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Active living for all

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**Over 17 percent of the Swedish
population is age 65 or older**





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National Health Strategy

Regional Health Strategy





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Regional Health Strategy

Active living for all

– secure, independent, respect, access to
services



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Factors that affect demand for medical and social services

- Family and/or social network
- Health and lifestyle
- Housing standard
- Living arrangements – alone or as part of a couple
- Personal finances



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How to reach the goal

- Enlarged resources and better cooperation, governance and organisation
- Efforts against ill-health
- More reasonable fees
- Strengthened supervision, more effective control and quality assurance
- More research, increased knowledge and competence
- Improved quality of life for relatives and older people
- Health promotion for older people should be developed by preventive home visits by the home-help services and by general health promotion



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What is the region doing today?

- eHealth – assisted living
- “Handyman services”
- ”Health journal”
- Home help services
- Home visiting
- Nutrition
- Short-term care
- Questionnaire



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What can the region improve?

- Coordinating/cooperating better
- Medical drugs
- eHealth - assisted living
- Housing
- Learn from others – "best practice"
- Reaching out to "hard to reach" groups
- See age as an asset



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Want to know more? Contact me!

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