

The Role of ICT in Long-term Care of Older People in Greece

Dr. Judy Triantafillou
50plus Hellas NGO



Funded by the European Commission
under the Seventh Framework
Programme
Grant agreement no. 223037

Aim of presentation:

- to show how Greek (and EU) research findings can be used to inform policy and services for long-term care (LTC) in Greece, focusing on the informal care sector and the use of ICT

What is and who provides long-term care?

Long-term care is the system of activities undertaken by **informal caregivers** (family, friends and/or neighbours) and/or **professionals** (health, social care and others) to ensure that a person who is not fully capable of self-care can maintain the highest possible quality of life, according to his or her individual preferences, with the greatest possible degree of independence, autonomy, participation, personal fulfillment and human dignity.

http://whqlibdoc.who.int/hq/2000/WHO_HSC_AHE_00.1.pdf

Research, practice and implemented policy

- 1) **EUROFAMCARE (2003-2005)**: Services for Supporting Family Carers of Elderly People in Europe: Characteristics, Coverage and Usage (research findings from interviews with the Greek sample of 1014 family carers) <http://www.uke.de/extern/eurofamcare/>
- 2) **INTERLINKS (2008-2011)** Health systems and long-term care for older people in Europe – supporting informal carers within LTC systems - <http://interlinks.euro.centre.org/project>
- 3) **CARICT (2012)** Can Technology-based Services support Long-term Care Challenges in Home Care? Analysis of Evidence from Social Innovation Good Practices across the EU: **IAM** http://www.euro.centre.org/detail.php?xml_id=1850

EUROFAMCARE, 2006: Who provides care for dependent older people in Greece, according to categories of needs for care?

Type of care need*	N=	The interviewed family carer (%)	Other informal carers (%)	Service/ support organisations (%)
Domestic care	875	86.1	33.3	8.1
Emotional/ psychological/ social	912	95.8	48.8	8.1
Health care	896	93.0	32.8	14.1
Mobility	728	92.9	35.7	6.9
Financial management	803	90.9	25.3	1.7
Care organisation and management	741	88.0	25.8	5.3
Personal care	667	92.2	8.1	6.9
Financial support	532	87.6	26.9	2.4

The INTERLINKS Framework for Long-term Care

<http://interlinks.euro.centre.org/framework>

- ✓ National Reports from 14 countries (3 from Greece) and 4 European Overview Reports (including “Informal Care in Long-term Care Systems”)
- ✓ An interactive e-Framework for LTC with >100 practice examples (6 from Greece), many using ICT e.g.
- ✓ Support for informal carers: “an Analytical Framework to Describe and Classify Informal Carers' Support Measures”

http://interlinks.euro.centre.org/sites/default/files/WP5%20Informal%20care_ExecutiveSummary_FINAL_1.pdf

Greek INTERLINKS Practice Examples for Long-term care

- 1) **Athens Association of Alzheimer Disease and Related Disorders (AAADR)**
<http://interlinks.euro.centre.org/model/example/AthensAssociationOfAlzheimerDiseaseAndRelatedDisorders>
- 2) **E-health unit “Sotiria” Hospital**
<http://interlinks.euro.centre.org/model/example/EHealthUnitOfSotiriaHospital>
- 3) **Elderly Care Vocational Skill Building and Certification (ECVC)**
http://interlinks.euro.centre.org/model/example/ElderlyCareVocationalSkillBuildingAndCertification_ECVC
- 4) **Help-at-Home** <http://interlinks.euro.centre.org/model/example/HelpAtHome>
- 5) **Greek Care Homes Association (PEMFI)**
http://interlinks.euro.centre.org/model/example/GreekCareHomesAssociation_PEMFI
- 6) **Archdiocese of Athens Social Services Department - ‘Christian Solidarity’**
<http://interlinks.euro.centre.org/model/example/ArchdioceseOfAthensSocialServicesDepartment>

Classifying Support Measures for Informal Carers

- **Specific measures** – aim to address ICs needs for support
 - a) directly (*help in performing caring tasks*) e.g. training **ECVC**
 - b) indirectly (*support and facilitate the caring option*) e.g. legal recognition of carers' needs and rights **(AAADR)**
- **Non-specific measures** target the needs of BOTH older people and informal carers
 - a) directly (*primarily aimed at informal carers*) e.g. Respite care **AAADR**
 - b) indirectly (*primarily aimed at older people*) e.g. all types of Home-care services **Help-at-Home; e-Health Unit**

CARICT Project (2012) aimed to evaluate ICT-based services for informal carers and assess evidence of benefit to informal carers, to older care recipients and to LTC systems:

- Mapping of 52 relevant EU ICT-based services for informal care
- Cross-analysis of 12 selected good practices for impact and success
- Development of Impact Assessment Methodology - **IAM**

Conclusions: The development, implementation and assessment of ICT-based services for informal carers can contribute to improving

- the health and quality of life of older people and their carers
- the sustainability and efficiency of the long-term care systems
- boosting a European market for these technological services

CONCLUSIONS

We have:

- Research data on the needs for support of Greek informal carers
- Good practices using ICT for care of older people and support of informal carers
- A methodology (IAM) for assessing their relative benefits
- Information on how policy can be formulated

We DO NOT yet have:

- **A comprehensive policy for the LTC of older people, which MUST INCLUDE an effective policy for the support of informal carers**

THANK YOU