



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

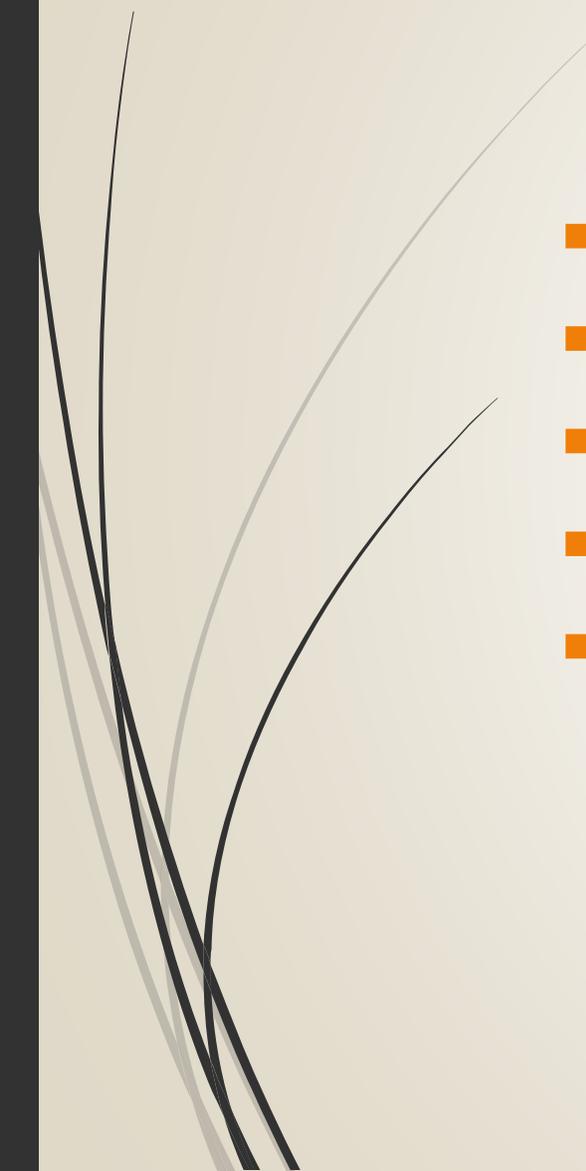
- ▶ 239 nursing homes.
- ▶ 12000 people living in nursing homes
- ▶ 7000 professionals providing LTC.
- ▶ 117 day care centers.
- ▶ 2200 public home-care services professionals
- ▶ 15 councils development Breaking Distance Program
- ▶ And an incipient cohousing initiatives.

