered housing	12
Day care and recovery centers	41
Day centers for socializing and leisure	110
Home care units	288
Social canteens	139
Community support services	183
Medical-social Residential Center	70
Palliative care Residential Center	8
Other Social services intended for other categories of vulnerable persons	430
Total Social services in 27 sept 21 (mmuncii.ro)	1,976

Medical-social centers

4%

Integrated social
services in the
community

12%

Social canteens

9%

Home care services

19%

Day centers for
socialising and leisure

7%

Paliative care homes

0,2%

Care homes for the
elderly

45%

Respite / crisis centres

0,1%

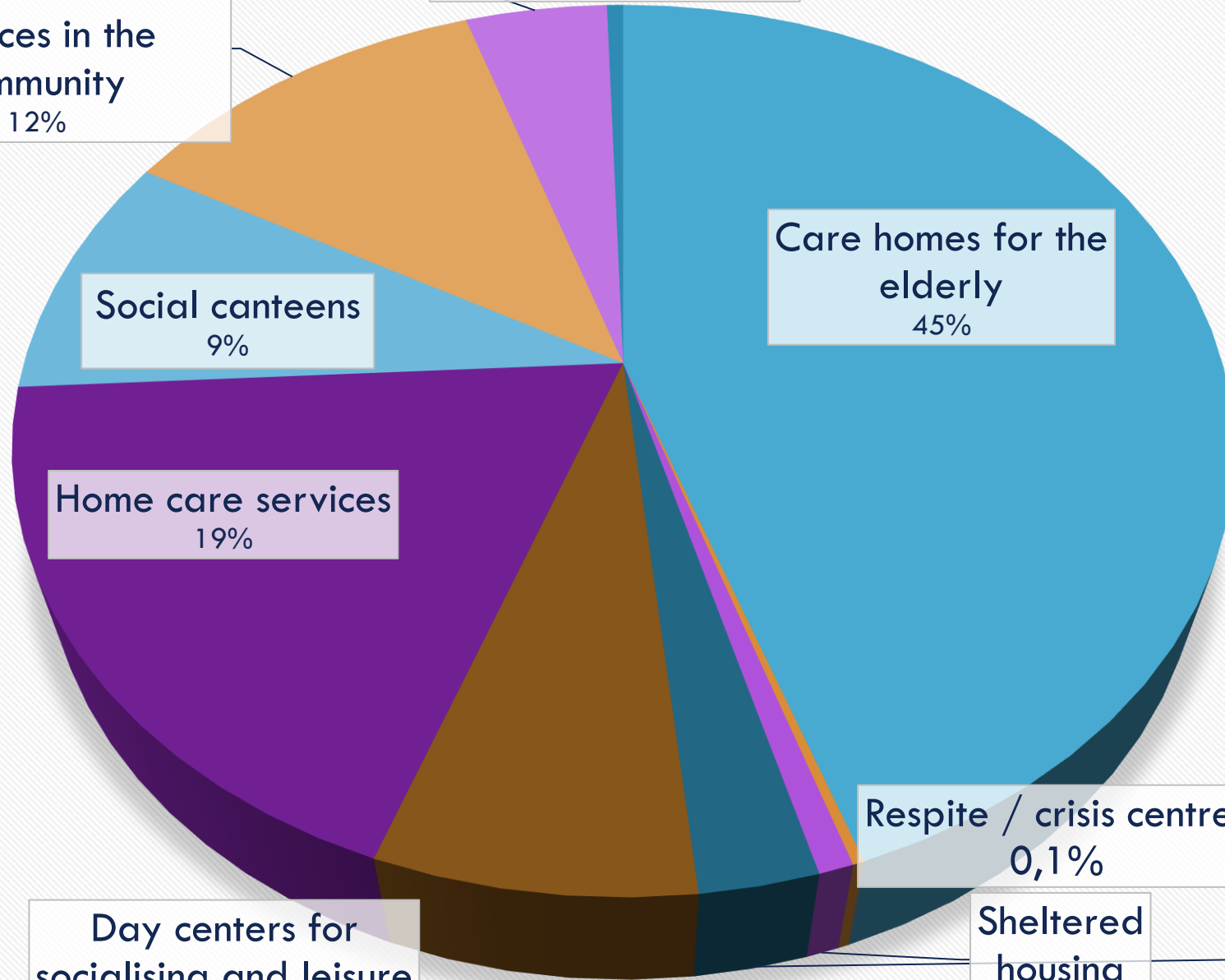
Sheltered
housing

1%

Day care and
recovery centers

3%

SOCIAL SERVICES LICENCED BY THE MINISTRY OF LABOR (mmuncii.ro)



