

CARDI | SPARC SEMINAR

*Developments in Housing, Health and Technology for Older People
Showcasing Research and Practice*

Grosvenor House – Belfast, N.Ireland

10th June 2008

Nearly home.... Ageing Places and the Nestling Project.

*Transforming social networks, environments and
technologies for longer living.*

Rodd Bond



Dundalk Institute of Technology

nearly home

- ***'--- as they are now, nursing homes do not serve the needs of the elderly ... they can show well-cared for bodies, but they house broken spirits'***
– (Carter C. Williams 1999)
- ***'--- the length of life ain't important to me – the quality is'***
– (Ralph Nelson 84; Almost Home film)
- ***'--- He said, ".....
I was walkin' down an old dirt road
Past a field of hay that had just been mowed
Man I wish you'd just left me alone
'Cause I was almost home"'***
– (Craig Morgan – Almost Home Lyrics)
- ***'--- place is space with meaning attached'***
– (Yi Fu Tuan 1977)

SPIRIT

QUALITY

FREEDOM

MEANING

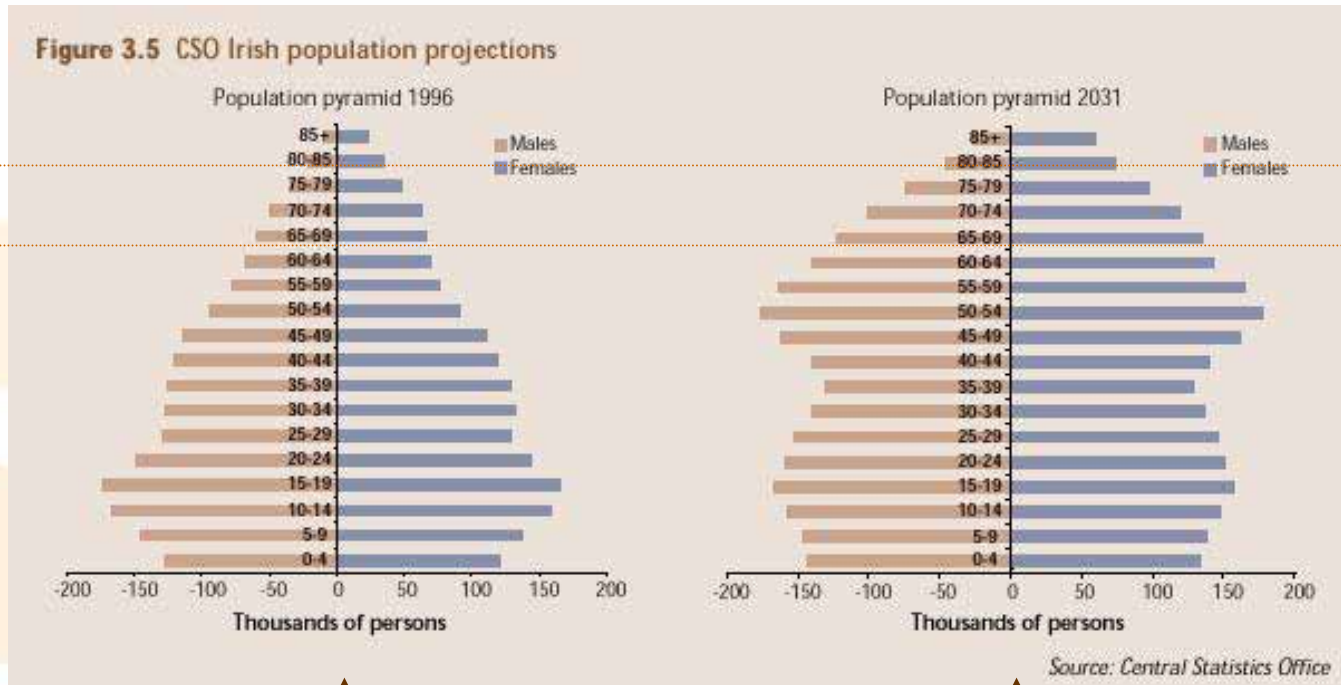
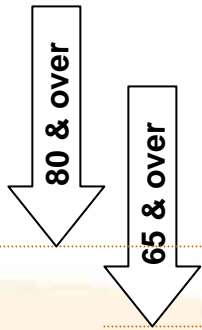
Creating and nurturing living places with deep relatedness to us

HOME AS A PLACE

HOME AS A JOURNEY

PLACE & PACE AS DIMENSIONS OF EXPERIENCE FOR AGEING PEOPLE

the demographic challenge



Total population : 4,253,800
Population 65 & over : 467,920 (11%)

