NEEDS ASSESSMENT FOR ACTIVE ASSISTED LIVING CONCEPTS AMONG THE ELDERLY

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Agenda

- Health and social care needs of the elderly
- Determinants of needs
- Characteristics of the Austrian care system
- Needs assessment
- AAL-Welten-Modell
Health and social care needs of the elderly

„Need“ = desire to significantly improve the current situation or to correct a deficiency

Needs of older people differ from those of other age groups, needs such as housing.

Health and social care needs are highly influenced by:

1) Political / Economic developments
2) Societal developments
3) Demographic developments

Societal development

- Increasing number of older people living alone
- Greater desire of autonomy
- Higher awareness of a better and healthy lifestyle
- Increased mobility

Political / Economic development

- Greater expectations of the quality of healthcare system
- Financial resource constraints
- Shortage of skilled labour
- Oversupply


The population of Austria vs. Burgenland by demographic characteristics

Great east-west-differences in Austria as well as north-south-differences in Burgenland → no fundamental explanations for that!

The Region South Burgenland has:

- On of the lowest life expectancies in Austria
- Highest mortality rate (due to cardiovascular diseases)
- One of the lowest birth rates

West-east-differences

North-south-differences


Demographic Forecast & Future Challenges

- Total population of Austria will increase to 9.43 million people (+9%) until 2030.

- Elderly population in Austria will grow 18.6% (2017) → 28.1% (2060)

Future challenges:

- Rising life expectancy
- Rising healthcare costs
- Lower birth rates
- Increasing chronic disease prevalence
- Ageing population
- Inequalities of health
- Higher mortality

Basic characteristics of the Austrian care system

1. Informal care

2. Formal care
   - Institutional (inpatient) care
   - Home-based care (mobile services)
   - Semi-institutional care

A large variety of challenges in elderly care!

Technical solutions could bring significant reliefs here - for those who are affected, but also for the health and social care system.

157 Thousand people receive federal long-term care allowance at the moment

750 Thousand people will receive federal long-term care allowance until 2050 (according to Wifo expectations)


Need-oriented Active and Assisted Living technologies have the potential to:

- Improve ability to self-manage their health + wellbeing, safety as well as the social participation
- Alert health professionals to changes in the patient’s condition and support medication and care adherence
- Support health and social care providers to deliver safer, more efficient and cost-effective care
- Increase the efficiency and productivity of used resources in the ageig societies
Active & Assisted Living (AAL)

- Wide range of different AAL technologies, services & concepts
- **Problem**: Often no connection to the needs of end-users

- Not only the right technology is required, also infos about the life situation and needs of the target group(s) to put human centre stage

"Patients / clients are the most underused resource"

Warner Slack

Focus on the needs of the elderly and hear the voice of the older people

→ But what are the needs of the elderly and how can we assess the needs?

**Our approach**: AAL-Welten-Modell
Needs assessment at a glance

Needs assessment (NA):
Systematic method for reviewing the health and social needs + capacity facing a population

The NA helps all people / parties involved to obtain a general sense of the level of (technical) assistance required

NA is carried out in the framework of two research projects of the FHB:

→ Interreg SI-AT Project “COOP4HEALTHCARE”
→ Interreg Central Europe Project “digitalLIFE4CE”

Summary: Needs assessment

**Start**

**Step ONE**

“Getting started”

Definition of the target population, desired objectives, involved actors, resources;

**Step TWO**

Designing an instrument for needs identification

AAL-Welten-Modell

Model to collect data about the needs of assistance and support in daily living along various areas of life

**Step THREE**

Selecting + describing the research methods

1. Literature research
2. Questionnaire based on the AAL-Welten-Modell

**Step FOUR**

Performing an Pre-Assessment

Conduct the pre-assessment and evaluate the results
Focus on: "AAL-Welten-Modell"

Level of „AAL-Welten-Modell“

Individual Area

- Age
- Occupational
- Gender
- Human values
- Marital status
- Health status
- Education
- Health restriction
- Income
- Lifestyle
Level of „AAL-Welten-Modell“

Living Area

- Daily activities
- Living conditions
- Living ambience
- Interior
- Neighbourhood relationships
- Lifestyle
- Food preparation
- Assistive Technologies
- Houskeeping
- Body hygiene
Level of „AAL-Welten-Modell“

Life Area

- Participation & social inclusion
- Medical treatment
- Preparation of medication
- Healthy habits
- Hobbies
- Physical activities
- Leisure activities
- Communication with family and friends
Level of „AAL-Welten-Modell“