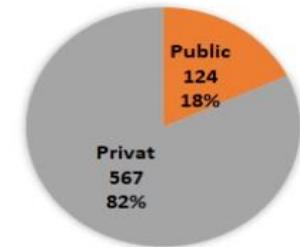
RO: 691 CARE HOMES (mmuncii.ro)



MINISTERUL MUNCII
ȘI PROTECȚIEI SOCIALE

© DIRECȚIA POLITICI SERVICII SOCIALE

CĂMINE PERSOANE VÂRSTNICE



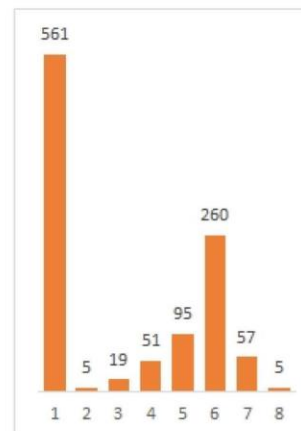
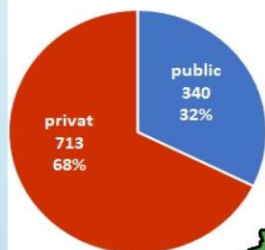
REGIONAL IMBALANCE (mmuncii.ro)



MINISTERUL MUNCII
ȘI PROTECȚIEI SOCIALE

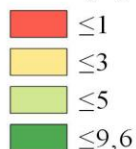
Distribuția serviciilor sociale pentru vârstnici
licențiate până la data de 4.05.2020

DIRECȚIA POLITICI SERVICII SOCIALE



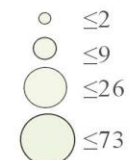
1. Cămine pentru vârstnici
2. Centre de tip respiro
3. Locuințe protejate
4. CZ de asistență și recuperare
5. Centre de socializare
6. Unități de îngrijire la domiciliu
7. CR medico-sociale
8. CR de îngrijiri paleative

Nr. servicii sociale pentru vârstnici/
mii loc. (pop. > 65 ani)



— Limită de UAT
— Limită de județ
— Limită de regiune

Nr. servicii sociale
pentru vârstnici/UAT



1:2.950.000

50+ LIMITS IN DAILY LIFE ACTIVITIES

In the last six months, to what extent have you been limited due to a health problem in the activities that people normally carry out?

Limits in carrying out an activity	Austria	Germany	Italy	Slovenia	Finland	România
Very limitate	19,73%	19,49%	14,55%	21,98%	11,79%	15,72%
Limitate	34,36%	36,75%	25,12%	31,33%	40,19%	35,75%
not at all	45,90%	43,76%	60,33%	46,68%	48,02%	48,53%

Own calculations based on SHARE data WAVE 7 [PH005_LimAct]

PROJECT: MODIFICATION OF THE EDUCATIONAL MODULE - E.D.E. CERTIFICATE FOR PROVIDERS OF LONG TERM CARE FOR SENIORS

UAIC, PARTNER, 3 ROUNDS OF FOCUS GROUPS

- FG1: APRIL-MAY 2019
 - 1 QUESTIONNAIRE/ SURVEY :**TRAINING TOPICS**
- FG2: OCT 2019,
 - **THE PREREQUISITES FOR THE ACQUIREMENT OF THE EAN CERTIFICATE,**
 - **NEW STRUCTURE OF EAN CERTIFICATE, NEW FRAMEWORK CURRICULUM**
 - **RECOGNITION OF EDUCATION AND TRAININGS**
- FG3: MAY 2020
 - **THE STRUCTURE OF THE TRAINING PROGRAM,**
 - **NUMBER OF LESSONS, ALTERNATIVE FORMS OF EDUCATION**
 - **IMPORTANT TOPICS FOR TRAINING OF SOCIAL SERVICES MANAGERS IN ROMANIA**

FOCUS GROUPS: PARTICIPANTS

POSITIONS THAT ARE ASSIMILATED TO THAT OF MANAGEMENT STAFF (GOV DECREE 867/2015)

- **"DIRECTOR" OR HEAD OF CENTRE ("ŞEF DE CENTRU")**
- **"COORDINATOR/S OF SPECIALISED PERSONNEL/STAFF"** (COORDONATOR/COORDONATORI PERSONAL DE SPECIALITATE)
- **CHIEF ACCOUNTANT** IN THE CASE OF SELF-STANDING CENTRES THAT HAVE LEGAL PERSONALITY (ART. 9.1). (MODIF 2019)
- **"PROJECT MANAGER"** (IT IS ONLY FOR THE SOCIAL SERVICES PROVIDED WITHIN THE COMMUNITY - THE NAME IS INCLUDED FOR THE TOP MANAGEMENT POSITION)
- REPRESENTATIVES OF MINISTRY OF LABOR, MINISTRY OF HEALTH, LOCAL AUTHORITIES

ISSUES FACED BY THE COORDINATORS OF CENTRES (FG1, RO, APRIL-MAY 2019)

- - dysfunctional relationships with medical institutions;
- - insufficient medical staff;
- - issues regarding the licensing and functioning of services for the elderly.
- - comparative analysis regarding compliance with the standards of services provided in public and private institutions;
- - employment and training of the human resource in the public system of social assistance services;
- - involvement of the state in supporting ngos that provide care services for the elderly;
- - unstable and inconsistent legislative framework;
- - the impossibility of contracting some medical recovery services;
- - insufficient specialized personnel.