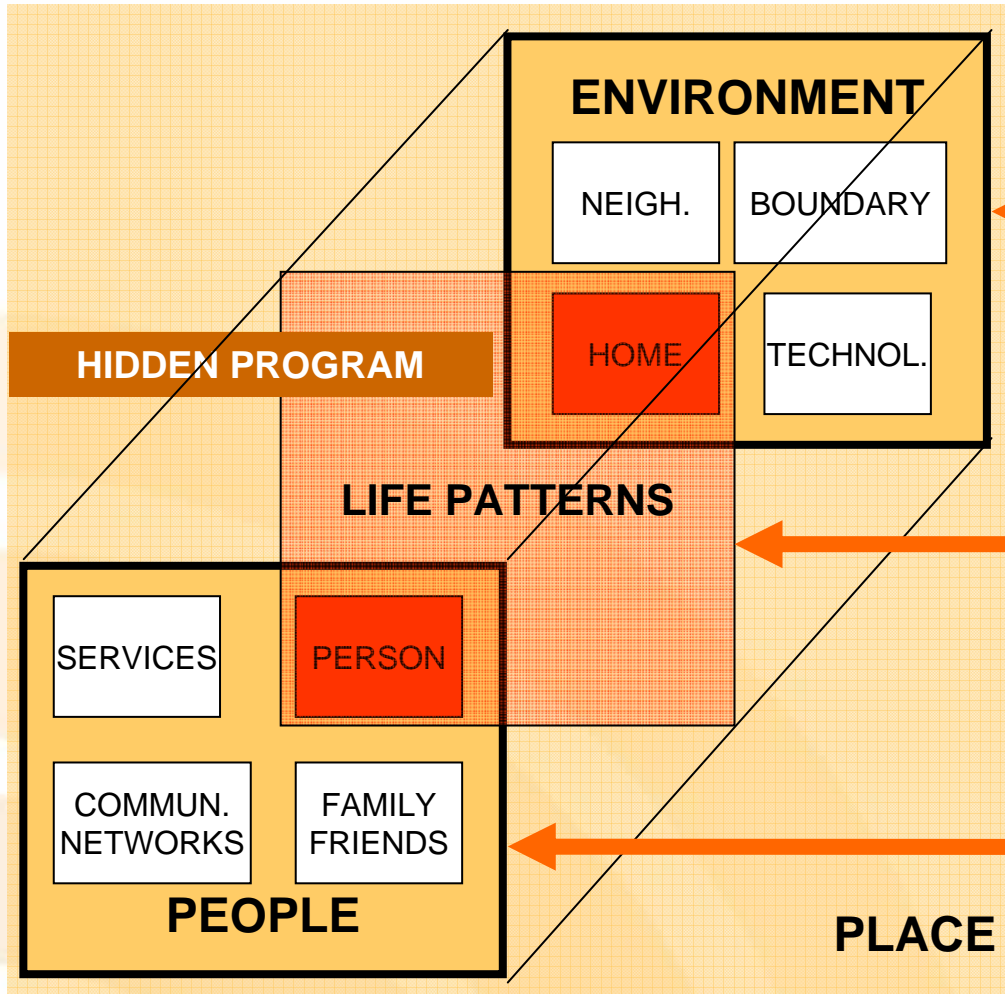
Total population : 5,568,220
Population 65 & over: 1,002,280 (18%)

The Nestling Project

- Collaborative demonstration project
 - Health Services, Local Authority, Institute of Technology
 - Research Partners – University of Ulster, DCU-NCSR
 - Part funding through Philanthropy, EU regional grant
 - Ageing-in-Place project around Barrack St., Dundalk, Ireland
- Proposition
 - Maximise opportunities for community based ageing-in-place – based on the fusion of:
 - new integrated community care model(s),
 - environmental improvements (housing & neighbourhood)
 - and new technologies (telecare / telehealth / automation)
- Key outcomes
 - Evidence-base for broader adoption and home service intensification (high dependency)
 - Inform appropriate policy areas to remove barriers/accelerate
 - Promote regional innovation - product/service development
 - Foster culture of continuous quality improvement in community

A CROSS-COMMUNITY APPROACH FOR BETTER AGEING

model of place (based on Chapin 2006)

