



update report from the meeting of the
Futeurope project in Kiuruvesi,
Finland,
June 10-13, 2008.

Attended by:
Angela Quinn - Amber valley CVS
Christine Whittaker - Representing Heanor 50+ Forum
Terry Whittaker - Representing Heanor 50+ Forum
Tracey Sims - Amber valley CVS

Participants of the Futeurope study project meeting in Kiuruvesi, Finland:

Hungary:

Ms Zsuzsanna Kánya- Ábrahám
Ms Mária Kövér
Mr László Kövér
Ms Éva Sasi Szabóné Nábrádi

The Netherlands:

Mr Henri Braakenburg
Ms Lenie Nebbeling
Ms maria Van Schaik
Ms Isabella Terpstra
Ms Ridie Vos

United Kingdom:

Ms Angela Quinn
Mr Terry Whittaker
Ms Christine Whittaker
Ms Tracey Sims

Finland:

Mr Seppo Kaikkonen
Mr Kalevi Komulainen
Ms Aino Komulainen
Ms Marjatta Ryan
Ms Irja Tikka
Ms Else Hujer
Ms Saara Kastari
Ms Leena Leskinen
Ms Leena Penttinen
Ms Anneli Sivenius
Ms Aila Vartiainen
Ms Marketta Venäläinen
Ms Maija-Liisa Garam
Ms Susanne Hämäläinen
Ms Minna Kastarinen

Our visit to Kiuruvesi in Finland followed a formal agenda which encompassed meetings, presentations and visits to facilities for older people.

This report aims to illustrate and share what we have learnt from this brief visit in relation to the support older people receive in Finland.

The National framework for high quality care and services for older people, issued by the Ministry of Social Affairs and Health, February 2008 includes the following targets to be achieved by 2012 in relation to those aged over 75:

91 – 92% to live independantly at home (With the support of adequate social and health services granted on the basis of a comprehensive needs assessment)

13 – 14% to receive regular home care

5 – 6% to receive support for informal care

5 – 6% to receive sheltered housing with 24 hour assistance

3% to receive long term institutional care in a residential home or hospital

Home care in Finland:

(For a hard copy of the 'Housing in Finland' report provided by our hosts please contact Tracey Sims or Angela Quinn at Amber Valley CVS (01773 512076)

Home care is provided by 'multi professional home care teams' (domestic help, nurses and physiotherapists)

Informal carers are supported with 'interval care' during the carers 'day off'

62% of houses in Finland were built in the 1970's or later

One of the main targets of the Council in Kiuruvesi is the development of housing conditions.

Approximately 50% of those aged over 65 live in single housing
In 2000 14.5% of people in Kiuruvesi lived in insufficient housing (without washing facilities and/or heating)
Approximately 90% of those aged over 75 years live at home

Home care payments:

Without means – no payment
Temporary homecare - €7-9 per visit (including visits from nurses)

Long term institutional care:

Long term institutional care costs a maximum of 82% of a person's net income

Sheltered Housing:

The 'customer' pays everything for themselves (with support if they are entitled to it)
Payments include: rent, care, food, cleaning, electricity, laundry, medicines and health care)

Support care includes:

Meals on wheels – which are delivered daily by taxi at a cost to the individual of €5.70
Transport – to Sauna's/ bathing facilities – Free for those with disabilities and war veterans
Safety phones/ alarm systems
A laundry service
Running errands – i.e shopping

The cost of the above services is dependant on income and the hours needed.
Clients are assessed either within their own homes or in residential care

Nursing equipment (i.e hygiene products) are prescribed and are free of charge.
A medicine delivery service is carried out by local chemists and medicines are dispensed in daily dosage packages.

Preventative care:

Regular assessments are offered at 70 and 75 years of age
These look at general health and the individuals 'living circle' (i.e. support from family of friends).
Home visits are offered for everyone at the age of 80 to check their home facilities
Exercise afternoons for 'seniors' are held which include information on subjects of 'elderly peoples interests'

Education:

There are a wide range of free courses available for older people including:
Election debate
Hunting and gardening
Sailing
Computer Skills

Languages (Finnish, Russian, English, Sign language)

Music

Art/ visual art/ practical crafts and renovation

Dance

Nutrition

'Outreach' courses are held in more isolated villages/ towns

Open University Courses are also available at a cost of approximately €300 dependant on the course taken

Senior Councils:

Have been in place since 1996

They exist in most towns and are not compulsory (but are recommended)

The Senior Councils consist of representatives from local service providers.

Pensions/ contributions:

The average pension is €1194 per month

War veterans receive an additional supplement to their pension of just over €40 per month

Non contributory care support costs €54,80 per month

Increased support costs €136, per month

Special support costs €288,49 per month

Short term institutional care costs €12 per day

The maximum payment for 'communal health care' is €590 per calendar year, after that non institutional care is free of charge

The following are included in the maximum payment:

- Medical services of health centre doctors
- Physiotherapy services
- Day surgery
- Short term institutional care charges in health or social care institutions

There is a responsibility for people to pay €643.14 per year for medicine costs. After this amount has been met a cost of €1.50 is charged for medicines. People are allowed to purchase three months worth of medication at a time

Current conversational topics in housing in Finland:

The ways of housing in the future:

- Leasehold schemes – buying a proportion of the property with the remaining portion owned by an association
- Generations living together in the same household is evolving again
- Assisted living at home with home services i.e meals on wheels, cleaning, laundry, health, social and cultural services
- Sheltered housing for small groups with supported services
- Close relatives taking care of the elderly or disabled at home
- Privately owned care homes
- Institutional care homes for the elderly

Living at home supported by:

- Subsidising mortgage loans
- Subsidies for renovating heating systems
- Reduced taxes for those renovating their own homes
- State support for the construction of elevators in housing blocks
- Regular transportation from sparsely populated/ urban areas

Utilisation of modern technology in housing:

- Computer controlled monitoring of functions in houses i.e the consumption of water and electricity, temperature levels, surveillance of the quality of air inside houses.
- Video surveillance in rooms
- Wrist alarms and telephones with large dials
- Motor adjusting beds
- Opening and shutting of doors with electric power
- Possible use of wheelchairs inside and outside buildings

The next study meeting is planned to take place in Debrecen, Hungary in October 2008 which will coincide with their 'Month of Seniors'

If you have any comments you would like to make on the differences or similarities in relation to care for older people in Finland with that of England, or if you have any questions you would like to raise please complete the form below and return it to:

Tracey Sims
Amber Valley CVS,
Market Place,
Ripley,
Derbyshire,
DE5 3HA



Futeurope Study Project

Name (optional) –

Address (Optional) –

Comments on differences or similarites in relation to care for older people in Finland with that of England	
Differences	Similarities

Questions:
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