

New possibilities in the area of long-term care for ageing population



**PROF. DDR. ANA VOVK KORŽE
DR. KLEMEN PRAH**

***INTERNATIONAL ECO-REMEDIATION CENTRE,
FACULTY OF ARTS,
UNIVERSITY OF MARIBOR***

Capacities Over 50' As Rural Development Tool

Seminar: Distance Learning

19. – 22. June 2012

Bioterme Mala Nedelja, Slovenia



ADCOMP

MECHANISMS FOR ADJUSTING OF PROFESSIONAL COMPETENCIES IN LONG TERM CARE SERVICES

ES/09/LLP-LdV/TOI/149042

SLOVENIA, UNIVERSITY OF MARIBOR



Govern de les Illes Balears

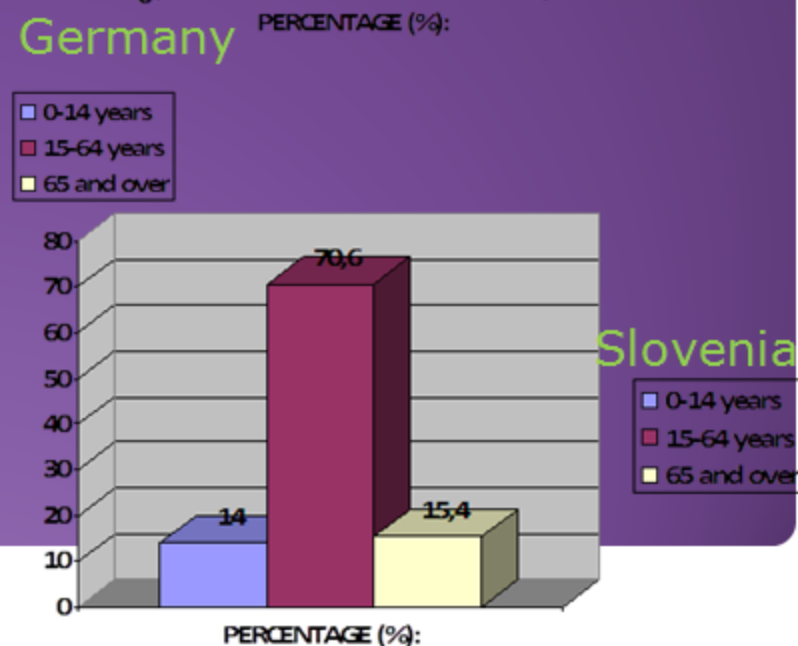
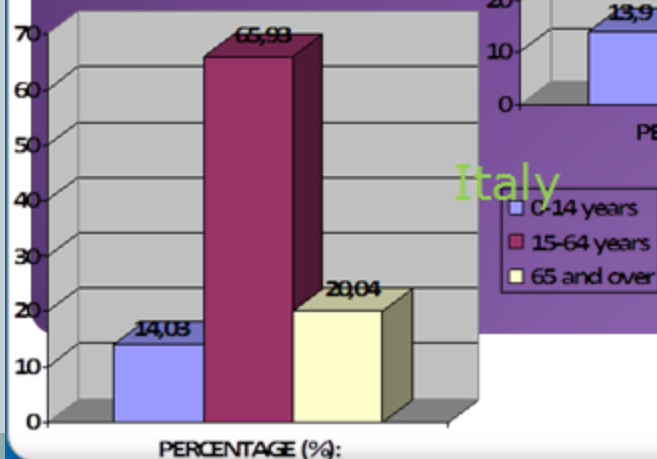
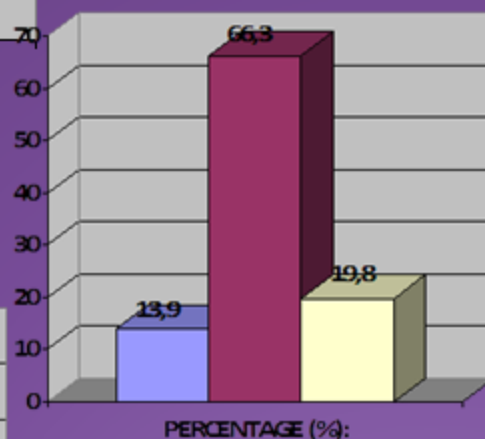
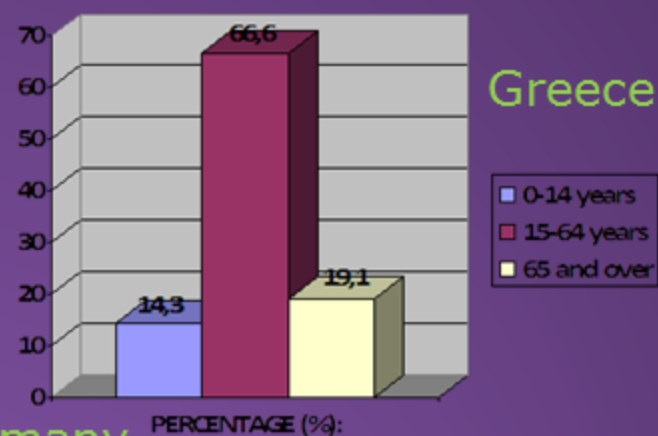
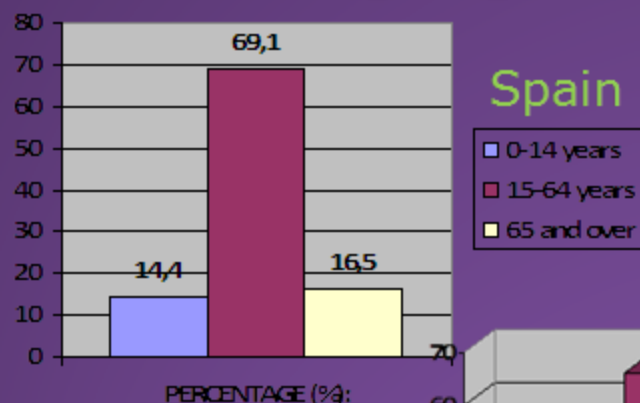