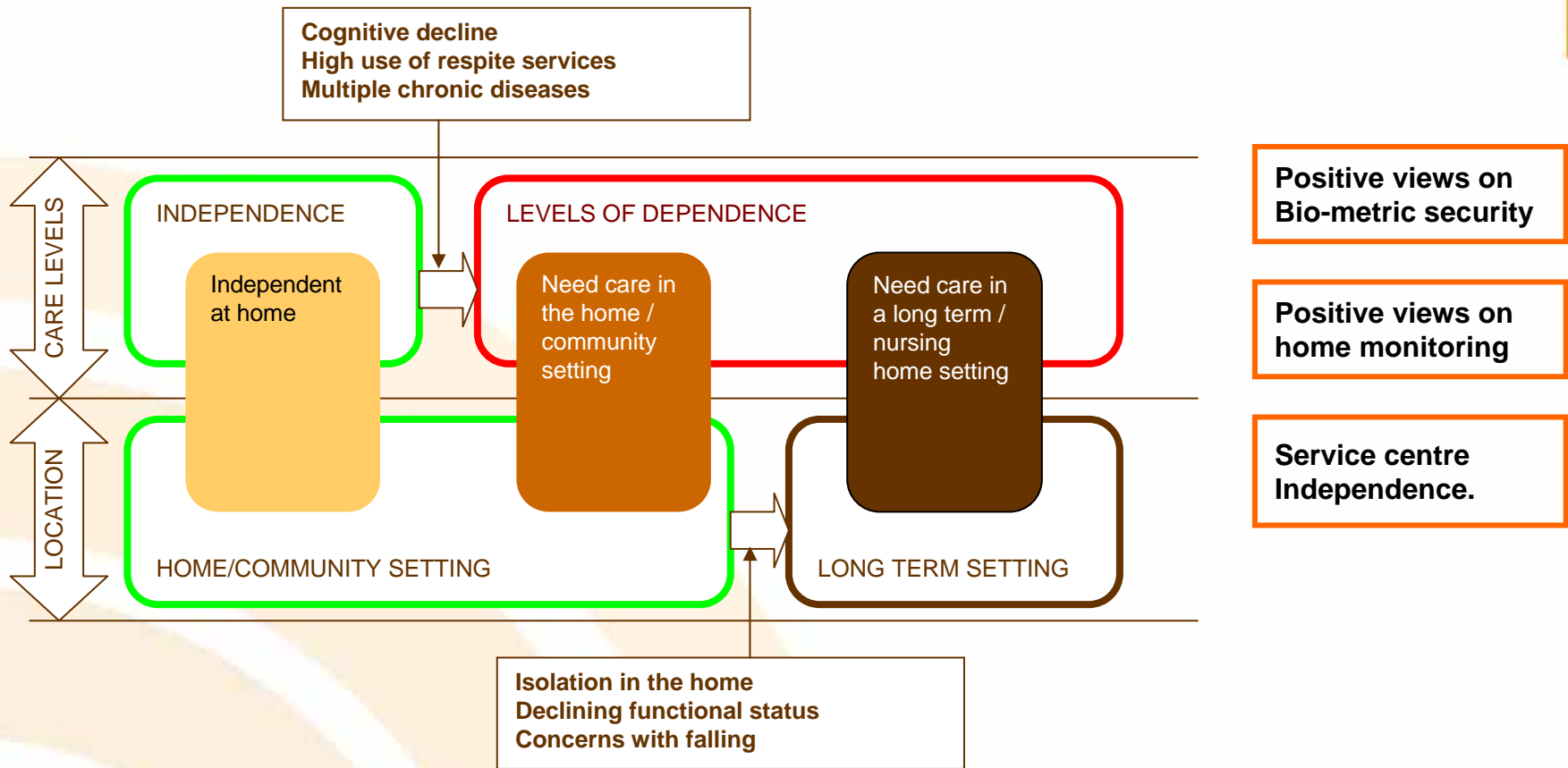


Q3: How well does the environment and supporting technologies enable autonomy and support community ?

Q1: How well do people experience place in supporting their needs and aspirations ?

Q2: How well does a community model(s) work in sustaining itself and its members. (cohesion and inclusion) ?

