

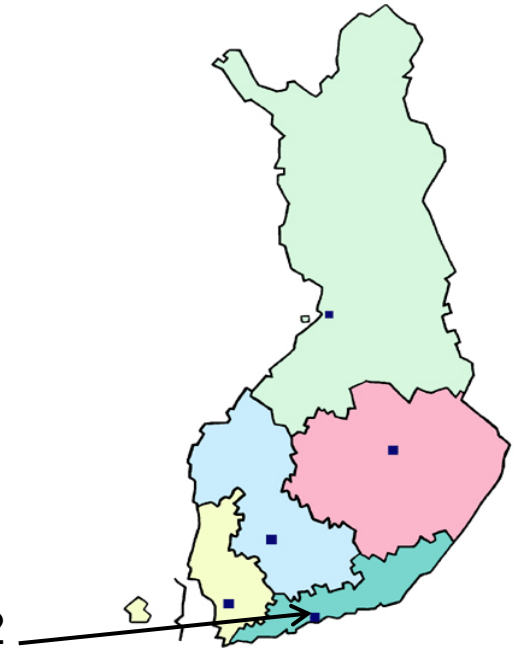
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City of Espoo
Aging Policy



Espoo: Second largest city in Finland

- Population 250 000
 - City of children and young adults,
 - Number of elderly is growing,
 - + 65 y. 26 000 persons,
 - +75 y. 11 00 persons
- Neighbour cities
Helsinki and Vantaa
- Area of Espoo: 528 km²
 - Coastline 58 km, 95 lakes,
165 islands





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The Mission and the Vision of the new Aging Policy Program in city of Espoo

The mission of the new Aging Policy Program is in line with the city's mission: "The City of Espoo creates opportunities for good quality of life".

The program's vision is "Full life in old age". The aim of the program is to change the service culture.



The Leading Principles of the Aging Policy Program

Living at home is a priority, regardless of the decline in handling daily activities

- Supporting elderly citizens living at home

Service provision is based on preventive and rehabilitating efforts

- Implementation of effective means for preventive care and new forms of care
- Integration of services

Successful aging in a sociocultural context

- Self-determination (“citizens have the right to decide”)
- Empowerment of the elderly (seeing the elderly as subjects rather than objects)
- Involvement of senior citizens

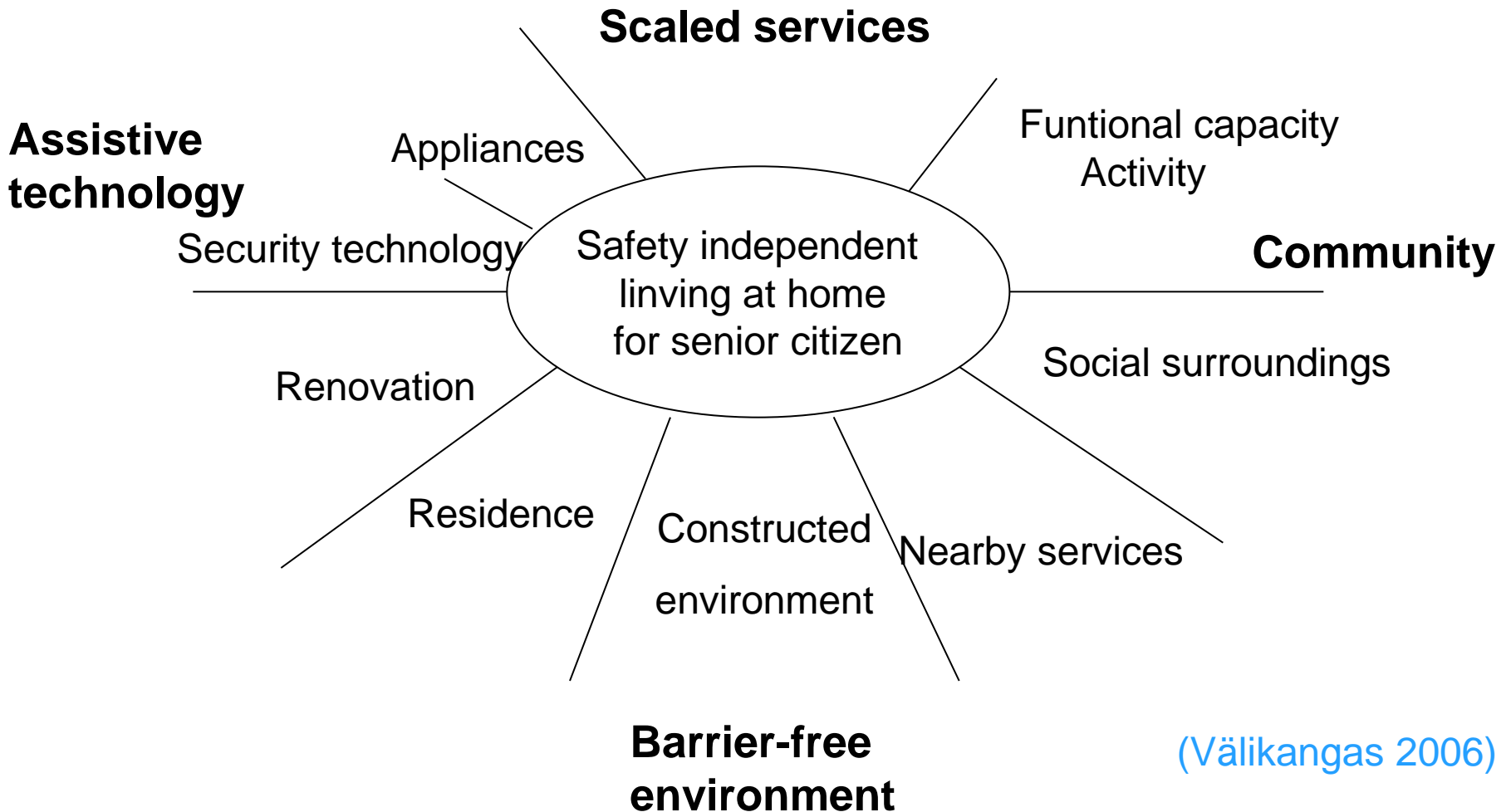
24/7 care is delivered in home-like living environments