MANAGERS : QUALIFICATION AND LEVEL OF EDUCATION (FG1, MAY-APRIL 2019)

- **Higher education;**
- **Experience** in the field
- Medical, economic and legal studies, but with experience in managing and providing care services;
- **The need for complementary training** of residential centre managers in the field of social services was supported, regardless of the nature of the initial training.



WHAT KNOWLEDGE AND SKILLS SHOULD THE MANAGER IN NURSING HOME OR GENERALLY IN MANAGEMENT IN SOCIAL SERVICES TO HAVE? (FG1, RO)

- - ability to understand the legislative framework;
 - - the ability to make decisions in situations where it does not have sufficient resources;
 - - ability to communicate with employees / subordinates;
 - - ability to understand the needs of customers;
 - - communication with beneficiaries and legal owners;
 - - skills in staff training;
 - - the ability to attract different types of resources;
 - - availability of learning;
 - - motivation;
 - - flexibility etc.
- 

NEW COMPETENCES NEEDED (FG1, RO)

- - work life balance;
- - new technologies adapted to new social care services
- - how to use new technologies in caring processes
- - personal development of carers
- - how to better prevent the negative health and social events in relation to elderly
- - how to build and sustain an integrative approach.
- - legal obligations of managers
- - how to frame and use better working instruments in relation to beneficiaries
- - how to build and maintain a better relation with the beneficiary and her/his family.

ARE PEOPLE 50+ AGEING WELL?

SUBJECTIVE HEALTH STATUS (EUROSTAT 2018)

Subjective health status	Austria	Germany	Italy	Slovenia	Finland	România
Excelent	5,90%	3,73%	7,40%	4,42%	6,32%	3,17%
Very good	20,57%	12,91%	15,31%	11,14%	13,29%	10,46%
Good	35,25%	40,50%	33,61%	41,77%	40,02%	37,07%
Good Enough	28,23%	32,14%	34,01%	28,46%	33,10%	24,67%
Weak	10,05%	10,71%	9,67%	14,21%	7,27%	24,62%

LIFE COURSE - HOLISTIC APPROACH

ACTIVE INDIVIDUAL + ENVIRONMENT + SOCIAL

RELATIONS+ MACRO HISTORICAL INFLUENCES (ELDER, 2007)

A WAY TO LINK EARLY LIFE FACTORS TO DISEASES IN

ADULTHOOD (KUH AND BEN-SHLOMO (2004, P. 6); O'RAND AND HAMIL-LUKER (2005, PP. 117-124).

The life course perspective

may be useful as a theory in explaining and studying:

- the pathway in the life of individuals
- arguments on the significance of historical events and periods experienced by cohorts of individuals
- adaptive strategies people choose through role-status changes and through experiencing negative transitions.

GLOBAL POLICIES



• PREVENTIVE APPROACHES - lifelong investments for a healthy life and ageing

- The importance of all life stages, including on childhood, in the evolution of health status throughout life;
- UNDG 3 - The third sustainable development goal, *Good health and well-being for all*:
 - infant mortality rate had *dropped by half* because of the programmes run over the past 10 years (UNDP, 2020).
 - the incidence of non-transmissible/non-communicable and chronic diseases, had been reduced through primary and secondary prevention programmes - information and awareness programmes regarding determining factors in health, UNDP (2020), WHO (2019)

The Global Strategy and Action Plan on Ageing and Health

“all people can live long and healthy lives”

Five strategic objectives:

- commitment to action on **healthy ageing** in every country;
- developing **age-friendly** environments;
- aligning **health systems** to the **needs** of older populations;
- **developing sustainable and equitable systems for providing long-term care** (home, communities, institutions); and
- **improving measurement, monitoring and research on healthy ageing.** (WHO 2016a; WHO 2016b; WHO 2017)
- **SOCIAL?**

THE Decade of Healthy Ageing (2020 – 2030)

The screenshot displays the website decadeofhealthyageing.org. The browser's address bar and tabs are visible at the top. The website's header features the logo on the left, the text "Decade of healthy ageing The Platform" in the center, and a red button labeled "Share your knowledge" on the right. Below the header is a purple navigation bar with links: HOME, ABOUT, FIND KNOWLEDGE, TOPICS & INITIATIVES, SUBMIT, EN, and SEARCH. The main content area has a background image of an elderly woman smiling with a yellow flower in her hair. Overlaid on the right is a red box with the text "Knowledge for healthy ageing" and a subtext: "Find and share knowledge that can improve the lives of older people, their families, and their communities." Below this is a "Learn more >" link. The Windows taskbar is visible at the bottom, showing the search bar, task view button, and several application icons.

