



Primary Care and Rehabilitation

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Agenda

- Introduction to elderly care in Denmark
- Home care services
- Cross-sectoral cooperation
- Rehabilitation as a new paradigm in Home care
- Challenges



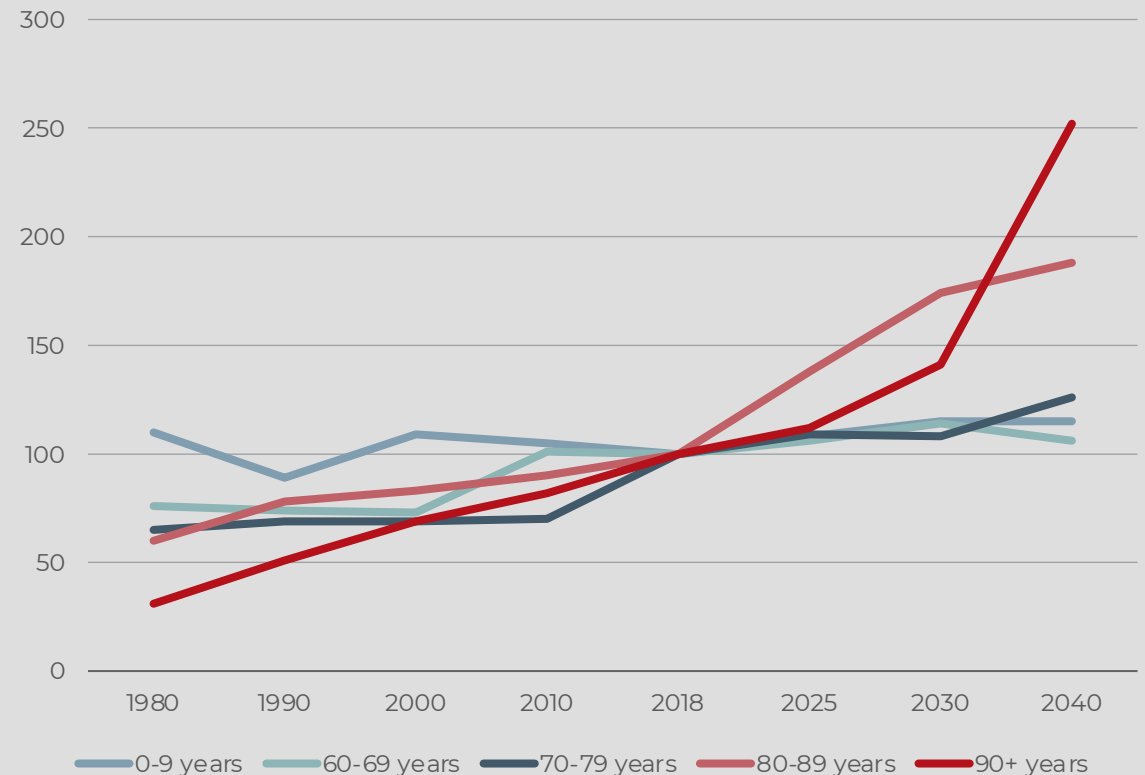
Introduction to elderly care in Denmark

- The Danish approach to elderly care – a dignified elderly care
- Focus on meeting the challenge of an increasing number of elderly people
- Elderly citizens are empowered to stay in their own home for as long as possible
- Municipalities are responsible for the services to support elderly citizens
- Preventive home visits focus on early detection to avoid hospitalization



The number of people over the age of 65 will continue to rise

- From 2018 until 2040, the number of citizens over the age of 80 is expected to increase by almost 90 %
- By 2030, the number of citizens over the age of 90 is expected to have increased by 40 % compared to 2018.



Local services close to the citizens

- 98 municipalities are responsible for the elderly care and rehabilitation
- The Social Service Act constitutes the legal framework – the municipalities decide the specific methods and service levels
- The local methods and service levels are established in local quality standards



Local quality standards



Each municipality establishes quality standards for home care services and rehabilitation



The quality standards define the service level of the municipality



Quality standards create transparency



The municipal council ensures the necessary resources in order to carry out given level service

Home care services

Target group:

- People who no longer have the physical or mental skills to manage everyday life on their own (because of a disability, illness or aging).

Three types of home care:

- Practical assistance (cleaning, shopping, laundering etc.)
- Personal assistance (bathing, shaving, getting in or out of bed etc.)
- Food service – "Meals on Wheels"



The free choice of home care

New law in 2003: "Greater choice of provider"

- Until 2003 only the municipalities provided home care services

The free choice means:

- Municipalities must provide a choice between at least two providers of home care service
- Competition on quality and price
- More efficient service because of no monopoly and more competition
- Separation between authority and provider



Health agreements

- Political agreements that constitute the overall, general framework for cooperation in the health care system
 - The Regions
 - The Municipalities
 - The General Practitioner
- Increase coherence for the citizen
- Fee when a patient is completed



