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Preventive home visits – a chance for older people to stay at home as long as possible



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Oral presentation by Britta Blotenberg

01 Introduction

02 Cooperative project

03 Methods

04 Expected Results and Conclusion

01 INTRODUCTION

Health care of older people in rural areas

Due to demographic change and lack of health care personnel new solutions in rural areas are necessary. (SVR, 2014)

- preventive home visits reduce the risk of long-term care (Luck et al, 2011) and therefore, enable older people to live in their home as long as possible.

➔ Implementation and evaluation of preventive home visits as a “Best-Practice Solution” to enable older people to stay self-determined in their familiar environment, despite of demographic change



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02 COOPERATIVE PROJECT



– „at home in Emlichheim“

Provider of the intervention

multigenerational house, independent institution of the health care system

Scientific monitoring

part of the project „Village Community 2.0“

Target group

people between 65 and 85 years, who are able to understand and speak German, are not yet eligible for benefits from the long-term care insurance and live in the project region

Aim of the study

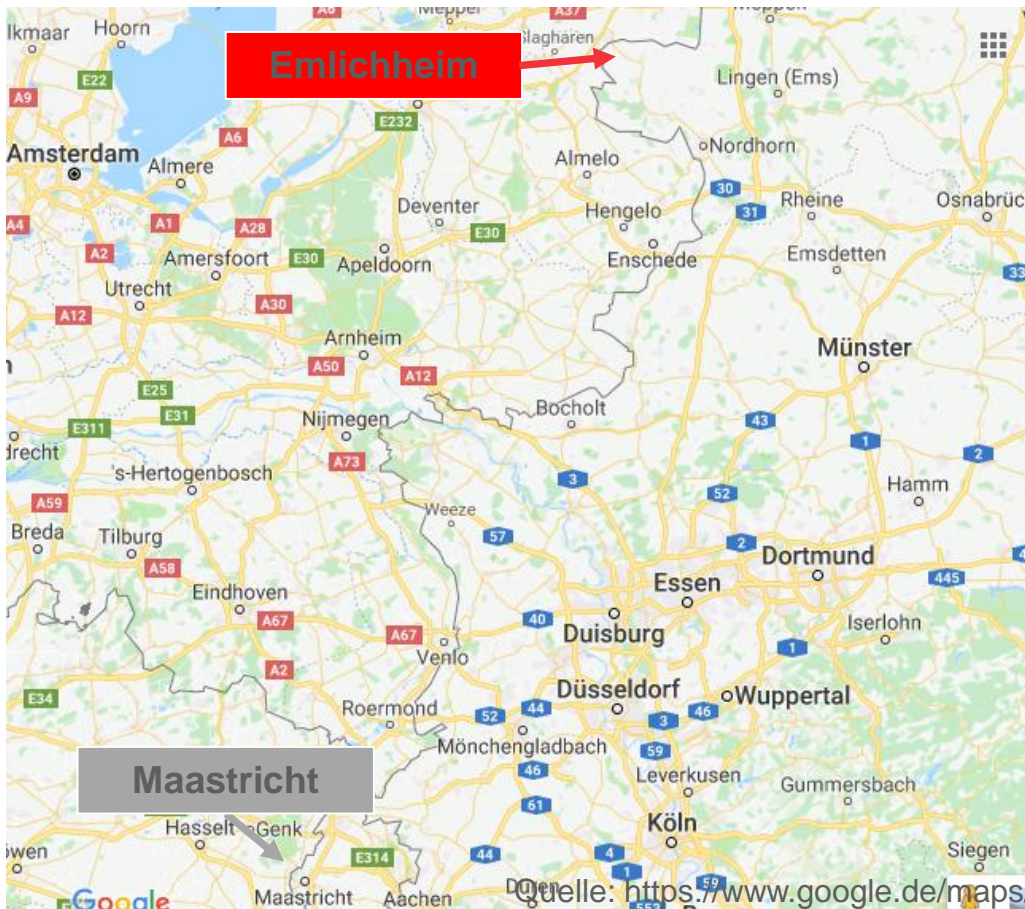
to analyse the acceptance and effect on health status of the older people



Gefördert durch das
Land Niedersachsen



02 COOPERATIVE PROJECT



Project region
 Emlichheim, a region in the northwestern part of Lower Saxony

03 METHODS

of the intervention

1. Preventive home visit

- first visit using STEP-m as an organisational framework
(Standardised Assessment of Elderly People in Primary Care in Europe with the module m mobility)

2. Preventive home visit

- first session of consultation

3. & 4. Preventive home visit

- continuation of consultation and evaluation (DIP, 2008)

➔ individual case counselling, offered as a nursing intervention of an academic nurse at home

