Case:
Good Ageing in Lahti Region (GOAL), Finnish research project on ageing and well-being

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Meaningful ageing

Physical health

Mental health and activity

Social networks, relationships

Environment

28.5.2009, RV
Palmenia
Centre for Continuing Education

- Part of the University of Helsinki
- Operates in diverse fields of adult education and regional development

http://www.helsinki.fi/palmenia/
GOAL = GOod Ageing in Lahti region (international name)

Ikihyva Paijat-Hame 2002-2012 (national name)

- Collaborators
  - University of Helsinki, Palmenia and Dept. of Social Policy
  - National Institute for Health and Welfare
  - Joint Authority for Päijät-Häme Social and Health Care and its 15 municipalities
  - Lahti University of Applied Sciences
Funding

- Municipalities 2001-2012

2002-2007

European Union
European Regional Development Fund

2008-2012

• Academy of Finland 2002-2004
• The Social Insurance Institution of Finland 2004-
• Ministry of Social affairs and Health, National
  Health Project 2004-2007

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Goals

- To increase welfare, diminish morbidity, and improve quality of life among ageing, and thereby to increase attractiveness of the region
  - The project goals have been defined by the representatives from the hospital district, the province, municipalities, national and local research and education institutions, non-governmental organizations and businesses
Goals

- To empower both the population and the professionals in health promotion
  - Main entry point to the municipalities is via the social and health care sector
  - Professionals are overburdened and need practices that will clarify responsibilities between different professionals and between patients and professionals
Three parts of GOAL

1) 10-year cohort study (2002-2012)
   - three birth cohorts will be followed, those born in 1946-50 (the baby boomers), 1936-40 and 1926-30
   - needs assessment
   - general program evaluation

2) Community Diagnoses
   - combining data from cohort study, statistical reports and policy documents from each municipality

3) Community-based interventions
   - evidence-based
   - implementation studies
   - development of policies and practices

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GOAL model

GOAL group
- Sensitivity to emerging intervention needs
- Community-based interventions/specific target programmes
- Lifestyle counseling T2DM
- Promotion of functional capability in elderly

Municipal administration
- Interventions support each other ideologically, structurally and methodologically

Evaluation and cohort study

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Levels of action in GOAL

- Municipal administration
  - information about GOAL
  - exchange of ideas, challenges and capacities
  - collaboration between and within municipalities

- Social and health care sector
  - development of practices
  - implementation
  - education

- Population
  - general public information
  - campaigns
  - media
GOAL program design

- **F-0**: 2002, N=4274, n=2815
- **F-1**: 2005, N=3997, n=2415
- **F-2**: 2008, N=2817, n=2050
- **F-3**: 2012

**Interventions**

- **Community diagnoses**
- **Community diagnoses**
- **Evaluation**

**Community diagnoses**

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The GOAL Cohort Study

- Large questionnaire survey
  - Sociodemographic background
  - Health status
  - Functional capability
  - Use of health services
  - Quality of life
  - Lifestyles
  - Ageing experiences

- Clinical and laboratory measurements
  - Height, weight
  - Waist circumference
  - Blood pressure
  - Lipids, glucose, insulin, D-vitamin

- Functional capability tests
  - Walking speed 6,1 m
  - Balance
  - Handgrip
  - Chair stand

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The worst thing that could happen in near future

- Spouse’s death, disability to work
- I could not walk, to become a bedpatient
- Something tragic happens to my close relatives
- Bankruptcy, ache in the body
- Powerlessness
- Lose the ability to believe in dreams
- Loss of memory
- My wife would abandon me
- Etc.

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The best thing that could happen in the near future

- To find the meaning of life
- New car
- Full-time gardening
- To fall in love, to become a grandmother
- Someone would ask for my hand
- Someone would live with me
- Medium size jackpot
- To become younger

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Intervention for Promoting functional capacity among aged home care clients

- aims at creating a systematic model for measuring and promoting functional capacity among elderly
- public sector home care personnel and clients
- new tools for personnel
- postponing institutionalization of the clients

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Research setting

- Study participants: recruitment over 70 years of age, no severe dementia, mental illness, cancer treatment or other "fatal" disease.

- Short functional capacity test (Guralnik, SPPB) (home care personnel) more comprehensive tests (the Berg, TOIMIVA) (physiotherapist) interview (researcher)

- Strength and balance training
  - Group-based (GB) at the gym
  - Home-based (HB)

- Follow-up
  - 3 mo
  - 9 mo
  - 15 mo

- GB+ goal setting
- HB+ goal setting

- Information group

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SPPB -test
1. balance

- a) semi-tandem

- b) the side-by-side

- c) Tandem

http://www.ktl.fi/portal/11358
SPPB – test
2. Walking speed

- Walking speed (2.44 meters) 2 times
SPPB – tests
3. Chair stand (5 times)
SPPB -scoring

Testattavan nimi _________________________________
Testipäivä ____________________
Kellonaika ____________________
Testaaja ____________________

1. TASAPAINO

a) Puolitandem _______ s.
b) Jalat rinnakkain_______ s. tai c) Tandem_______ s.

Pisteet _______

2. KÄVELYNOPEUS

a) onnistui ilman apuvälinettä
b) onnistui apuvälineen kanssa, ________________________________

1. oma kävelyvauhti _______ s.
2. oma kävelyvauhti _______ s.

Pisteet _______

3. TUOLISTA YLÖNSIOUSU (5 kertaa)

Aika _______ s.

Jos tulos 0:
a) kädet vartalon vierellä toistojen lkm ____ aika ______ s.
b) kevyesti tukea ottaen toistojen lkm ____ aika ______ s.
c) voimakkaasti tukea ottaen toistojen lkm ____ aika ______ s.

Pisteet yhteensä ____ / 12
Functional capacity....

- Education for measuring and guidance
- Short test seems to work
- Implementation of a systematic model needs a proper backup
- Workshops for personnel
Implementation of health promotion

GOAL, cohort study 2002-2012

Lifestyle counseling 2002–

Dietitian for the health promotion 2003

Regional health promotion, 2004-2007

CCG’s implementation 2004-2007

Functional capability for elderly, home care 2004-2007

Hyve-project 2006-2008 2009-2010

A systematic model for the promotion of health and social well-being in Päijät-Häme district

Functional and social capacity for elderly, before home care 2008-2012

Other health promotion projects in the region

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To conclude about GOAL

- Initial focus on population level
- Emphasis shifted towards social and health care sector and municipal administration as primary targets
- Sensitivity to emerging intervention needs
- Interventions support each other ideologically, structurally and methodologically
- GOAL has established itself as a developmental resource in Paijat-Hame

http://www.palmenia.helsinki.fi/ikihyva/

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Thank you!