

WEBINAR



EIP ON AHA

Preventive Home Visits for Seniors (Pre-H) in Skane

8th October – Staffan Karlsson, RN, Professor in Health Science. *Faculty of Health Science, Kristianstad University.*

Pre-H a collaboration program



Kristianstads
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kommun



Bromölla kommun



Forskningsplattformen

Hälsa
i samverkan

Pre-H a collaboration program

Program initiation 2015

Corner pillars in preventive home visits

- Community planning
- Dissemination of information
- Strengthening autonomy (health promotion)
- Prevention of ill health (disease prevention)

The purpose of the Pre-H program

To develop a common model for preventive home visits by structuring, among other things:

- Home visit service
- The organization for home visits
- Digital support (digital assessment, advisory and decision support) for the implementation of the visits

To monitor and evaluate the introduction of the model.

Home visits

Seniors (77 years) are offered home visits

Home visitors:

- District nurse
- Health educator
- Assistant nurse

(personal suitability, local knowledge is important)

The visit takes 60-90 minutes

Home visits

Collect data:

- General health
- Physical & Mental Health
- Nutrition
- Cognitive ability
- Socio-economic situation
- Functional ability, activity
- Housing situation
- Security at home

Home visits

Provide information and advice

- Incontinence aids are free, contact the health center
- The municipality is responsible for support for relatives who care (informal caregivers) according to the Social Services Act (SoL)
- Dry mouth can cause difficulties, medication can cause dry mouth: review of medication list, dietitian, aids
- Sleep advice: routines, environment, meals, suggestions for action

Examples of information material

- Municipal information
- Everything you need to know about osteoporosis
- Balance more (annual calendar), National Board of Health and Welfare
- Great food for seniors
- The important food (Region Skåne)
- Fixer service
- Good eating habits for the elderly
- Good advice Senior Alert
- Healthy food for healthy aging
- Home security checklist

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