Coordination between hospital and home care

Home



Home care system

← Admission Notification
Admission Response →
Care Report →

← Rehabilitation Plan
← Discharge Notification
← Care Report

Hospital



Hospital PAS and/or EMR

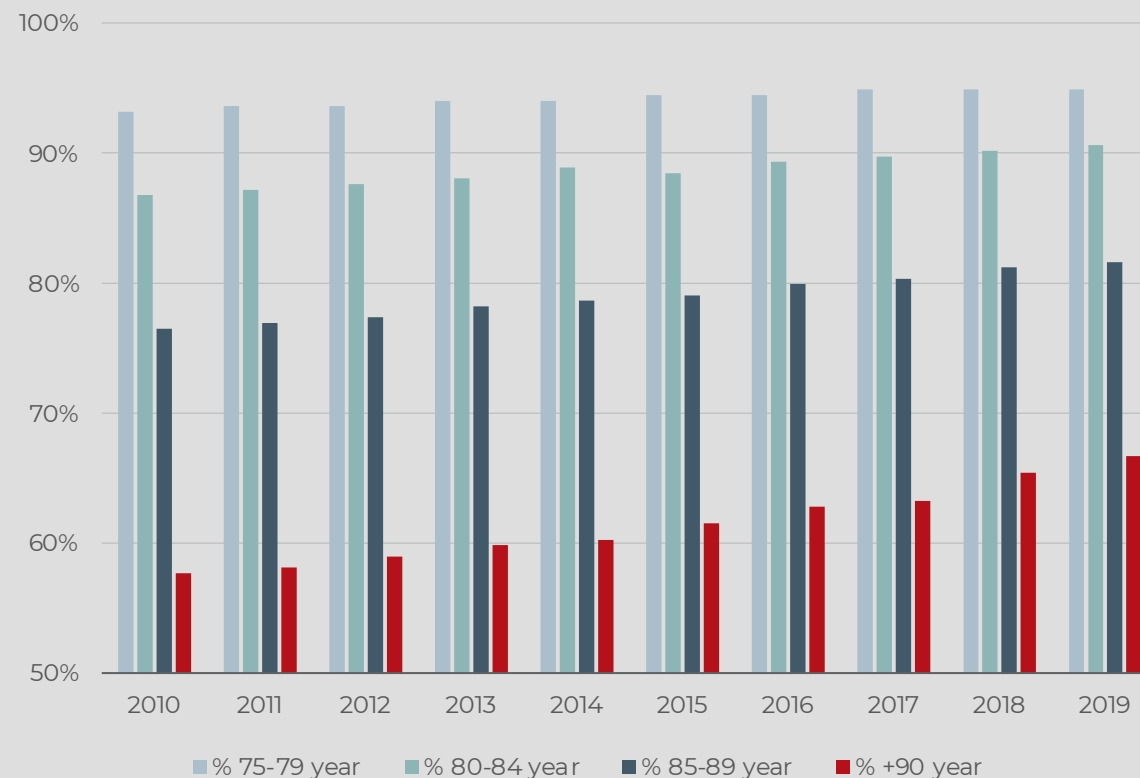
"As long as possible in your own home" – a shift in focus in 1987

Number of Danish elderly citizens in own home by age intervals – 2010-2019

Increase from 2010-2019:

+5% age 85-89 years

+9% age >90 years



Preventive home visits

The municipalities have been required by law since 1996 to offer preventive home visits to:

- Elderly citizens who live alone in the year they turn 70
- All elderly citizens in the year they turn 75 and 80
- Every year from when they turn 82

Effect of preventive home visits:

- Reduced mortality
- Reduction in the number of admissions to institutional care



Rehabilitation

What is rehabilitation?

- Help to self-help

Why rehabilitation?

- One of the core values in the Danish elderly care: Influence over one's own life
- Demographic challenges



New law from 2015

- From 2015, every municipality is legally committed to offer a short-term rehabilitation program before they make a visitation

Evaluation of the law:

- 88% of the citizens are generally happy with their rehabilitation program
- 60% believe that their quality of life has improved because of the program



Person centered approach

Personal rehabilitation plan

- Personal goals
- Interdisciplinary focus on the personal goals
- Evaluation WITH the citizen



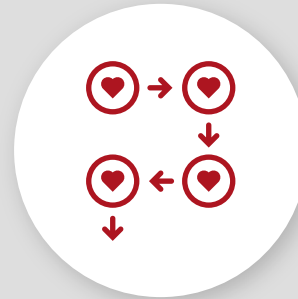
The Danish approach to rehabilitation

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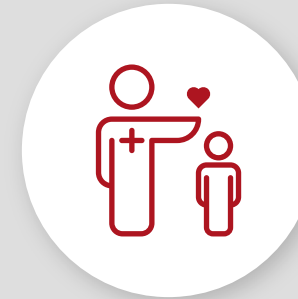
Passive care



Isolated Intervention(s)



Societal Responsibility



TO

Active involvement

Coherent Interventions

Personal Responsibility

Focus on preventable Admissions

- Usage of AI to detect illness in an early state
- All healthcare workers score the citizen on different parameters, for example:
 - Physical complaints
 - Mental and social well-being
 - Medicine
 - Everyday activities
 - Home environment
 - Eating and drinking
- Re-visitation of services



Challenges

1. Defining “Rehabilitation” as a concept
 - Staff training
 - Paradigm shift
2. Inclusion of citizens
 - Identify, stratify and prioritise the citizens
3. Professional rehabilitation practice
 - close cooperation between the citizen/relatives and the professionals
 - Persistent focus on implementation



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