- Hospital care focuses on acute care and geriatric rehabilitation
- From organisation-centredness towards genuine client- and family-centredness
- From narrow functional-capacity thinking towards a more holistic view aiming for high quality of life
- Long-term care in home-like surroundings
- Application of new technology
- Continuous quality improvement
- Development towards a value-generating system



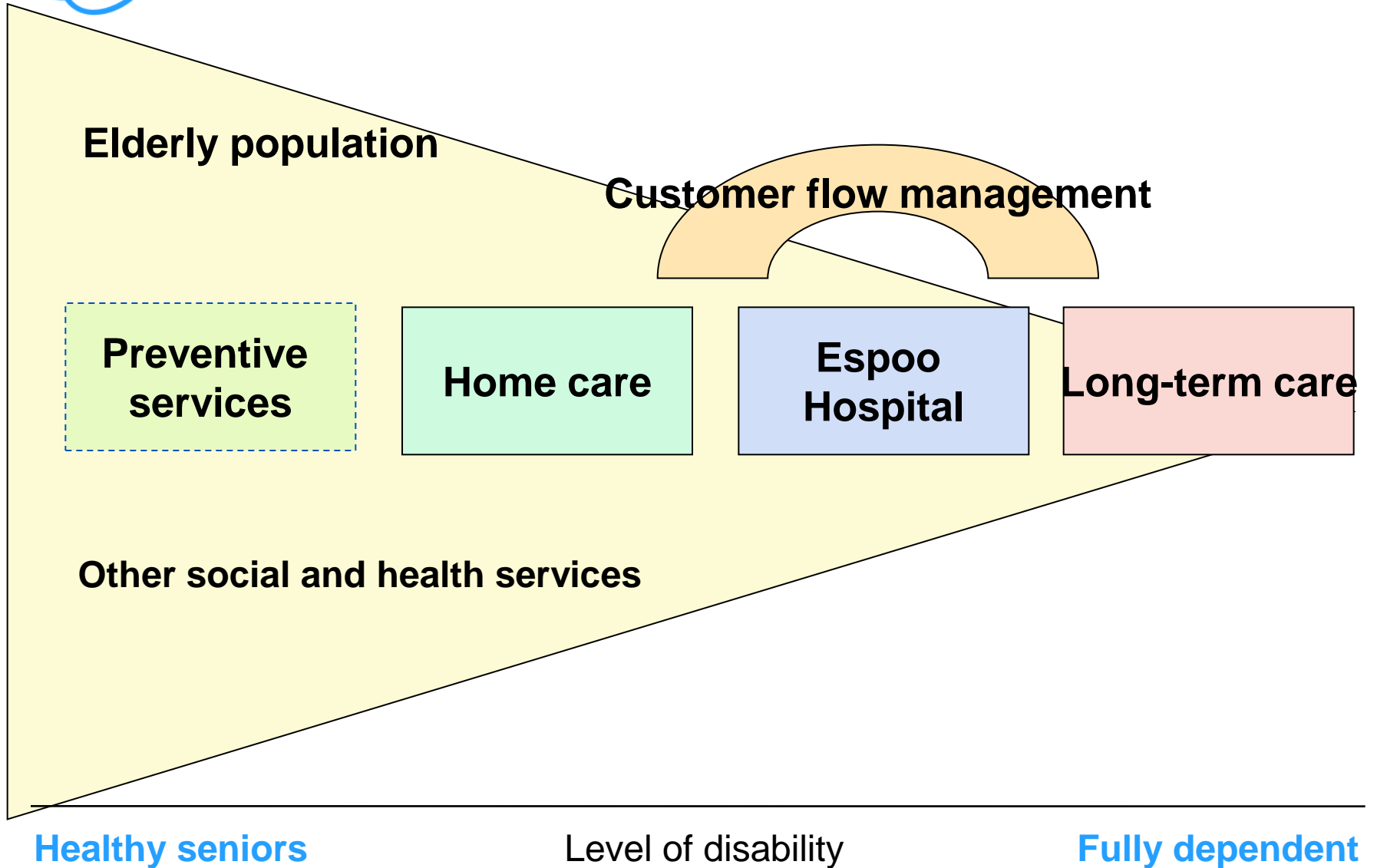
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Methods how municipalities support elderly living at home (in Finland)