Environment

- Mobility & transfer
- Mode of transport
- Mobile nursing care
- Communication with environment
- Barriers
- Public places
- Shopping
- Networks
- Self-help groups
- Nature
Pre-Assessment of needs

- AAL-Welten Modell was basis for the needs assessment
- 4 categories & 99 items
- Conducted as semi-quantitative interviews
## Results of needs Pre-Assessment

### Socio-demographic data of population

<table>
<thead>
<tr>
<th>Sample</th>
<th>n= 11 residents of nursing home St. Vinzenz, Pinkafeld (AT)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td>54% female, 46% male</td>
</tr>
<tr>
<td>Mean age</td>
<td>84,2 years</td>
</tr>
<tr>
<td>Family status</td>
<td>64% widowed, 18% divorced, 9% single, 9% married</td>
</tr>
<tr>
<td>Educational level</td>
<td>73% intermediate-level 27% higher-level</td>
</tr>
<tr>
<td>Income</td>
<td>27% very good financial situation 64% good financial situation 9% limited financial situation</td>
</tr>
</tbody>
</table>
Results of needs Pre-Assessment

Individual Area

**TOP 3: chronic diseases:** (multiple answers)

1. arthrosis
2. hypertension
3. chronic low back pain

Do you have any health restrictions or chronic diseases?

- Yes: 87.5%
- No: 12.5%
Results of needs Pre-Assessment

Individual Area

What impairments do you have?
Results of needs Pre-Assessment

Individual Area

What values are important for you?

TOP 8 (multiple answers)

1. autonomy
2. health
3. family
4. friendship
5. tranquility
6. religion
7. safety
8. sociability
Results of needs Pre-Assessment

Living Area

TOP 3: In which activities do you need help? (multiple answers)

1. household
2. meal preparation
3. shopping

How much are you impaired in daily activities due to health problems?

- strongly impaired: 20%
- impaired: 30%
- little impaired: 10%
- not impaired: 40%
Results of needs Pre-Assessment

Living Area

What is important in your apartment?

**TOP 8** (multiple answers)

1. balcony
2. barrier-free
3. brightness
4. furniture & equipment
5. ambience
6. ventilation
7. temperature
8. color design
Results of needs Pre-Assessment

Living Area

Which technical applications would make your everyday life easier?

**TOP 5** (multiple answers)

1. switch-off oven
2. emergency watch/call
3. fall detectors
4. smart tablet
5. automatic light control

**TOP 3: What are the barriers?**

- lack of training and technical advice
- lack of digital skills
- limited financial situation - no big investments
Results of needs Pre-Assessment

Living Area

How do you spend your spare time?

TOP 5 (multiple answers)

1. watch TV
2. go for a walk
3. books & newspapers
4. family & friends
5. shopping

TOP 3: What are your preferred communication channels?

• mobile phones
• direct talks
• messenger services (WhatsApp, Skype)

TOP 3: What are the barriers for taking part in social events?

• lack of interest
• lack of relationships
• lack of information
Results of needs Pre-Assessment

Environment

Which places do you visit regularly?

**TOP 3** (multiple answers)

1. grocery stores
2. nature / parks
3. pharmacies & GP’s

**TOP 4:** Which barriers are on the way or at the place?

- stairs
- lack of sitting facilities
- lack of lighting
- lack of rest rooms
Results of needs Pre-Assessment

Environment

Which mobile services would be interesting for you?

TOP 3 (multiple answers)
1. transport services
2. food delivery services
3. medicine delivery services

TOP 5: What additional services or offers would be interesting?

- grocery delivery services
- joint exercises, training sessions and sport facilities
- concerts, theater, cultural events
- emergency button to activate the emergency chain
- tablets with senior friendly-applications to get in touch with environment
Conclusion

Needs Assessment

- Shift of senior´s needs because of several determinants
- AAL-solutions offer numerous advantages, BUT technologies have to consider the needs and resources of the elderly
- Due to diverse life concepts we identified a broad range of needs

AAL-Welten Modell

- Concepts includes different areas and aspects of the elderly population
- Good transferability because of usage of different areas
- Ensures hands-on AAL interventions based on the needs of the elderly
- Human being is taking center stage
Questions and Discussion?

- What questions or points would you like to share from your experiences conducting a needs assessment among elderly?

- Which additional approaches / concepts to assess health and social care needs do you know? Have you already used one of them?

- Which instruments / methods do you think are adequate to gather and understand the needs and individualities of older people?

- Where do you see the strengths and weaknesses of our model?