What does Integrated Care mean for Individuals?

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Supporting quality integrated care:
Policy and practice at local, regional and national levels
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Greek older people in need of care (Eurofamcare, 2006)

- 65% women; 50% aged >80 years
- 1/3 memory and /or behaviour problems
- 2/3 unable to go outside/manage stairs
- ½ need help with personal care
- <1/3 unable to feed themselves without help
- > 1/3 urinary incontinence
- Who provides this care? > 90% informal carers; <10% service/support organisation

Greek family carers of older people (Eurofamcare, 2006)

- 81% women; mean age 52 years
- 19% same generation (spouses; siblings)
- 69% children; children in-law
- Mean >50 hours of care provided/ week,

plus >30 hours /week caring for others

- Mean of 5 years of care provided at the time of interview
- Main problems of carers – poorer physical and mental health, social isolation, FINANCIAL

= WORSE QUALITY OF LIFE

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Athens Association of Alzheimer Disease and Related Disorders (AAADRD)

- Established (2002) by dementia patients' relatives and health and social care professionals
- Provides multi-dimensional support for patients and families (community and residential care centres; research; lobbying etc)
- 2014 Greek Alzheimer plan
- http://interlinks.euro.centre.org/model/example/AthensAssociationOfAlzheimerDiseaseAndRelatedDisorders

What helps us most from this service?

- Trustworthy, reliable and efficient care for my husband by people he likes, that relieves me of some of the burden of care
- Support and training for me in how to manage my husbands illness and the problems it causes
- A reduction in the bureaucratic and time-consuming procedures needed to get essential medications and services
- Knowing that if anything happened to me, the Center staff would help our family to organise the most appropriate care for my husband

INTERLINKS: a Europe-wide resource that aims to improve long-term care for older people

- 2008-2011 - 14 countries
- Work towards integrated systems of LTC (prevention, rehabilitation, quality, governance and finance)
- Linking Formal-Informal and Health-Social care
- A person-centred approach
- Reports, practice examples, interactive website

http://interlinks.euro.centre.org/project

- Book: *Long-term care in Europe – Improving policy and practice. (2013)* Leichsenring et al (Eds.)

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INTERLINKS: main conclusions for Integrated Care

- Service users (older people and informal carers) should be more involved in planning and providing person-centred, long-term care
- Informal carers should be acknowledged, trained and fully integrated with care teams
- Policies for long-term care **must** include comprehensive and effective support for working and non-working carers

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My top two recommendations to decision makers

- Informal carers: Recognise the contribution of informal carers to integrated care provision; acknowledge this by giving them legal rights to support (financial and/ or services) and including them as part of the care team
- Integrated services for older people: Develop more comprehensive, affordable, good quality, flexible services, so that older people and their informal carers have real choices in how their care is provided

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