



Integrated Care: International examples of good practice

System: Eksote Social and Health Care District, South Karelia region, FINLAND				
Contact details: Riikka Lehmus, c/o ificscotland@integratedcarefoundation.org				
Name of good practice: Reablement & Rehabilitation				
<i>Select (x) all areas that apply to your good practice (select more than one if applicable)</i>				
CLIENT GROUP	Children and young people		Older adults	x
	Younger adults	x		
SETTING	City		Remote & rural (incl islands)	x
	Corporate		Urban	
SERVICE AREA	Addictions		Management team	
	Admission avoidance	x	Mental health	
	Community care services incl care at home/care homes		Physical disabilities	x
	Day services		Physical health	x
	Housing incl Homelessness		Primary care	
	Intermediate Care incl Hospital at Home	x	Rehabilitation	x
	Justice services		Social care services	
	Learning disabilities		Supported discharge	x
	Other – please specify			
ELEMENTS of FRAMEWORK	Anticipatory care planning		Live independently at home or in a homely setting	x
	Assets based approach		Manage own care	x
	Connect with communities		Reablement	x
	First point of contact	x	Seamless working with a cuted	
	Enhanced care in care homes / supported accom		Short term targeted interv to meet more complex needs	x
	Fully integrated community teams	x	Teams aligned with general practice	
	Other – please specify			
ENABLERS	Agile working	x	Information sharing	
	Aligned plans		Infrastructure	x
	Clarity of vision		Management information	
	Clinical and care governance		Shared accountability	
	Collaborative leadership		Strong team ethos	x
	Culture and values		Technology	x
	Fit for purpose premises		Well-developed lead professional roles	x
	Improvement capacity		Well-developed relationships	
	Other – please specify			

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Summary of situation

The Ministry of Social Affairs and Health in Finland oversees national policy that emphasises prevention, maintenance of functional ability, independent living at home and active participation in society. An important goal is to add more healthy years. Reablement is a national priority to ensure people can have as healthy and independent a life as possible.

Decision making, funding and delivery are devolved to regions and municipalities. Eksote District in South Karelia region of Finland was an integrated care pathfinder for a population of 129,000 (27% over 65 years) across several remote and rural communities. The system has made a significant shift from institution based rehabilitation models to home based models.

Actions taken

Nine municipalities in the South Karelia region formed Eksote Social and Health Care District in 2010 and developed shared support services and a single patient/customer information system. www.eksote.fi



Social services are integrated with primary care, hospital and emergency healthcare services, family and social welfare services, housing and community services that promote health, wellbeing and functional ability.

The integrated offer includes:

- Collaboration with support from community organisations and volunteers
- Strength in Old Age model to promote physical activity in later life.
- Support and coaching for family caregivers
- Early support for people with memory impairment
- Home care with a reablement focus to enhance wellbeing
- Digital information and advice, chat-services
- Comprehensive multidisciplinary assesment and rehabilitation at home
- Centralised hospital discharge response for same day assessment and support
- Acute Home health care

A service centre brings together district social services, advice and education under one roof as a single point of access to holistic assessment and interventions. This is complemented by mobile outreach services to support 11 local wellbeing centres offering a one-stop-shop approach for guidance, allocation and service coordination. Mobile multidisciplinary teams, a mobile laboratory and clinic provide nurse and oral health services to the more remote areas.

Rehabilitation and acute assessment skills have been strengthened in home health care services- capacity was increased in evenings and at weekends and a new Acute

	<p>Home Health Care model was created.</p> <p>MDTs use digital technology for remote consultation and decision support. Paramedics use point of care testing: CRP, haemoglobin, cardiac enzymes, blood gas analysis, electrolytes, carbon monoxide and ultrasound.</p> <p>All prescriptions are issued electronically. Robotic medication dispensers reduce demand for homecare visits for people who need support for adherence / medication administration.</p> <p>Citizens can access their electronic medical records and prescriptions and order repeat prescriptions in the Kanta online service. The same electronic patient record system is used in the health care centres and hospital.</p> <p>National reform in Finland aims to spread and scale up the pathfinder integrated approach developed by Eksote. From January 2023, 22 wellbeing services counties will be responsible for ensuring their local population receives the health, social care and emergency services they need. Municipalities will continue to organise child daycare, education, sports and cultural services.</p>
<p>Outcomes / impact</p>	<p>Eksote's integrated reablement / community rehab / intermediate care model was associated with:</p> <ul style="list-style-type: none"> • 56% reduction in need for long term support at home • Savings of 8000 Euro per person (30% reduction in service costs) • Fewer new entrants to nursing home - 95% of over 75s live at home compared to national average of 91% • Robotic medication dispensers estimated to save 400-500 Euro per month per customer <p>In the acute care at home model, 43% of paramedic visits are not conveyed to ED, resulting in 33% reduction in costs for emergency assessment</p> <p>Eksote has seen over 50% reduction in annual growth in net operating costs.</p>
<p>Links to presentations and AV materials</p>	<div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-right: 20px;"> <p>Homerehabilitation in South Karelian so</p> </div> <div style="margin-left: 20px;"> <p>Recording</p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-right: 20px;"> <p>Eksote eng. Tepponen 2021 (Fall</p> </div> <div style="margin-left: 20px;"> <p>Recording</p> </div> </div> <p>https://www.youtube.com/watch?v=w4aasiZLY9Q</p> <p>https://www.youtube.com/watch?v=uGqvjoy6VKs</p> <p>https://www.euhpn.eu/new-blog/wellbeing-in-south-karelia - link to short video</p>

Related publications	Webpage on national reform https://soteuudistus.fi/en/health-and-social-services-reform <i>Integrating health and social services in Finland: regional and local initiatives to coordinate care</i> https://www.euro.who.int/_data/assets/pdf_file/0011/389666/php-4-4-pp1-eng.pdf	
Even better if ... <ul style="list-style-type: none"> ➤ Telerehab is developed further with support of the telemedicine platform 		
Similar international examples and evidence for reablement <i>A multicenter investigation of reablement in Norway: a clinical controlled trial</i> https://bmccgeriatr.biomedcentral.com/articles/10.1186/s12877-019-1038-x <i>A comparison of the home-care and healthcare service use and costs of older Australians randomised to receive a restorative or a conventional home-care service</i> https://onlinelibrary.wiley.com/doi/10.1111/hsc.12092 Virtual rehab in Ontario https://vimeo.com/540654545		
<u>NATIONAL HEALTH AND WELLBEING OUTCOMES</u>		
1.	People are able to look after and improve their own health and wellbeing and live in good health for longer.	x
2.	People, including those with disabilities or long term conditions, or who are frail, are able to live, as far as reasonably practicable, independently and at home or in a homely setting in their community.	x
3.	People who use health and social care services have positive experiences of those services, and have their dignity respected.	x
4.	Health and social care services are centred on helping to maintain or improve the quality of life of people who use those services.	x
5.	Health and social care services contribute to reducing health inequalities.	
6.	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	x
7.	People who use health and social care services are safe from harm.	
8.	People who work in health and social care services feel engaged with the work they do and are supported to continuously improve the information, support, care and treatment they provide.	
9.	Resources are used effectively and efficiently in the provision of health and social care services.	x
<u>Health and Social Care Scotland's 5 Essential Elements (click link to listen to statement of intent)</u>		
1.	Transforming the approach to improving health, wellbeing and independence	x
2.	Building stronger community care systems and primary care services	x
3.	Establishing a new focus on mental health	
4.	Securing a sustainable acute hospital service and specialist care service	x
5.	Strengthening future partnerships to ensure a modern sustainable workforce	

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