

SmartCare project

South Karelia Social and Health Care District, Finland

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6th of July, Final Conference

SmartCare project



- Aim is to keep elderly people at home by providing them the wider range of services to home
- Support elderly daily living by developing more integrated home care supported by telecare
- Bring relatives more tightly part of the elderly care processes
- Give self-helping tools to clients
- Clients
 - Average age ~83 years
 - Sample size 228 (128 intervention; 100 control)
 - Receive social or health care services

Final new SmartCare services implemented: Usual care vs Integrated care services



USUAL CARE	INTEGRATED CARE
✓ Video connections / virtual visit not available	✓ Available to all social and health care professionals and home care/rehabilitation clients and their informal carers
✓ Care plan available only for professionals (EHR). Paper based to clients.	✓ Available to clients and informal carers via eService platform
✓ Telecare not available	✓ Available to clients and collected data to informal carers and professionals
✓ All communication done via phones between professionals and clients/informal carers	✓ Communication can be done via secured email

Lessons learned



- Professionals need lots of training and support to change working processes and cultures
 - Clients are quite old, need training and repetitions several times
 - Reduce social isolation
 - Give users possibility to learn new things and succeed 😊
 - Same solutions could be suitable for different client groups (e.g. disabled people)
- **Integrated, technology supported home care is part of the Eksote's strategy.**

End user story



Professional lead the discussion.
Meet with other elderly.
Could get help/information from professionals

Meeri 84, lives 35 km from municipal centre. Home care visits once a month for distributing medicine

Physioterapist provide home rehabilitation and support to Meeri in daily activities





Thank you for your attention!
Questions?