(Välikangas 2006)

ELDERLY CARE SERVICES IN ESPOO ARE ORGANISED TO MEET THE NEEDS OF THE AGING POPULATION





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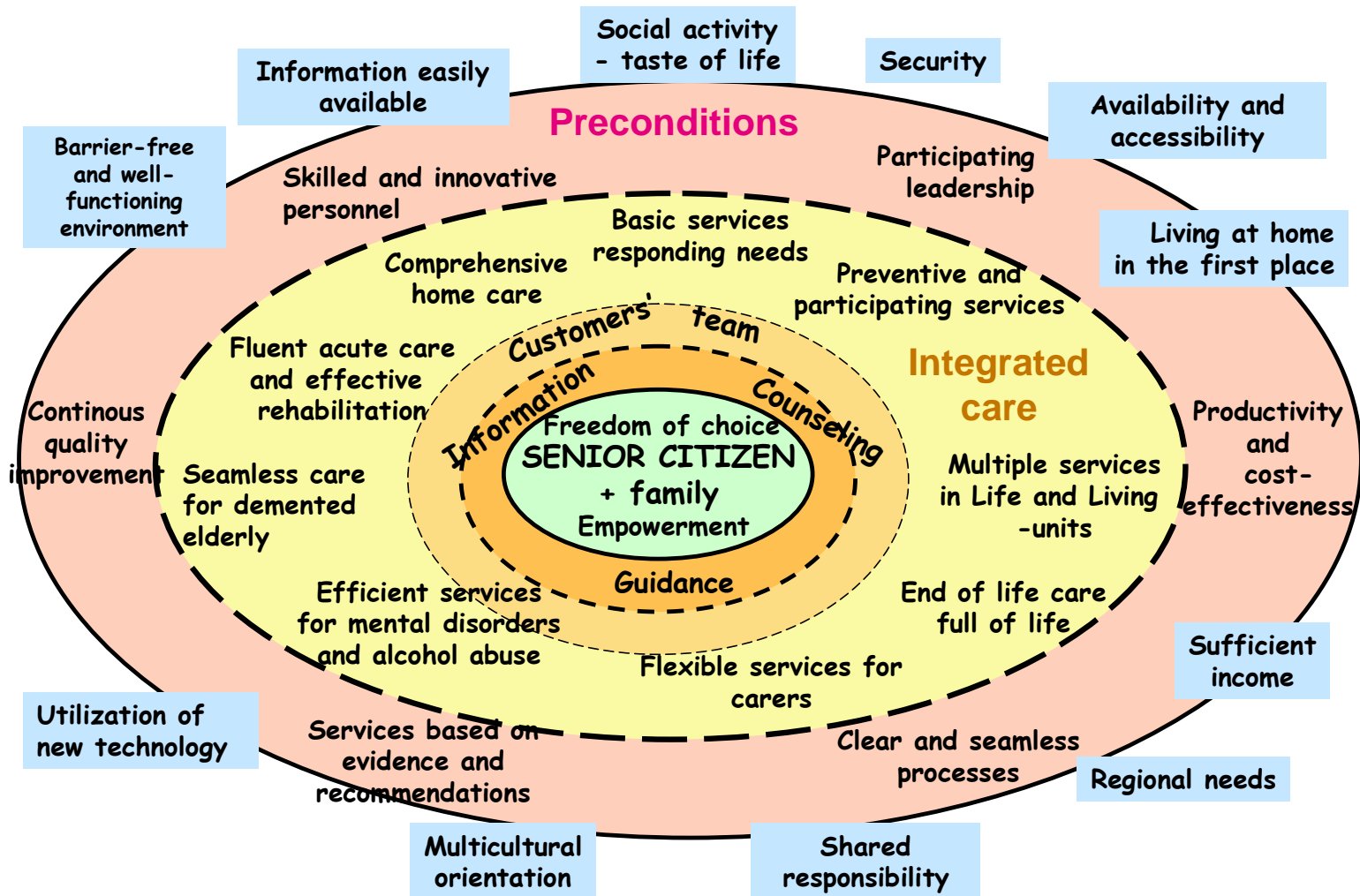
Together with the Citizens