preliminary investigation - needs



WHO Age-Friendly Cities – Oct 2007

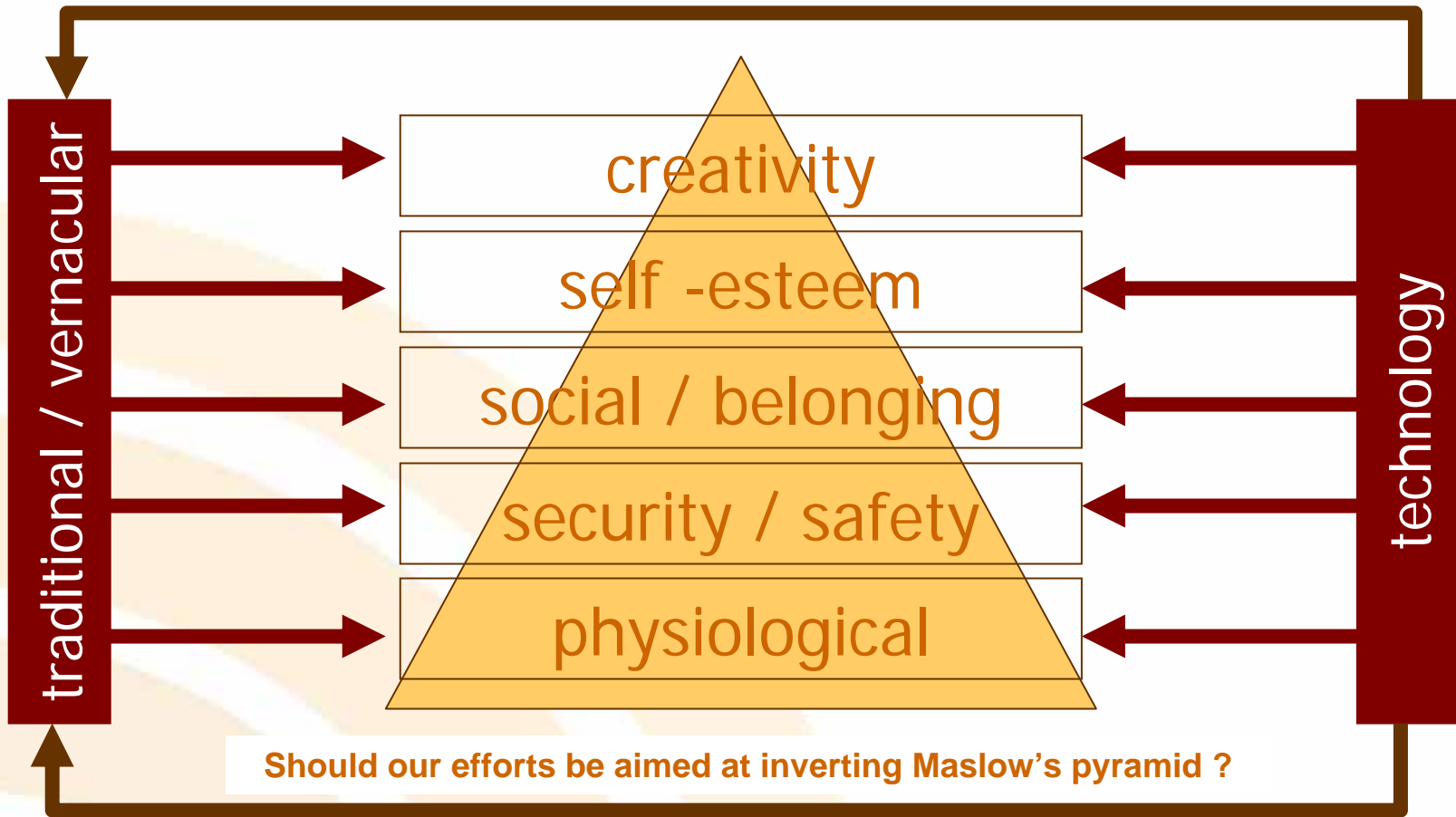
- WHO Ageing and Life Course Programme
 - 33 cities in 22 countries contributing
 - Focus groups, carers and provider groups
- Topics for consideration
 - Outdoor spaces and buildings
 - Transport
 - Housing
 - Respect & social inclusion
 - Social participation
 - Communication and information
 - Civic participation & employment
 - Community support & health services



WHO: Age-friendly cities local report:

- The most important things
 - Sense of security
 - Respect
 - Cross-generational community vitality and sustainability
 - Joined up services and better information
 - Environments that are considerate of seniors' increasing frailty
 - Environments that reinforce community
 - Transportation
 - Affordability
 - Valuing seniors' time