Education and Culture
Lifelong learning programme
LEONARDO DA VINCI

LONG-TERM CARE

- Long term care (LTC) is understood as a well-planned and well-organized set of services and care processes, targeted at the multi-dimensional needs/problems of an individual client or a category of people with similar needs/problems” (Driest,2006).

PARTNER COUNTRY COMPARISON- population structure;



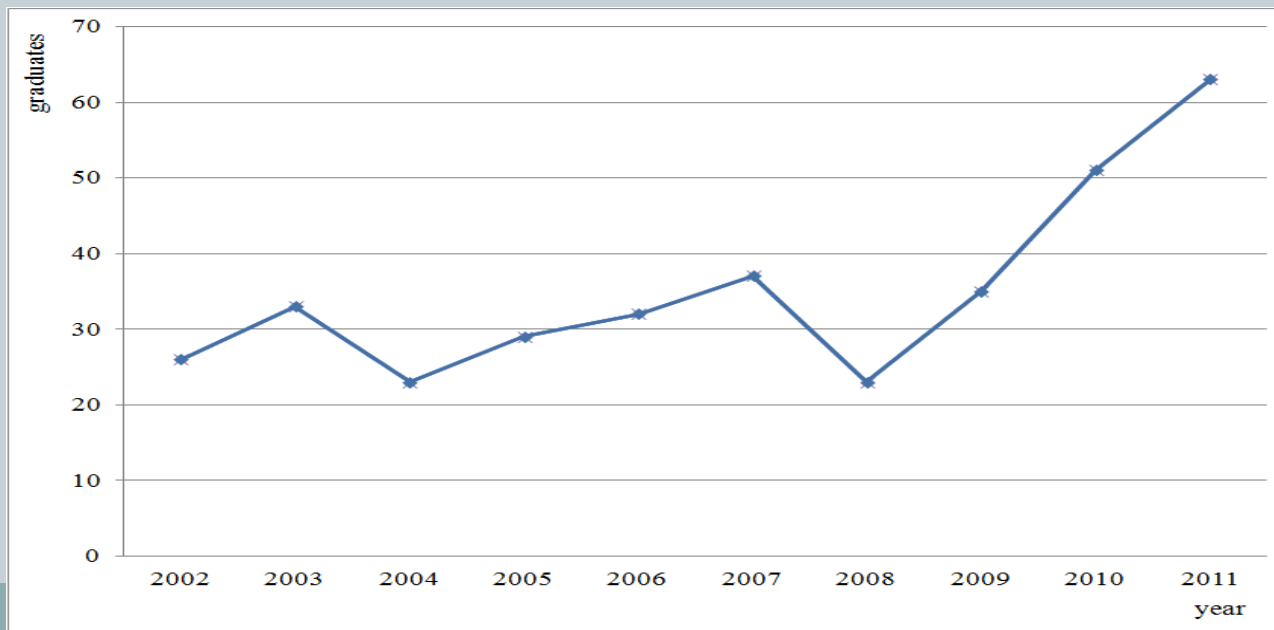


- Like the majority of other European countries, Slovenia is facing the **challenge** of the:
 - quick ageing of its population and
 - the increasing number of people who need long-term care.
- The **purpose** of long-term care is:
 - to assure the highest possible life quality considering his or her psychophysical capabilities as well as
 - safety in home environment or in a special, organized institutional care (The Ministry of Health of the Republic of Slovenia, 2007).

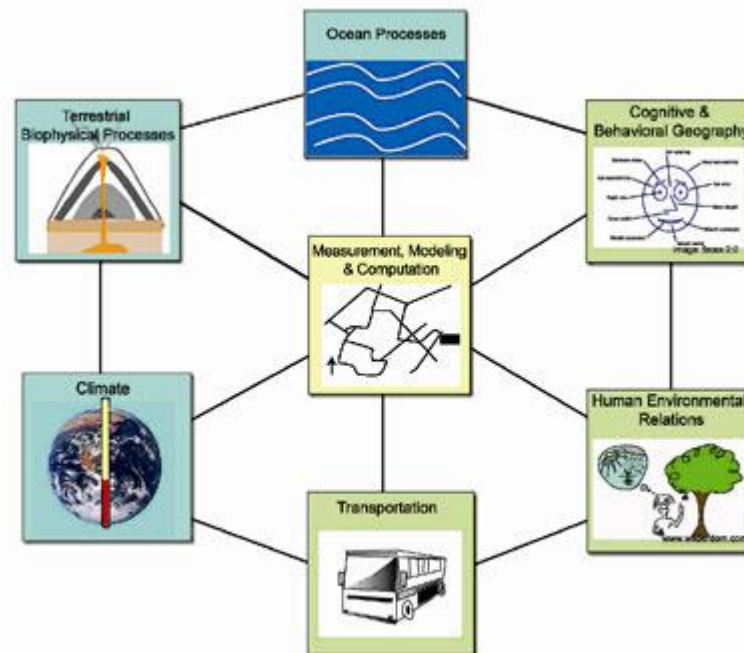
Long-term care and geography



- Long-term care provides geographers with **new opportunities** for additional education or employment.
- Statistical data for Slovenia show that **unemployment** of Bachelors of geography grew for 142 % from December 2002 to December 2011.



- The field of geography is **wide-ranging** and **interdisciplinary**, and the same applies to the field of long-term care, which makes it easy for geographers to engage in further training and implementation of field work in this area.



Problems of long-term care are linked to the country's regional characteristics



- The crucial **problem** of long-term care is assuring the balance between:
 - family and a person who requires care,
 - the needs of the person who is taken care of,
 - social programmes for the elderly and
 - institutions that offer long-term care,
 - as well as the impetuses in the social, political and financial fields.
- In the framework of the project **Mechanisms for adjusting of professional competencies in long-term care services (ADCOMP)**, we have carried out research on the features of family care in the area of the Podravska region.