## MESURES

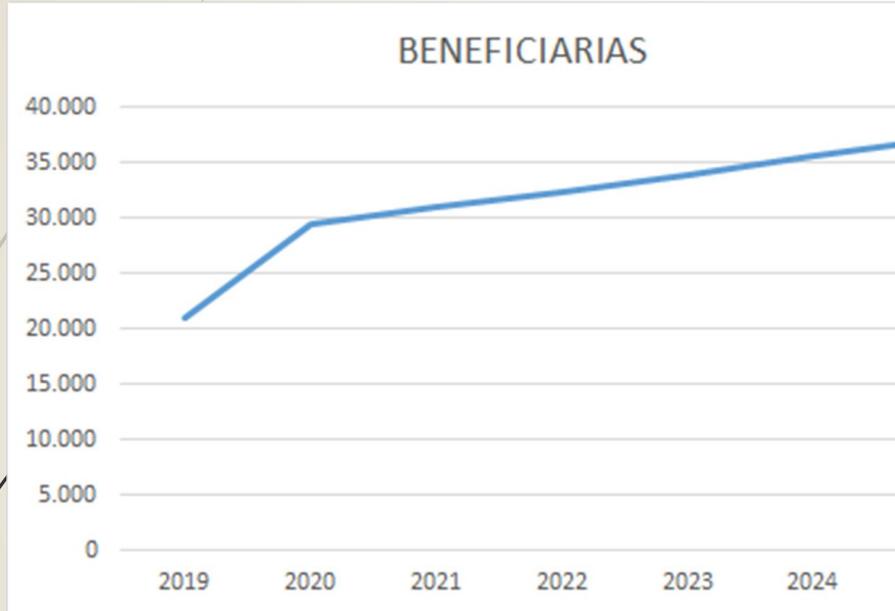
- ▶ More than 20 protocols were coordinated.
- ▶ 3 referral centers for positive COVID cases to guarantee safety measures in case of impossibility of home isolation.
- ▶ More than 100 nurses from health system designated health coordinators at nursing homes with COVID outbreak.
- ▶ PCR screening at monthly 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 and health care coordination.
  - ▶ ICT innovation needs
  - ▶ Person-centered approach.
  - ▶ Dignity, specially at the end of life
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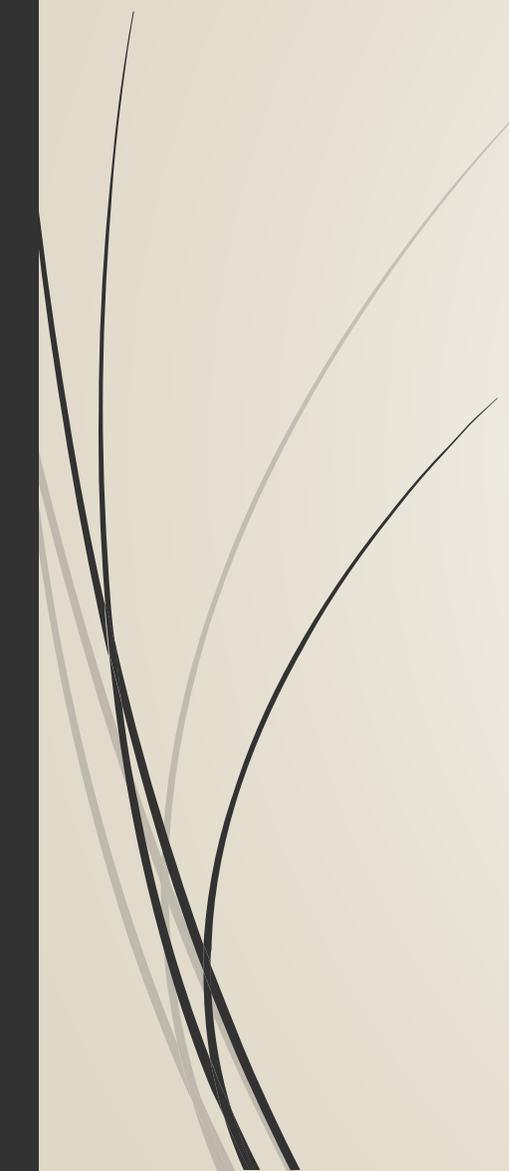
# PRESSURE INCREASING



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 and 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 geriatrics, dependency assessment, rural areas development and technologies.
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# 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

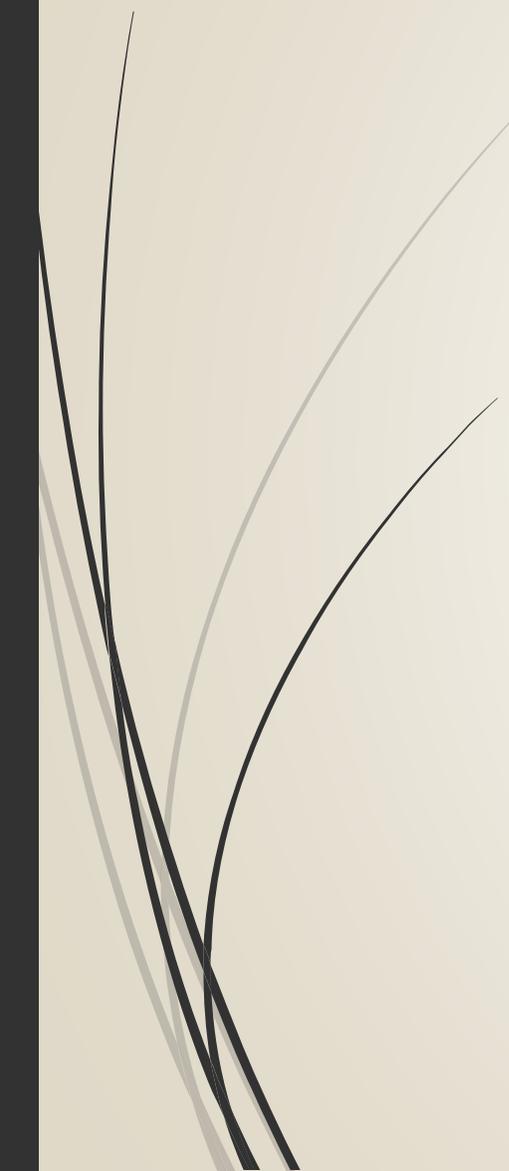
- Integral health
- Security
- Person-centered approach
- Friendly enviroments

## 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

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- ▶ 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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