prelim. investigation: needs

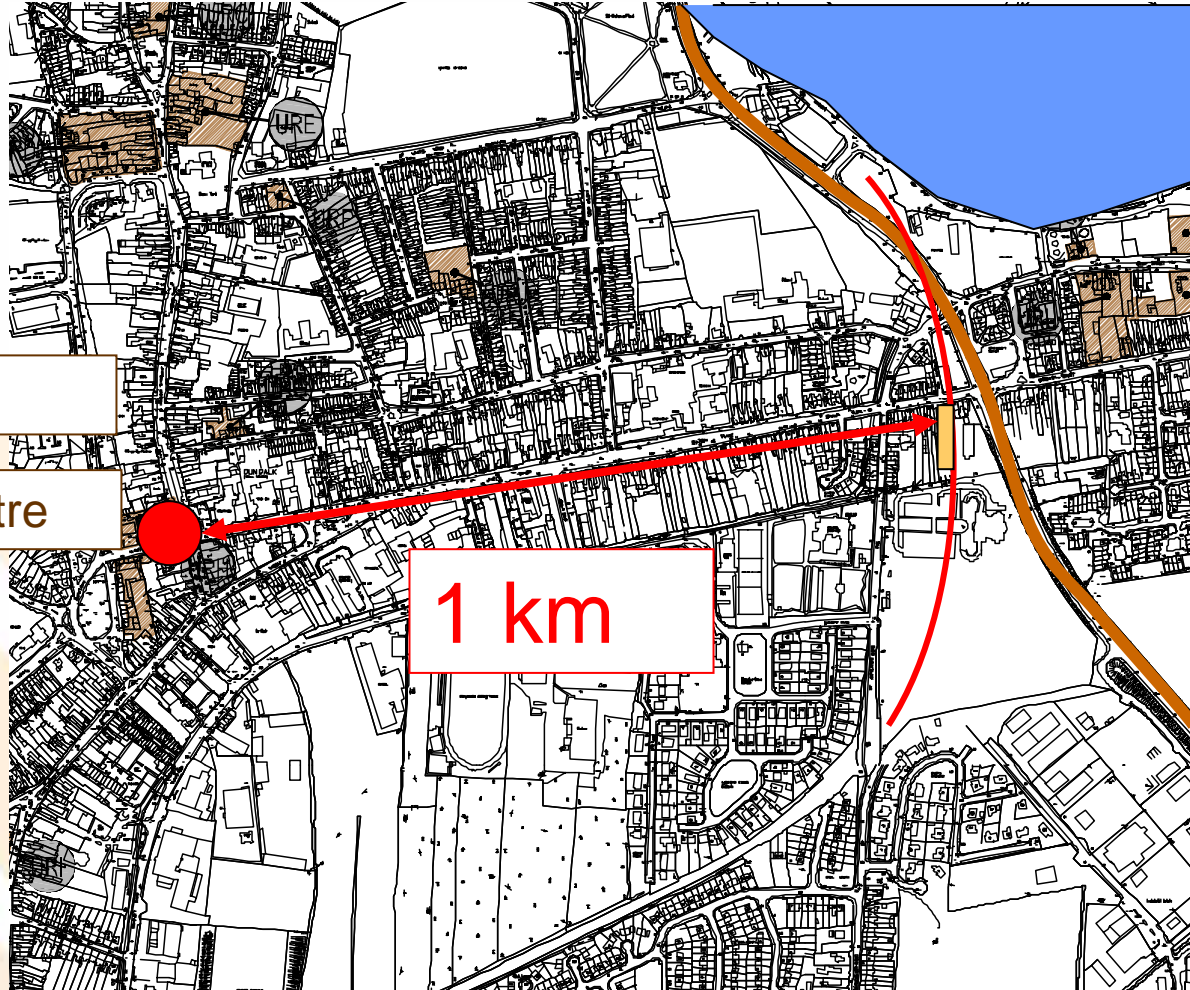


demonstrator - barrack st.,

Site

Town Centre

1 km



neighbourhood - facilities



barrack st., details

16 units

Out-reach centre

1 unit transition

Primary care centre

space features

- Lifetime adaptable
- Accessibility
- Healthy home

energy features

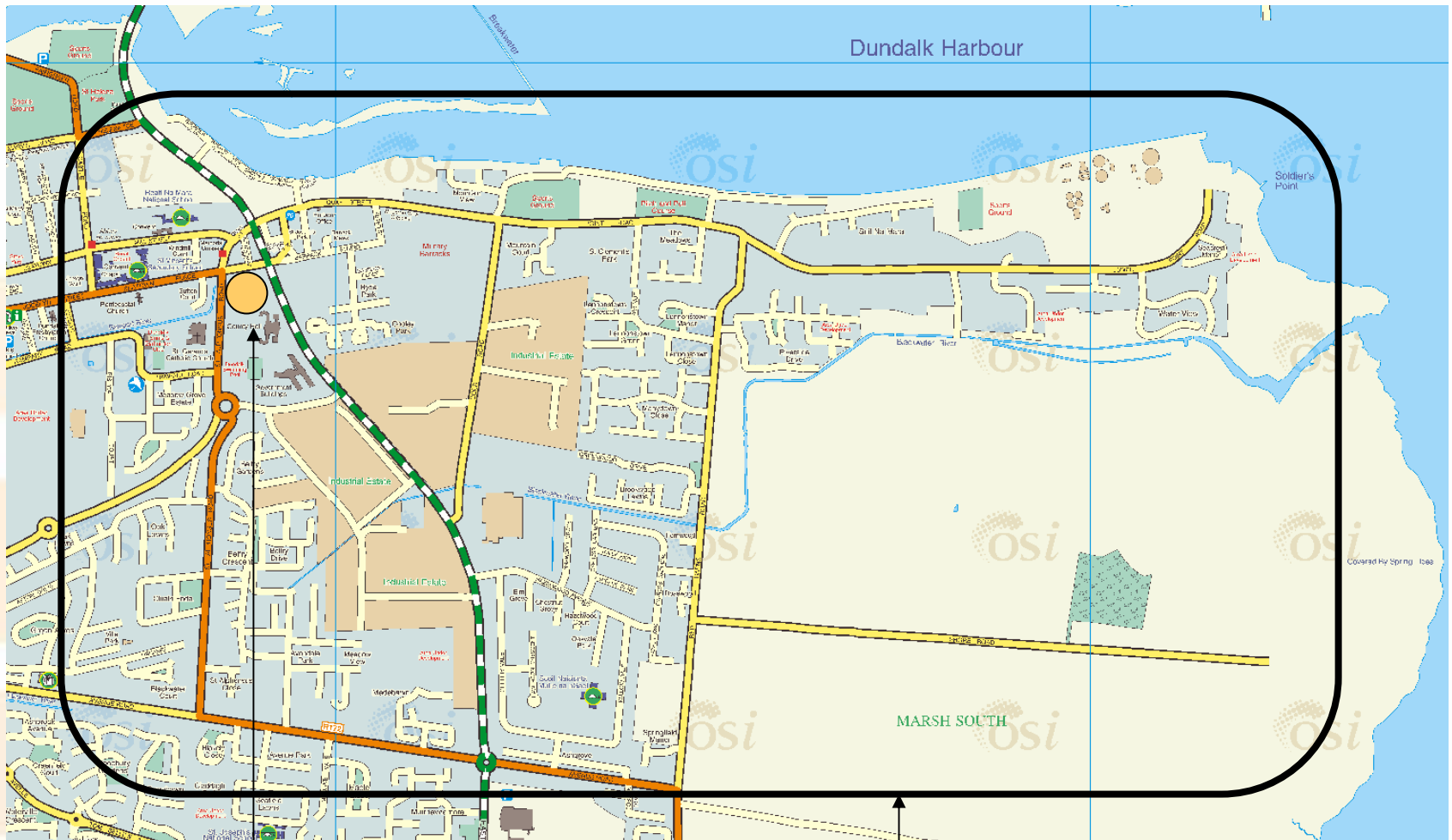
- orientation
- fabric
- fenestration
- energy source
- management