- When reaching old age, rural residents are in most cases forced to **leave their villages** and move into the nearest city, where institutions for this kind of help are usually situated.
- This situation causes a lot of **distress** to the elderly, who are not willing to leave their homes, where they have spent the larger part of their lives. Sometimes all they need is some assistance with their housework, but people offering this kind of services are in the countryside very difficult to find.
- In the framework of the project ADCOMP, we have thus set the goal of developing **practical workshops** with the help of geography students, whom we have thus introduced to a new field of work.





- In the case of the **Podravska region**, the countryside may encounter serious difficulties due to the inappropriate infrastructure and lack of formal institutions that could provide help to the elderly in rural areas.
- If we had a **network** helping the persons in need of long-term care on the local level, they could remain in their home environments, which is very important to some of them.



Mariborsko Pohorje, Slovenske Gorice,
Haloze, Maribor, Ptuj, Slovenska
Bistrica, Poljčane, Ormož



The international project ADCOMP provided the possibility to participate also to geography students

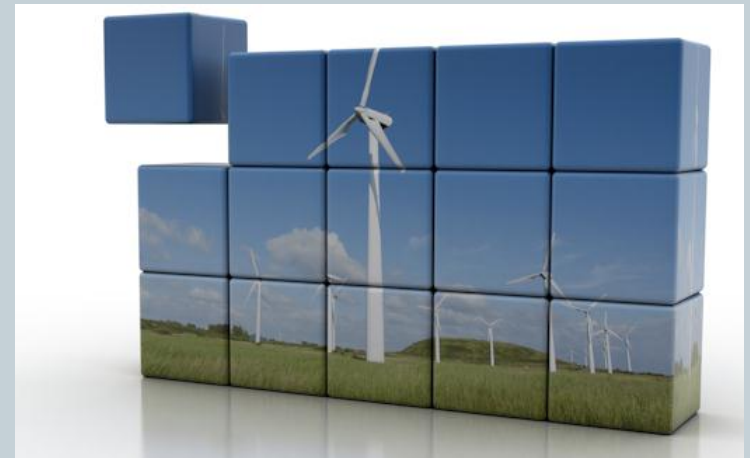


- In the project ADCOMP, we have developed, beside practical workshops, also some mechanisms for **attracting the unemployed** into the sector of long-term care.
- Since there are many geographers among the unemployed in Slovenia, we have included **third year students** of the first level geography studies – those students who were willing to participate in the project as volunteers.





- Geographical **subjects** that can be associated with long-term care at the undergraduate level are for example the following:
 - Population Geography,
 - Social and Cultural Geography,
 - Geography of Slovenian Regions,
 - Project and Team Work in Geography,
 - Geography of Rural Areas,
 - Applicability of Geography in Society,
 - Education in Contemporary Societies,
 - Adult Education etc.
- It is interesting to note that the field of geography is quite **related** to long-term care.



Practical workshops for persons under long-term care in accordance with the activities suggested by the elderly

- After the concluded analysis of the state in the field of long-term care in the Podravje region, we have prepared, with geography students, a simple **questionnaire** for persons included in long-term care.
- The questionnaires were filled in by students according to their conversations with the residents of the old people's home **Dom Jožeta Potrča** in the municipality of Poljčane.
- 77 elderly persons were willing to reply to oral questions (61 women and 16 men).
- We were interested in their **needs** (Table 1) and the **activities** (Table 2) they wish to undertake.



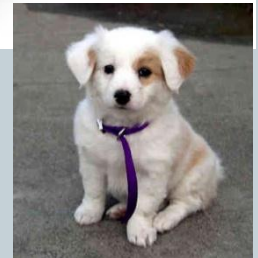
Seq. no. NEEDS OF PERSONS UNDER CARE

1. A need for socializing and for asserting one's talents
2. Social contact with relatives by e-mail
3. Conversation (listening to their problems related to their way of living)
4. Help with getting dressed, hygiene, preparation of food, physical support
5. Company when they are walking animals, contact with animals, reminiscence, the possibility of doing work according to one's talents
6. More social games, working in groups
7. A wish for new knowledge and for using computers
8. Help with sorting medicines (help with reading the instructions for use, help with measuring out the right dose etc.)
9. Escort to medical examinations (transport)
10. A desire for learning, acquisition of new knowledge and skills, use of technology