UN Decade of Healthy Ageing - 1 x +

decadeofhealthyageing.org

Apps Gmail YouTube Maps (4,108 unread) - da... Transforming our w... Daniela Girleanu So... ECSWE 2021 - Conf... Autoritatea Nationa...

Decade of healthy ageing The Platform

Share your knowledge

HOME ABOUT FIND KNOWLEDGE TOPICS & INITIATIVES SUBMIT EN SEARCH

Knowledge for healthy ageing

Find and share knowledge that can improve the lives of older people, their families, and their communities.

Learn more >

Type here to search

16°C 18:16 30/09/2021 ENG

PREVENTION – EXOGENOUS FACTORS OF PREMATURE DEATHS

Death causes in Romania:

there are some that could be prevented or controlled, as they are influenced not just by genetic factors, but also by **exogenous factors**:

- diseases of the circulatory system (56.7%),
- tumours (19.6%),
- diseases of the respiratory system (6.5%),
- diseases of the digestive system (5.9%),
- traumatic lesions, poisoning and other consequences of external causes (3.8%).

(SHARE 2019; NPHI 2019)

FACTS AND PURPOSES

- **Local public health centres with community nurses and with health mediators** has organised and implemented interventions in order to promote health in vulnerable communities and groups through 1266 interventions in vulnerable communities, the number of beneficiaries being 173,143. (Ministry of Health, Yearly Report 2018).
- The actions for the **healthy development of children and youth through the physical education and sports** subject-matter in the school and university curricula, through the healthy diet programmes in schools, through investments in sports infrastructure and the promotion of performance in various sports, are steps that Romania has already taken.
- Such actions will have the results characteristic for an active lifestyle through a sustainable approach, rethinking investment in medium and long-term objectives for the younger generations: **achieving and supporting today the actions and the programmes that create long-term behaviours and attitudes.**

PROPOSALS TO THE ROMANIAN INVOLVED MINISTRIES

(ours, in the frame of the project: **METHODOLOGY FOR CONTINUE MONITORING OF THE CARE QUALITY IN LONG-TERM CARE INSTITUTIONS, MINISTRY OF LABOR, CONTRACT PSCD MMJS NR. 3677/28.09.2018**)

ACTION 1. IMPLEMENTING A NATIONAL PROGRAMME FOR INCREASING AWARENESS ABOUT THE FACTORS THAT DETERMINE HEALTH STATUS THROUGHOUT LIFE.

ACTION 2. ESTABLISHING A NATIONAL PROGRAMME FOR THE REGULAR EVALUATION OF THE HEALTH STATUS OF ADULT CITIZENS.

ACTION 3. FUNDING SERVICES FOR SUPPORTING ACTIVE LIFE AND HEALTHY AGEING .

(SOITU, 2020; SOITU&MATEI, 2020)

PROPOSALS FOR THE ROMANIAN LTC SYSTEM

(ours, in the frame of the project: **METHODOLOGY FOR CONTINUE MONITORING OF THE CARE QUALITY IN LONG-TERM CARE INSTITUTIONS, MINISTRY OF LABOR, CONTRACT PSCD MMJS NR. 3677/28.09.2018**)

1. INSTITUTIONAL LONG-TERM CARE WORKING MECHANISMS IN ROMANIA

2. A LAW FOR STRUCTURING THE LONG-TERM CARE SYSTEM

3. FUNDING THE LTC SERVICES

4. THE LONG-TERM CARE INSURANCE

(SOITU, 2020; SOITU&MATEI, 2020)

Lifelong investments for a healthy life and ageing should be provided through a coordination of the health, educational and social systems

- The Ministry of Labour and Social Protection, Together with The Ministry of Education and Research can contribute as partners in the design, running and co-funding of the preventive educational programme.
- The Ministry of Education and Research would facilitate the inclusion on the general curricula themes related to a healthy lifestyle and to health determining factors (by generalising the facultative/optional subject-matter education for health).
- The Ministry of Labour and Social Protection would support the access to this programme of vulnerable individuals, groups and communities.

(SOITU, 2020; SOITU&MATEI, 2020)



THANK YOU!

WISH YOU ALL GOOD HEALTH AND WELL-
BEING!

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