Tech. features

- base infrastructure
- social connectivity
- tele-care/health
- home-automation



neighbourhood team area



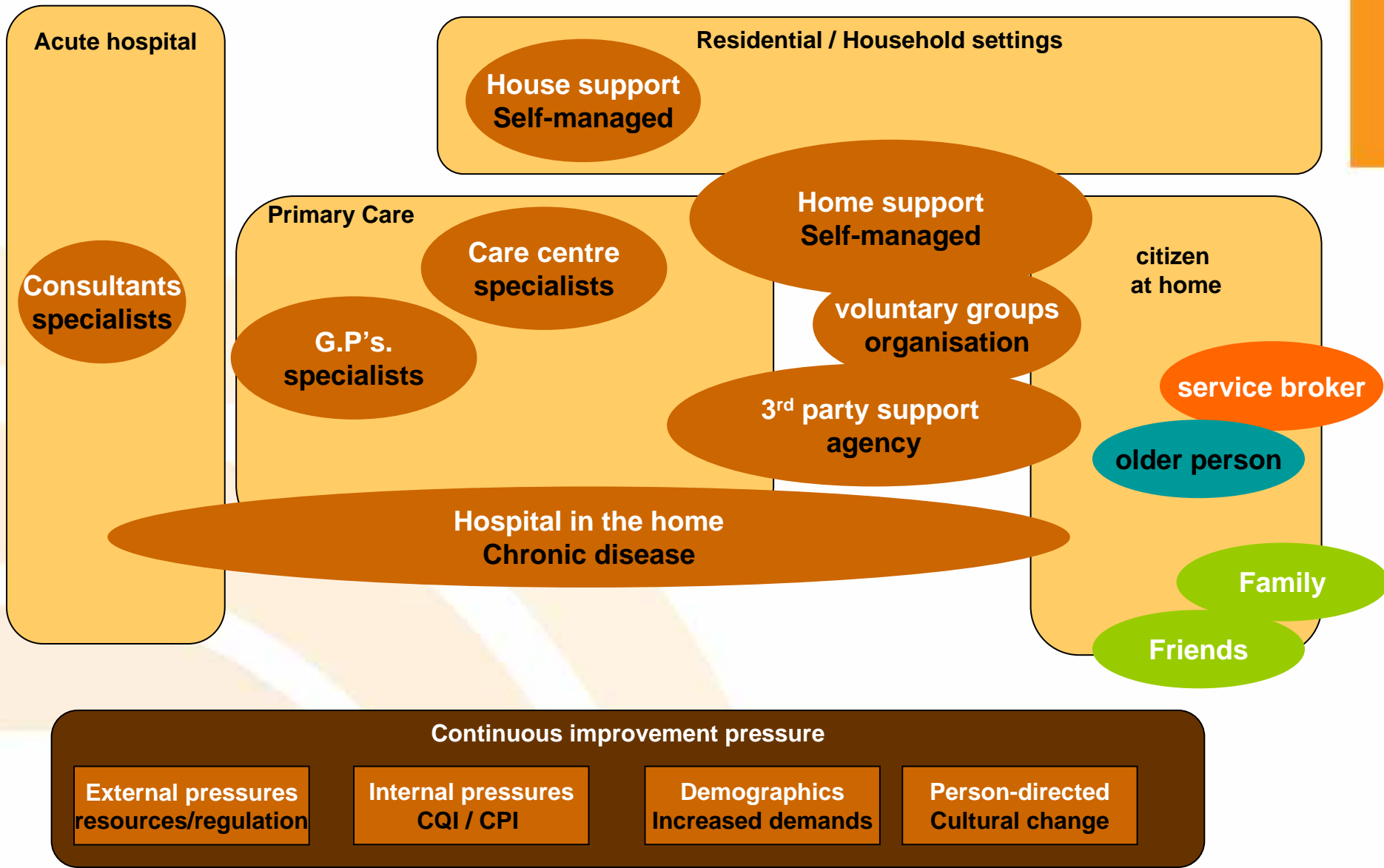
Barrack St base

Nominal service area for team

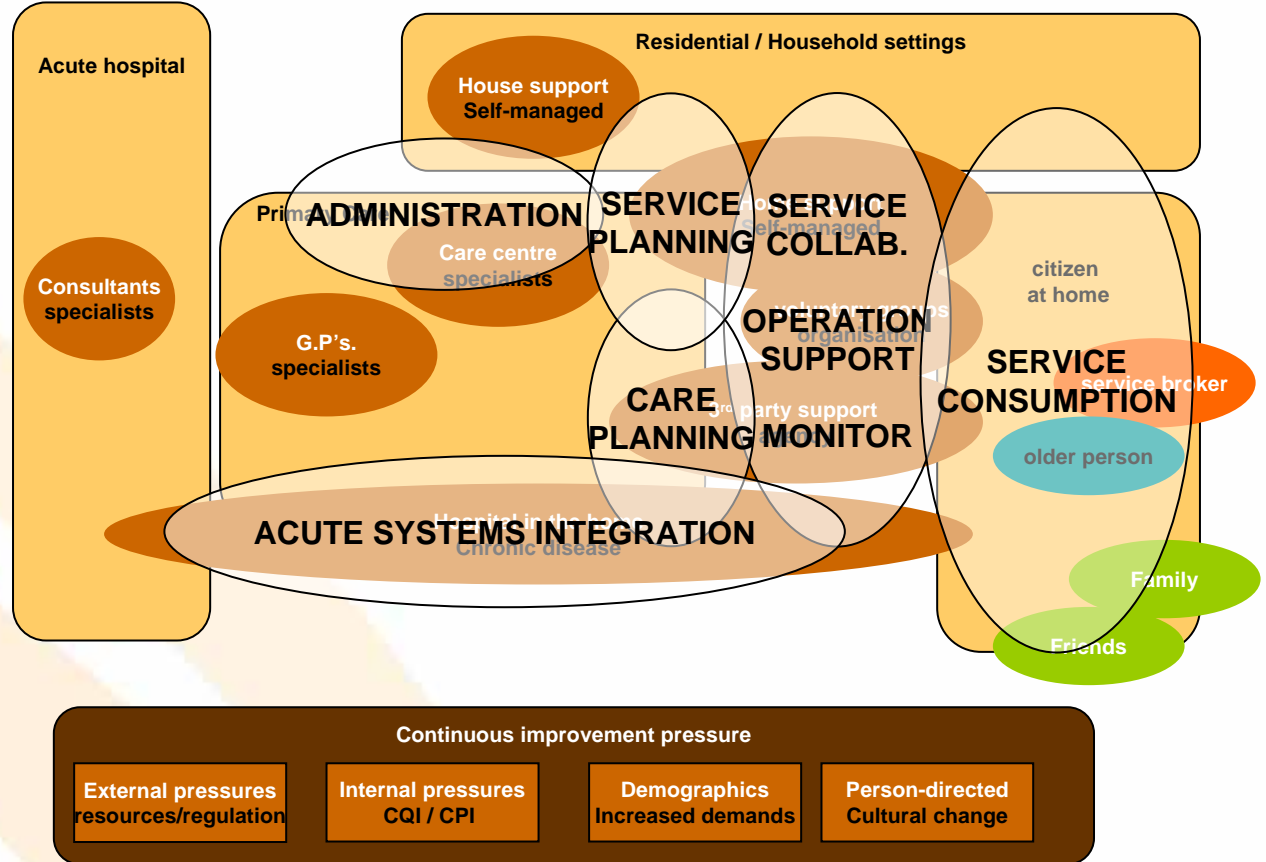
Teams across the network



community-oriented model development



ICT DOMAIN AREAS

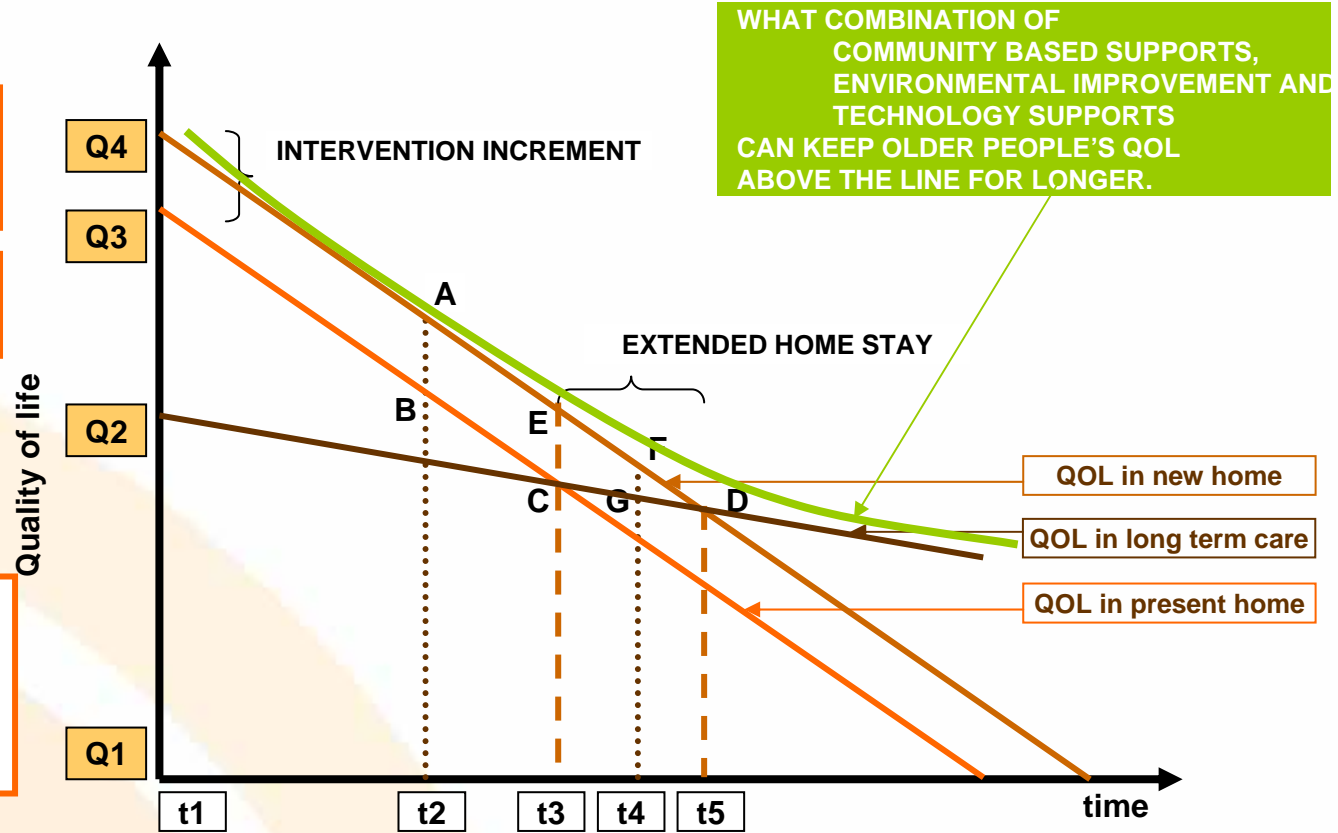


Incremental impact model (based on CMHC 2005)

Achieving a richer, personalised, quality of life measure to QALY

The slope and value of the long term care line is moving

Paradigm shift from extended home stay until an event breaches QOL threshold to full life-course model reaching to end-of-life.



evolving QOL aspirations of the individual