Seq. no.	SUGGESTED ACTIVITIES
1.	Socializing in the framework of workshops, developing one's talents and participating in social life
2.	Contact with animals, taking walks, recreation
3.	Learning the fundamentals of working with computers (using e-mail, android cell phones)
4.	More frequent access to the external environment
5.	Short trips
6.	Walking in nature
7.	Driving to the shop
8.	Delivery of basic utilities from the shop
9.	Providing escort to events
10.	Help with the use of cell phones



- The analysis of the replies has shown that the elderly wish to use **computers** (send e-mails),
- that they still think about **developing their capabilities** and that they are motivated to join the activities inside and outside the old people's home.
- They have also shown a desire to be in contact with **animals**.
- **Geographic knowledge** (from the ICT literacy to the knowledge of the regional and local conditions, cooperation with the public, and team work) is thus part of the contents desired by persons under long-term care.





- The **result** of getting to know the conditions in the old people's home and problems in the field of long-term care in the Podravje region has been:



The preparation of **practical workshops** with the participation of geography students, who helped to create them and carry them out (as volunteers in the old people's home).





- We have developed three practical workshops:
 - **Electronic mail**
 - **Therapy with the help of animals**
 - **Discovering personal potentials on the basis of analyzing one's handwriting**

Electronic mail



- We have created their personal accounts
- We have acquired the e-mail addresses of their relatives (especially children)
- Special conditions (poor sight, awkward fingers...)
- Students have been surprised to see the joy of people sending their first e-mails



Therapy with the help of animals



- Program that includes „**Ambassadors of Smile**“ – volunteer organisation that helps in people's healing process
- Enhances the **improvement** of human physical, social, emotional and cognitive functions, which refer to thinking and intellectual capabilities



Discovering personal potentials on the basis of analyzing one's handwriting



- Performed with the GE-HRM method (Global Employee Human Resource Management)
- To identify his or her character traits and special competences on the basis of knowing their type of handwriting.
- The method was performed by providing paper and pens to the elderly and encouraging them to write down two or three sentences about what they love.
- We explained to the participants what are their talents and what kind of professions they could work in (this made the elderly tell us their life stories, associated with the lack of money and lack of opportunities for education).



Geography students' views on the implementation of practical workshops for people with long-term care

