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Osteopathy for Elderly People as a Home Care Service - Designing a New Service Concept

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Introduction

- The elderly are a large and ever growing clientele of social and health services in Finland and most European countries
- One of the great challenges of the future is to provide sufficient social and health services to meet fast growing needs of the elderly
- One of possible solutions is to support active, healthy aging and the elderly's ability to live independently at home in order to enhance the elderly's wellbeing and to reduce need for early hospital treatment
- The Wellbeing and Energy Efficiency in Living project (HEA) was set to provide new innovative solutions to meet the elderly's need
- In co-operation with HEA-project, our development task is to design a new innovative osteopathic home service concept for the Finnish elderly living at home



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The Wellbeing and Energy Efficiency in Living project (HEA)

- Objective is to develop demand and user-driven solutions and services in order to promote elderly people's wellbeing and energy efficient lifestyle
- Six umbrella projects in different kinds of living and service environments
- Realized in co-operation with among others university and polytechnic students in social services and health care, engineering and technology
- Project is funded by European Regional Development Fund (ERDF) programme for Southern Finland
 - Duration 2011-2014
 - Budget € 2 million



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Purpose

- To provide an osteopathic home care service to elderly people who cannot visit osteopathic clinics themselves, hence to improve their ability to live more independently at home



Objectives

- Service designing, and evaluating
 - what special considerations from an osteopathic perspective there are regarding to osteopathic home care service
 - how an osteopathic home care service works for elderly people
- To help the elderly to maintain a good general state of body function and to enhance their ability to live safely and longer at home



Subjects and Methods

Subjects

- 23 residents, between 65 to 90 years of age living in a communal assisted residence in Mäntsälä, Finland
- Three qualified osteopaths and one physiotherapist for interviewing

Methods

- 2-3 osteopathic home care consultations and participatory observations done by 18 osteopathic students under supervision
- Theme interviews of two elderly patient, three osteopaths and one physiotherapist
- Analysis of interviews and participatory observation
- Applying a service design methodology to investigate and create an osteopathic home care service as a development task for the Bachelor's thesis to be completed in spring 2013



Preliminary results

- Six key elements of a successful osteopathic home care service:
 1. Most elderly don't know what osteopathy is – find a good way to inform them about benefits of osteopathic treatment.
 2. Apply good communications skills, show interest, respect and patience – let the elderly take their time.
 3. Communicate and co-operate with relatives and other members of the rehabilitation team when needed.
 4. Be creative with treatment and take care of your own ergonomics.
 5. Be cautious about dosage of treatment and patient handling in order to prevent side-effects.
 6. Broaden your scope of osteopathic treatment – the elderly might need your help in different activities.



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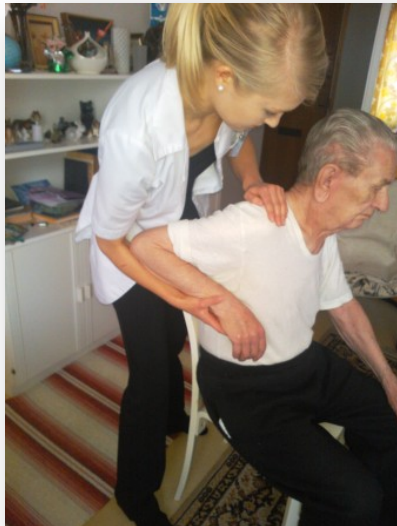
Preliminary conclusions

- Osteopathic home care services are suitable for the elderly who cannot visit osteopathic clinics themselves
- In order to provide safe and high-quality services, co-operation with residence staff, rehabilitation team members and family is needed in getting information on elderly's medical background and booking appointments for seniors with dementia
- Home care service differs from normal clinical setting. Often an osteopath need to broaden the services like
 - correcting walking stick length
 - taking the resident to the balcony
 - changing light bulb of a lamp etc.
- Dosage of osteopathic treatment has to be modified to minimize side-effects



Suggestions for further studies

- Monitoring pain reduction and more specific body functioning
- Ergonomics in osteopathic home care service
- Osteopath's role in a multidisciplinary rehabilitation team



Je vous remercie de votre attention!