evolving individual ability, sustainable environmental adaptability, responsive community care services.

Lesson 1

- Resources
 - Its not about lots of new resources – its about channelling, aligning and optimising the resources we already have.
 - It's about doing what we already do - but better !!



Pedestrianised street – but where's the seating?



Seating – but where's the people?

Lesson 2

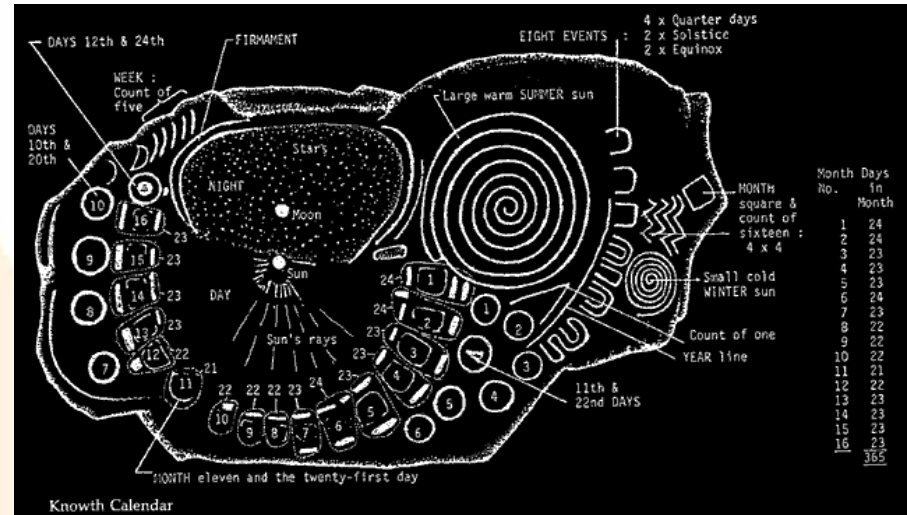
- Capacity
 - Collaboration
 - building cross-agency community capacity to collaborate – to share budgets – to each work on the edges of their core competencies - isn't easy !
 - Trust and empowerment
 - trusting and empowering the community and voluntary sector - to be equal partners in services delivery - doesn't come naturally !
 - Participation (from telling to asking)
 - empowering older people to exercise choice – to shift from consultation to participation - loosening control - is scary!

However, building capacity – to collaborate, to trust and to participate - is a finite challenge with an infinite return !!

Lesson 3

- Time
 - Time is a very precious resource – particularly for older people. We must not only examine the structure of our neighbourhoods and cities – we must examine the PACE of them.
 - If we value seniors' time (as we do our own) – we'll go along way to building the respect and dignity they deserve.

We were once 'good at time' in Ireland – can we re-capture our excellence ?



an aware care services model

Early detection
Early diagnosis
Early intervention

Continuous assessment
Preferred interventions
Orchestrate delivery