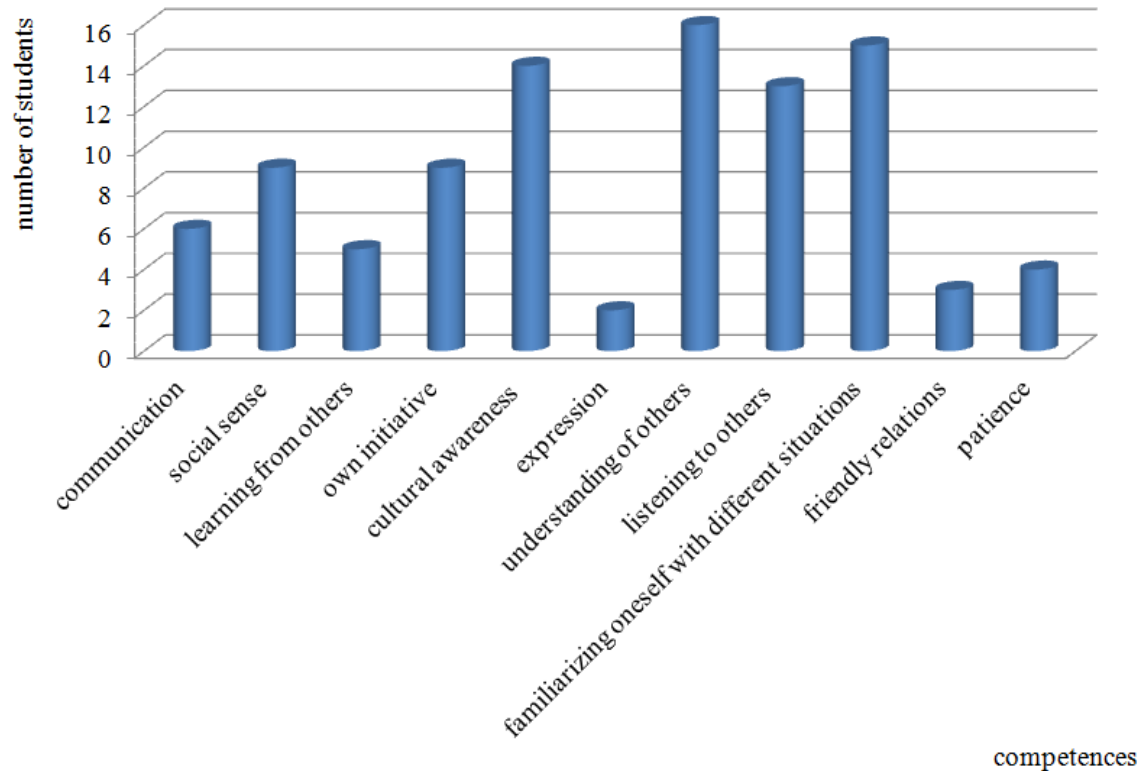


- We carried out all the three practical workshops in the old people's home **Dom Dr Toneta Potrča** in the town of Poljčane.
- Our **goal** was to help the old people's home in amusing the persons under long-term care and to encourage geography students' sense of responsibility and their motivation for voluntary work.
- After six months (from June 2011 to December 2011) of carrying out practical workshops, we **analyzed students' work** and