



NetzWerk GesundAktiv

AID AND SUPPORT NETWORK FOR AUTONOMOUS AND SELF-RELIANT LIVING FOR ELDERLY PEOPLE IN THE NEIGHBOURHOOD

SPEAKERS:

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CIBEK

A project of:



KEY POINTS

NetzWerk GesundAktiv – NWGA (NetWork HealthActive)

-  **NWGA:** cross-sectoral aid and support network in the neighbourhood which seeks to provide answers to demographic challenges by taking medical-geriatric competencies and digital solutions into account
-  **OBJECTIVE:** Elderly people can reside in their own homes in an autonomous and self-reliant manner for as long as possible
-  **TARGET GROUP:** Elderly people (normally aged 70+) with an increased risk of needing help or long-term care or with a level of long-term care of 1 to 3
-  **REGION:** Start in the district of Hamburg-Eimsbüttel (core region); additional districts if required
-  **PARTICIPANTS:** A total of 1,000 insured persons insured with the participating health insurance companies
-  **SPONSORSHIP THROUGH THE INNOVATION FUND:** max. EUR 8.9 million for four years (10.01.2017 - 09.01.2021)
-  **PERSONNEL RECRUITMENT START:** October 2017

PILOT REGION & PARTNERS



- local-level, district, here: Eimsbüttel
- Neighbourhood integration level – relating to the Albertinen hospital/Albertinen-Haus GmbH



applicable for all insurance companies in the neighbourhood

- as small as possible (neighbourhood integration)
- as large as necessary (relevance in providing care, statistical power)

DEMOGRAPHIC DEVELOPMENT

Nationwide and in Hamburg



DECLINE IN POPULATION

- › 2008: 82 million
- › 2060: 65 million

POPULATION AGEING

- › 2008: every 5th person is 65 years and older
- › 2060: every 3rd person is 65 years and older

INCREASE IN THE VERY ELDERLY

- › 2008: 4 million or 5% > 80 years
- › 2060: 9 million or 14% > 80 years

RISE IN LIFE EXPECTANCY

- › 2008: 77.2 (♂), 82.4 (♀)
- › 2060: 85.0 (♂), 89.2 (♀)

HAMBURG...

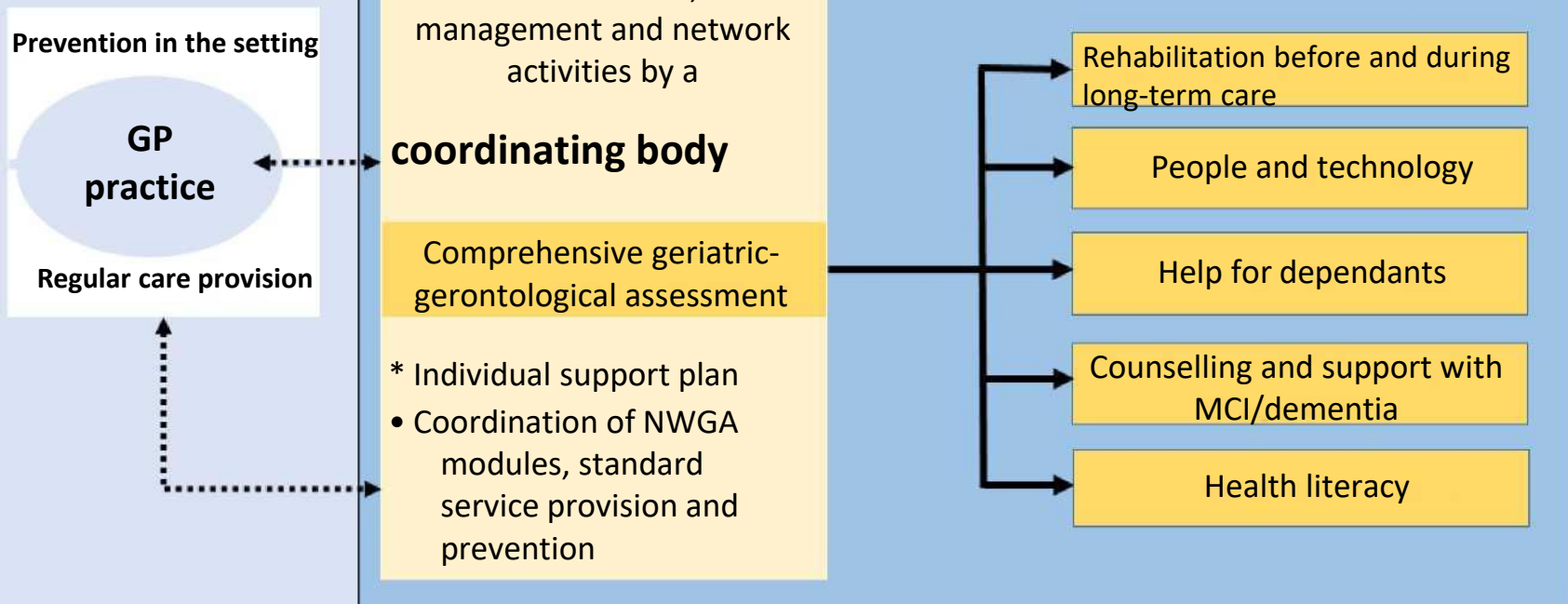
- › ... is not shrinking, but rather growing. (+55,000 residents = +3% by 2030)
- › ... remains relatively young, but is still ageing nonetheless – the proportion of persons aged 60+ will increase to 27.0% from 2009 to 2025 (nationwide: 30%). By that point, at least **483,000 persons residing in Hamburg** will be aged **60 years and older**.
- › ... is ageing locally and peripherally: highest proportion of persons aged 60+ will be in Wandsbek (28.2%); significant **concentration of older residents on the outskirts of the city**
- › ... ageing persons lead **predominantly solitary lives** (>50% one-person households)
- › ... is ageing in a diverse manner: **differentiated health condition** – not only dependent on age. Heterogeneous desires, needs, consumption habits and **preferences**.

