BASES AND FIRST ACTION PLAN FOR LTC TRANSFORMATION IN THE REGION OF ASTURIAS

CARE FOR PEOPLE, ACCOMPANYING LIVES
CONTEXT

- 1,022,000 PEOPLE
- 2020
  - ¼ IS OVER 65 YEARS OLD
  - 8.72% OVER 80 YEARS OLD
- 2033
  - MORE THAN 1/3 OVER 65 YEARS OLD
  - 12% OVER 80 YEARS ALL
COVID

- 239 nursing homes.
- 12000 people living in nursing homes
- 7000 professionals providing LTC.
- 117 day care centers.
- 2200 public home-care services professionals
- 15 councils development Breaking Distance Program
- And an incipient cohousing initiatives.

MESURES

- More than 20 protocols were coordinated.
- 3 referral centers for positive COVID cases to guarantee safety measures in case of impossibility of home isolation.
- More than 100 nurses from health system designated health coordinators at nursing homes with COVID outbreak.
- PCR screening at monthly basis to all nursing-home professionals.
- And more than 300 inspections since June to ensure the quality of care and advise in compliance with the protocols.
POST-COVID

- Ageism
- Social an health care coordination.
- ICT innovation needs
- Person-centered approach.
- Dignity, specially at the end of life
PRESSURE INCREASING

EXPECTATIONS FOR CARE: 80% of citizens between 55-75 years old would prefer to receive care at their home
STARTING PROCESS

- SOCIAL DIALOGUE: MARES WORKING GROUP
- CO-DESIGN METHODOLOGY
- 75 INTERVIEWS.
- 60 KEY STAKEHOLDERS.
  - Organizations representing elderly and disability people
  - Policy makers of disability, economic benefit management, public care service and health matters.
  - Public and private nursing homes managers
  - Professional caregivers of nursing homes, home care an day-care centers.
  - Social workers.
  - COVID health coordinators on nursing homes
  - Union representatives.
  - Trade representatives
  - Professional societies of social work, social education, occupational therapy and psychology.
  - Other experts in geriatry, dependency assessment, rural areas development and technologies.
DEFINITION LEVELS

GUIDING VALUES
• 1. Dignity owners
• 2. Bearers of their own rights and values
• 3. Vulnerable
• 4. Entitled to a independent and meaningful life
• 5. Unique
• 6. With global and changing needs
• 7. With capabilities
• 8. Socially interdependent
• 9. Members of their community
• 10. Living together in ecosystemic frameworks

THEORETICAL COMMON FRAMEWORK
• Integral health
• Security
• Person-centered approach
• Friendly environments

DESIGN AND REORIENTATION OF KEY SERVICES
• Key elements in the design and internal organization of services.
• Leadership, transformation and organizational development related to the guiding model;
• Professional recognition and support.
• Coordination with other systems and community environment.
• Evaluation and participation in the continuous improvement of services.
ACTION PLAN: PRINCIPAL COMPONENTS

- A new social recognition of care provision.
- Communication, participation and coproduction processes.
- Prevention strategies.
- Flexibility and broad care choices.
- Fostering the role of the community.
- Interinstitutional coordination.
- Deinstitutionalization and commitment to care at home.
- Regulatory updating.
- Support for the transformation of Services.
- Change management and training.
- Social and Tech innovation.
- Research and pilot projects promotion.
- Dissemination of Best practices.
- Updated information and regular evaluation of the quality of care.
- Quality assets inspection.
ASTURIAS, BEST PLACE FOR GETTING OLDER

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