collected their responses to participating in this process of voluntary work.

Competences which students gained

- Among the **competences** (more than one answer) which students gained in the six month period of the project implementation, the leading ones were:

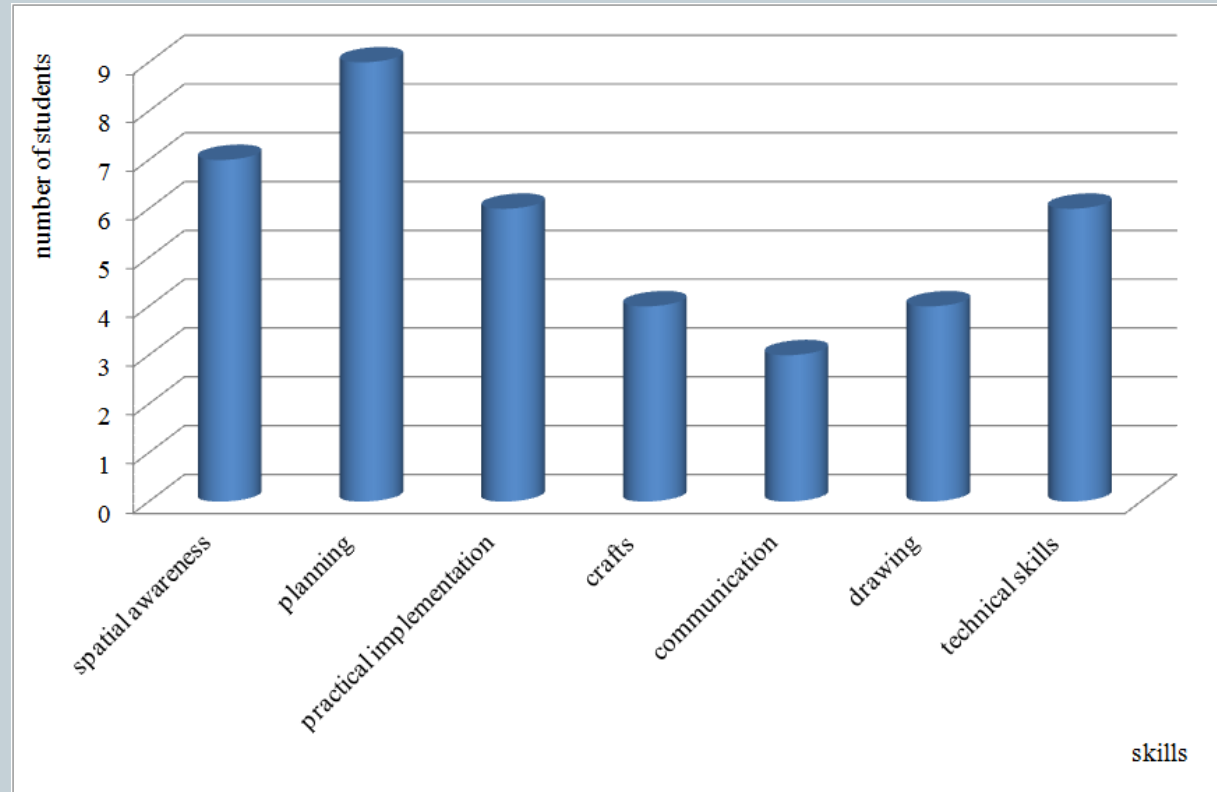
- the understanding of others (16 replies),
- familiarizing oneself with different situations (15 replies),
- cultural awareness (14 replies)
- and listening to others (13 replies).