BASIC MODEL

Special forms of care pursuant to § 140a SGB V

Health maintenance for later years

Special care and help in NetzWerk GesundAktiv



INCLUSION CRITERIA

LUCAS functional index and classifying the level of long-term care




TARGET GROUP: Elderly people (usually aged 70+), who are threatened by the need for help and long-term care, or who have already been classified with a level of long-term care of 1 to 3.

DETERMINATION OF THE RISK OF THE NEED FOR HELP:

 **LUCAS FUNCTIONAL INDEX:** Longitudinal Urban Cohort Ageing Study


 Observation of a long-term cohort for more than 15 years

 Began in 2000 with more than 3,000 senior citizens aged 60+ living autonomous lives in Hamburg

 Data collection during regular survey periods (self-assessment questionnaires)

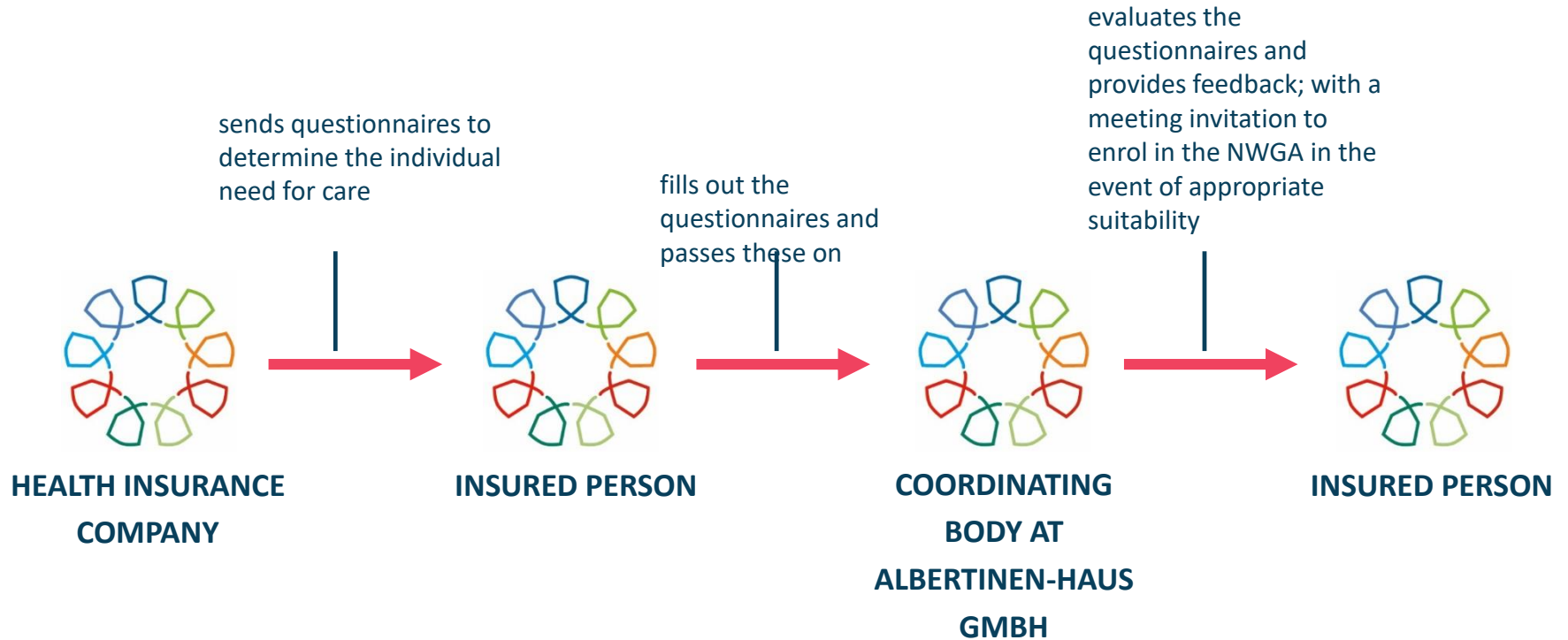
FUNCTIONAL INDEX:

 Development of a predictive scale (ROBUST, postROBUST, preFRAIL, FRAIL) for functional losses, long-term care and mortality

 The functional classes differ significantly in terms of mobility, risk of falling, housekeeping, comorbidity and the use of medication

PROCEDURE

Addressing insured persons



PROCEDURE

Assessment – Support plan – Case management



Comprehensive geriatric-gerontological assessment by geriatrics specialists and sports scientists

Development of the individual support plan by geriatrics specialists, sports scientists and case managers (social workers)

Discussion of the individual support plan with the participant and clarification of further action

Coordination of the use of the recommended services and the first contact person for the participant (24/7 availability through cooperation with Johanniter-Unfall-Hilfe e.V. [JUH; German for 'St. John Accident Assistance'])



ASSESSMENT



CASE CONFERENCE



SUPPORT PLAN




**CASE
MANAGEMENT**





COORDINATING BODY

at Albertinen-Haus GmbH







ASSESSMENT

-  Self-care ability, mobility, cognition, emotion, social environment, residential environment, domestic and outdoor activities, need for long-term care and additional resources

COUNSELLING, INFORMATION, CLARIFICATION

-  Assessment results
-  NWGA contents
-  Simplified access to standard service provisions
-  Creating an individual support plan (iUP)

COOPERATION AND COORDINATION

-  Cooperation with all stakeholders both inside and outside of Albertinen-Haus GmbH
-  Knowledge of all relevant care providers for a participant
-  Coordination of all relevant care providers per iUP
-  Case-related exchange, particularly with general practitioners
-  Scheduling for the participants
-  Organization of support structures in the neighbourhood

PAUL (HUMAN AND TECHNOLOGY MODULE)

Communication platform, building control and assistance system

 **PAUL: Persönlicher Assistent für unterstütztes Leben** ('Personal assistant for supported life')

 Tablet with pre-installed software, specially designed for use by elderly people









Design variants



Design variants

HUMAN AND TECHNOLOGY MODULE

Tablet with the 'PAUL' system


-  Online video telephony/video consultation session with the coordinating body, dependants, carers and general practitioners
-  Online coaching, online courses, health information
-  Treatment management, medication schedule, health diary
-  Control of technical assistance systems in residential areas
-  Multimedia features (music, video, radio, photos, weather, newspapers, etc.)
-  Planned: Bulletin board, networking of participants, household-related services, neighbourhood offers

ADDITIONAL MODULES

HELP FOR DEPENDANTS

 Reference to existing offers for being nursed (health insurance companies, inter alia)

dependants

 Individual support with the organisation of long-term care following needs assessment

HEALTH LITERACY


 Counselling on the preservation of autonomy

 'Experts in their own ageing'

REHABILITATION BEFORE AND DURING CARE

 Out-patient/mobile geriatric rehabilitation

 Targeted promotion of implementation at home, sustainability

 Option to extend: Can be supplemented with regular care provision, also available online/telemedically

24/7 AVAILABILITY







 Crises and emergencies (cooperation with Johanniter Unfallhilfe e.V.)

 Out-patient long-term care services, if necessary

PROJECT PLAN

Milestones in 2017



-  **April – June:** Creation and submission of the ethics application
-  **June:** final definition of the configuration of the PAUL systems
-  **July:** Registration of the combined trademark ‘NetzWerk GesundAktiv’ at the German Patent and Trade Mark Office
-  **July – October:** Voting and conclusion of the consortium, transfer and care agreements
-  **October:** Info event for general practitioners, start of the recruitment of participants, activation of the NWGA website
-  **November:** official opening ceremony of the coordinating body (planned)

WELCOME TO NETZWERK GESUNDAKTIV



For you, does the idea of growing old in your own home until you reach a ripe old age mean being independent, autonomous and active? The NetzWerk GesundAktiv (NWGA) is always at your side as a reliable partner when you need support in matters relating to health and long-term care.

Our objective is to provide you with the best possible care and support. Through trustworthy contact persons, the networking of offers in the neighbourhood and the use of the technical support system 'PAUL', we enable you to live a self-reliant life in your own home. [Learn more.](#)

YOUR CONTACT PERSON



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Thank you for your attention!