



Development of residential long term care (LTC) into health promoting settings – an Austrian pilot project building upon HPH strategies

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Background

- In an ageing society with growing relevance of chronic conditions and functional impairment, Long Term Care gets increasing attention.
- Residential care exerts major health impact on users, staff and relatives and thus is interesting for the settings approach.
- A literature analysis shows little attention for health promotion for LTC users, little systematic research and no larger comprehensive HP approaches in LTC.



Project aim

- It is the aim of a pilot project in Vienna to explore strategies for implementation of comprehensive health promotion within the setting of residential long term care.

Gesundheit 
hat kein Alter

*„Lebens- und Arbeitswelt
SeniorInnenwohnhaus gestalten“*



Project structure



Intervention project

Research project

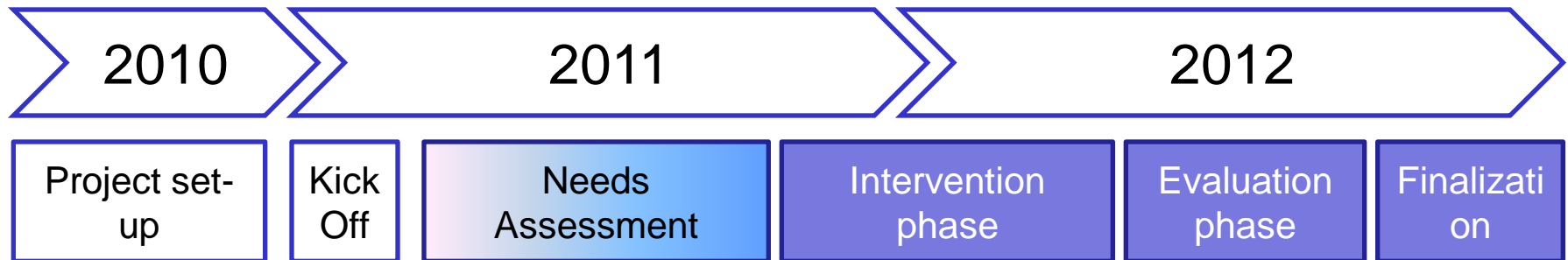
Conducted in in co-operation with largest provider of residential care in Vienna (KWP)





Project design

- Over a period of two years (2011-2012), three institutions with approximately 1000 residents will participate to develop towards a health promoting setting.





Needs assessment

Target group	Method	Based on	Plan	Status
Users	Interviews	WHOQOL-BREF, EQ5D, SLQA	300 persons	Finalized (344)
	Professional assessment	EQ5D, NBA	300 persons	Finalized (335)
Relatives	6 focus groups		45 participants	Ongoing (22)
Voluntary workers	6 focus groups		45 participants	Ongoing (7)
Staff	Questionnaire	SALSA, COPSOQ, BGW	60% of 367 employees	Finalized (235)
	9 health circles	Workplace health promotion	72 employees	June/ July
Management	Self assessment	18+1 HPH strategies/ PRICES survey	3 institutions	June



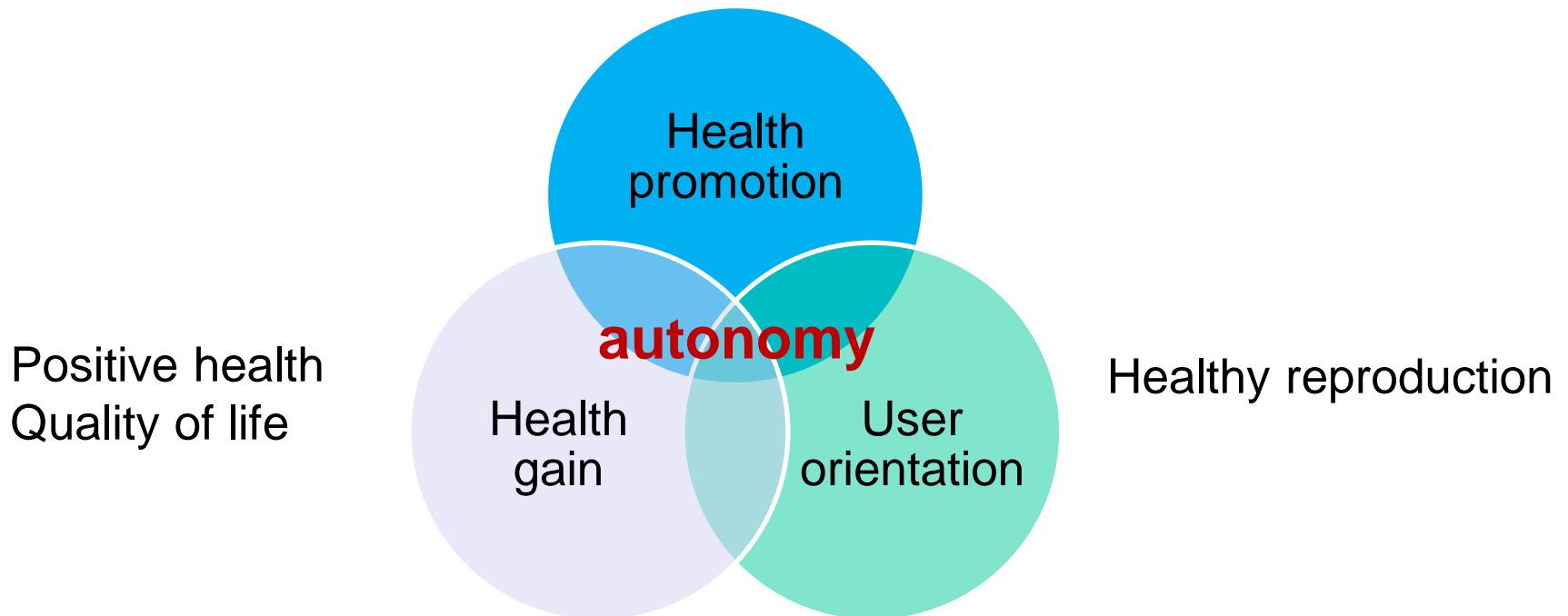
Interventions

- Intervention study in the area of mobility for the residents
- Supported strategy development for management as basis for organizational development
- Further interventions specified and introduced as part of development process



Conceptualization of intervention study for residents

- Increasing user orientation of these organisations with focus on autonomy of residents seems a key issue for improving health gain for all groups involved.





Evaluation

- The project will combine process and outcome evaluation of specific interventions
- Recommendations for the practical implementation of health promotion strategies within LTC settings (hand book)
- Scientific findings will be published to increase knowledge in HP for LTC



First results

- Although political context for LTC environment is challenging for health promotion, partners came together to set up pilot project
- Willingness from the side of residential housing providers to be part of the development process (set-up)
- Interest from local management to participate in the process (kick-off participation)
- Needs assessment within organizations for residential LTC care is possible with adapted instruments



Preliminary conclusions

- Setting approach for health promotion can be specified relating to current problems and challenges of LTC
- Complex concept of positive health is important working with functionally impaired, frailed clients
- Combined user and staff orientation is expected to reduce shifting for health gain and well-being of involved stakeholders



Thank you for your attention!

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