Skills which are specific to geographers



- Students think that the skills which are specific to geographers are:
 - planning (9 students),
 - spatial awareness (7 students),
 - practical implementation (6 students) and
 - technical skills (6 students).
- Their skills that are a bit less developed are:
 - crafts (4 students),
 - drawing (4 students) and
 - communication (3 students).

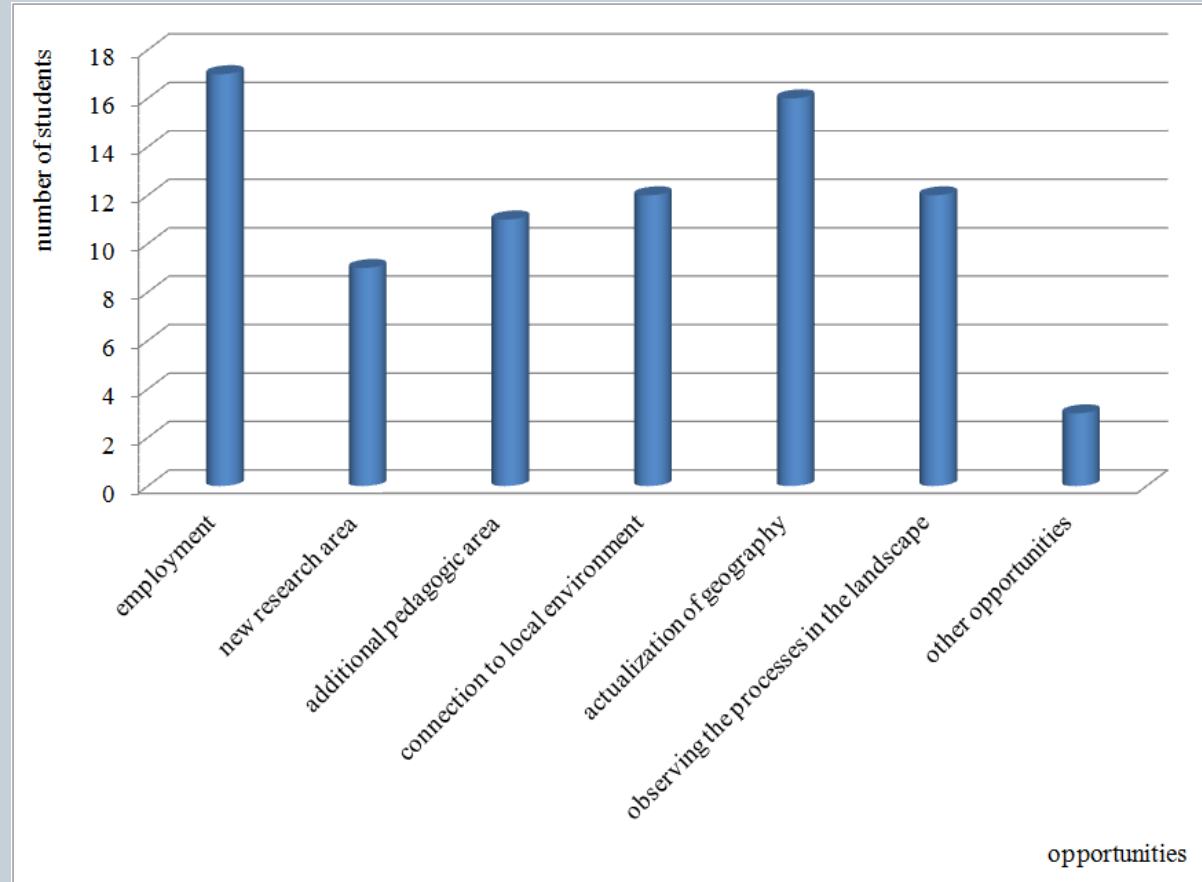


Opportunities for geography in the field of long-term care



- Students see numerous opportunities for geography in the field of long-term care:

- All students recognize an opportunity for employment in this field,
- opportunity for the actualization of geography (16 students),
- connection to local environment (12 students),
- observing the processes in the landscape (12 students),
- additional pedagogic area (11 students),
- new research area (9 students)
- and other opportunities (3 students).



Conclusion

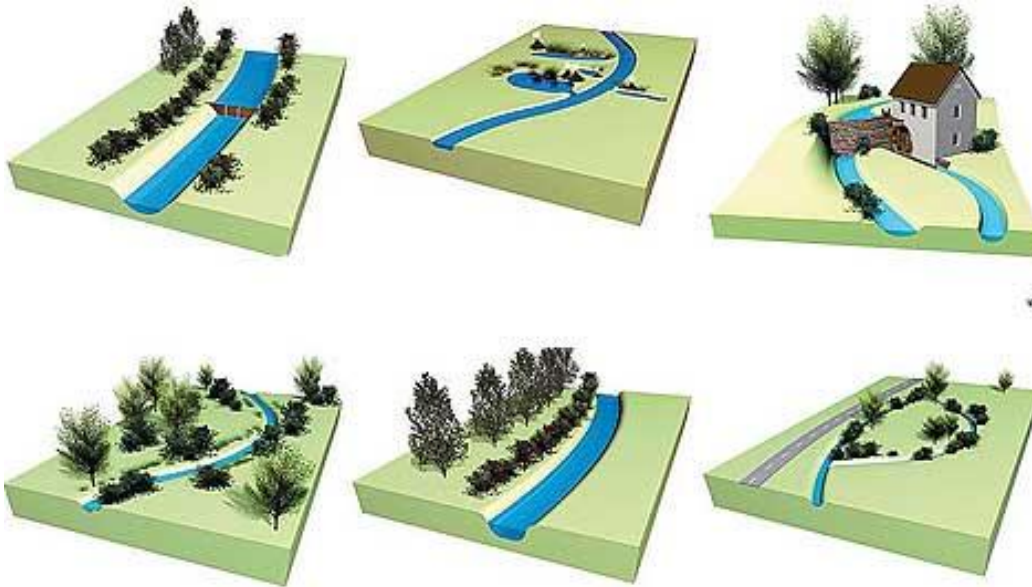


- The voluntary work of geography students has shown that we can reduce the unemployment of geographers by including especially the young into the system of long-term care, where our goal is active participation in planning systemic measures for this population.
- These should include:
 - the environmentally friendly design of old people's homes (simple objects, efficient in terms of energy),
 - sustainable management of the environment in which these people live (permaculture garden design, the use of plants that positively affect people's well-being) and
 - the use of ecoremediation in environment management (for cleaning water and soil).
- Such initiatives are already well under way. The old people's home in the town of Murska sobota (the Pomurje region) has made a request for an arrangement of its environment with ecoremediation, which will require the knowledge and experience of geographers. This is why we have reasons to view this new opportunity for geography with optimism.

Ecoremediation



- Ecoremediation is the application of natural and co-natural systems and processes for nature and environmental protection.
- Those ecosystems have strong buffer, purification and biodiversity capacities, and they are capable to assist by neutralisation, decomposition and compensation of wasted waters, lands and air.





THANK YOU FOR YOUR ATTENTION!