03 METHODS

of the research proposal

Quantitative data collection and analysis

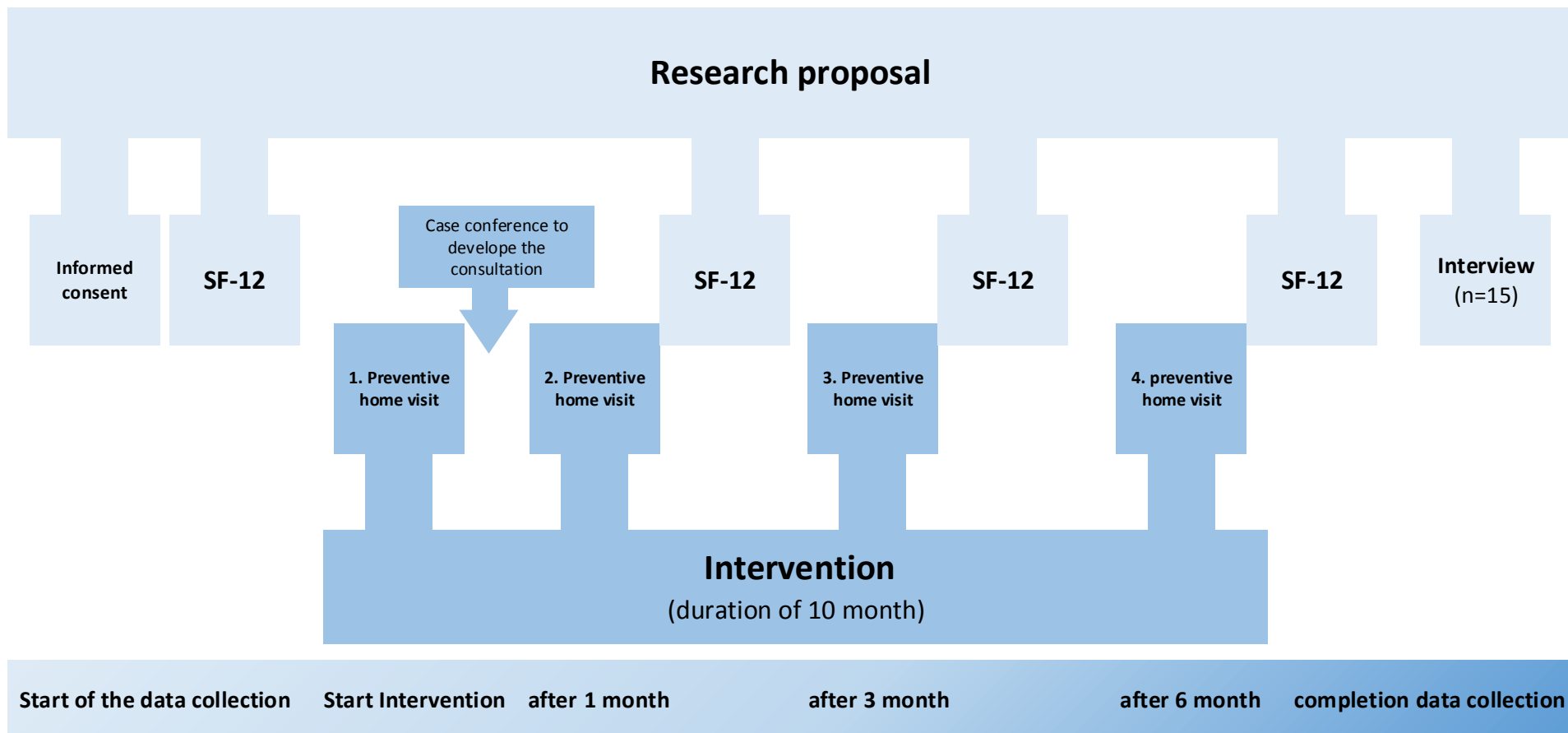
- longitudinal study
- sample of 75 people is determined
- the health status will be recorded with the Short Form 12 questionnaire
(Morfeld et al, 2012)
- analysed using inferential statistics

Qualitative data collection and analysis

- 15 semi-structured interviews will be performed to investigate acceptance of the intervention
- analysed using content analysis

 Ethical approval has been obtained.

03 METHODS



04 EXPECTED RESULTS AND CONCLUSION

Study of preventive home visits

It is expected that the findings of this study complete current knowledge about the concept of preventive home visits

- additional insights of acceptance might enable the adaption of the concept

Furthermore, increased knowledge and motivation for preventive behaviour of the older people is anticipated in order to extend their autonomy

➔ The results could contribute to the implementation of preventive home visits in Germany, especially in rural areas, because they tend to allow a self-determined life in their familiar environment for the older people

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THANK YOU FOR YOUR ATTENTION

Do you have questions?

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From the left: Annika Paul (B.Sc.), Britta Blotenberg (M.Sc.), Prof. Dr. Stefanie Seeling, Dita Meding und Melanie Breukelman