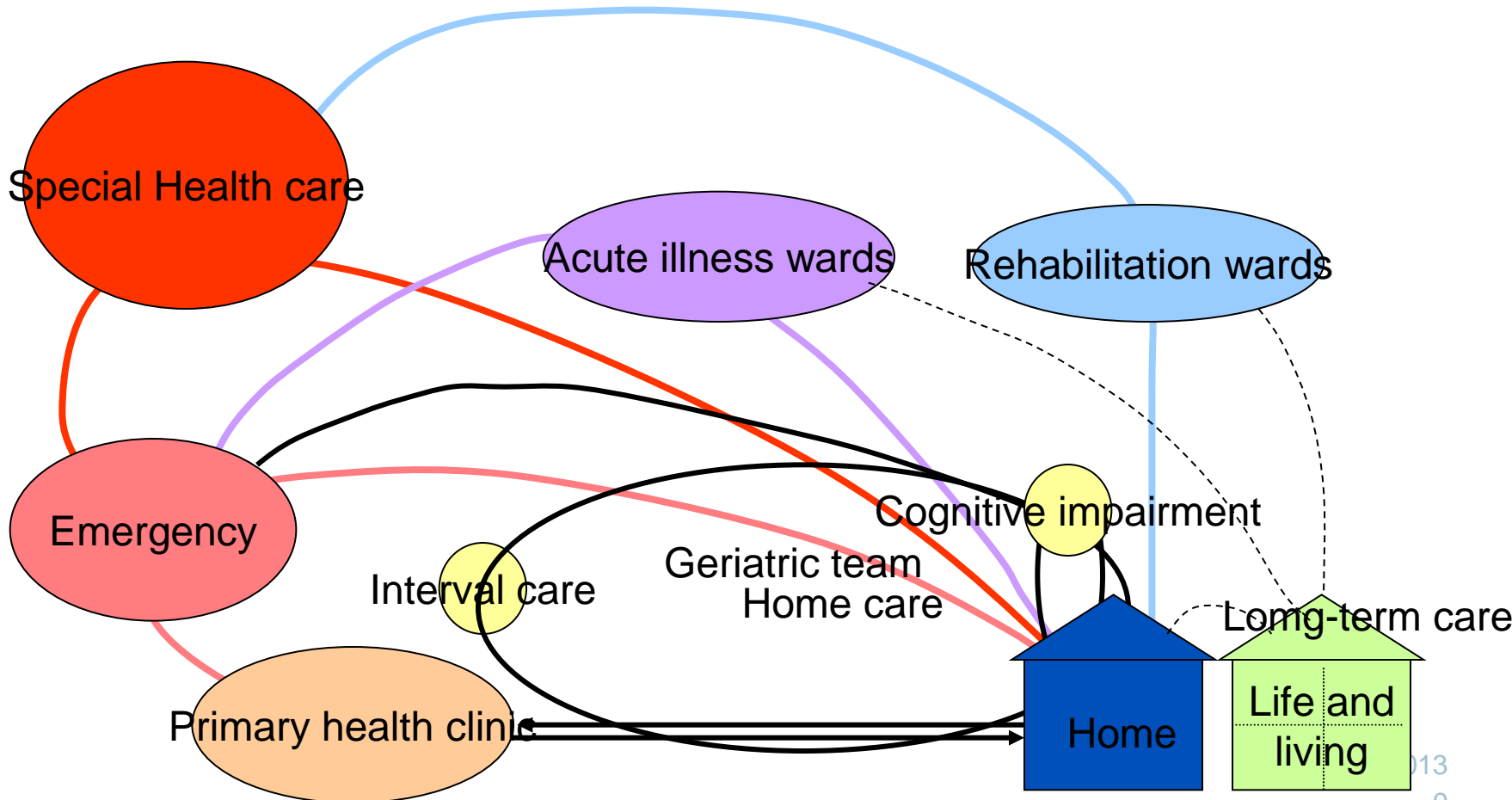


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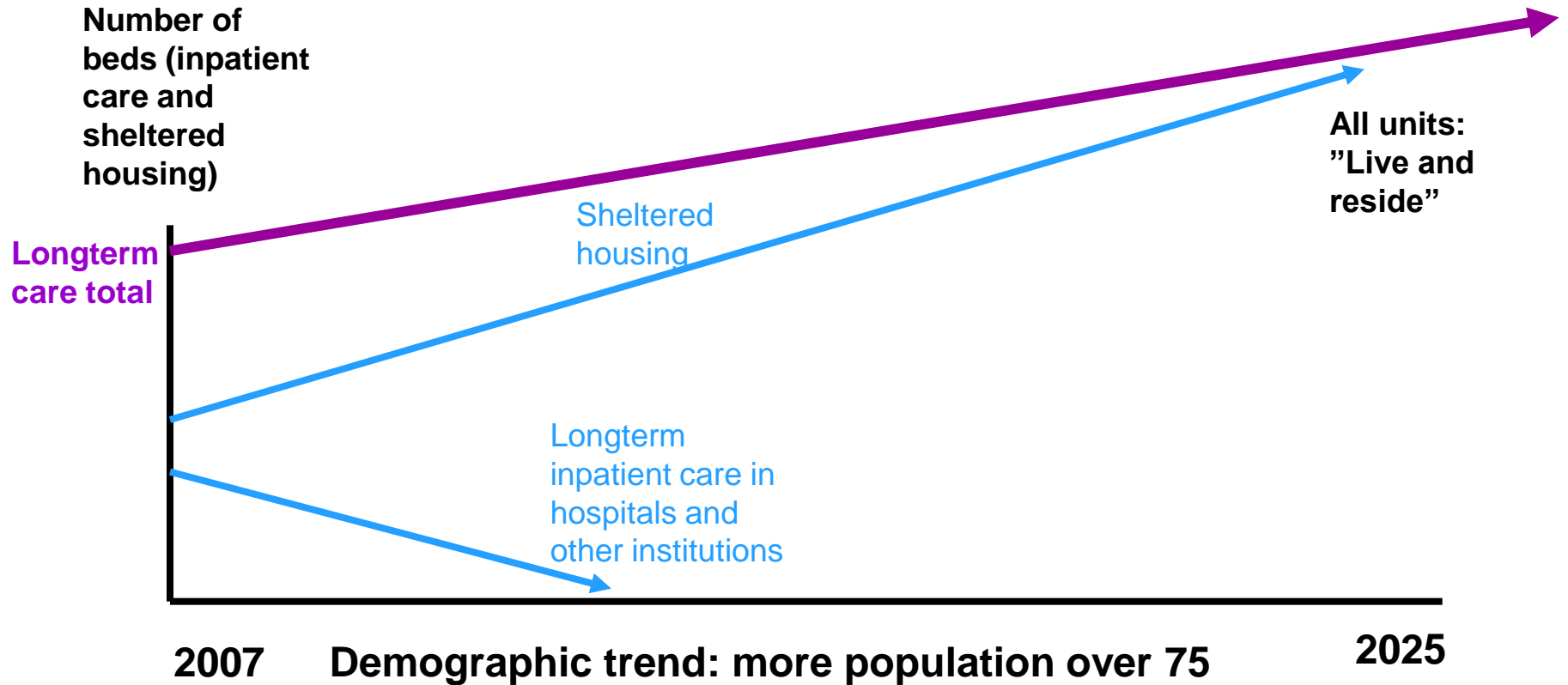
Facilities for Full Life in Old Age



Espoo Hospital Back to life and living



Trends: change of longterm inpatient care services within Elderly Care in Espoo, Finland



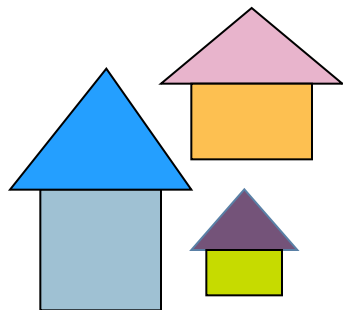
Gradually towards "Live and reside" –model in the City of Espoo

Situation in 2011

Graded units for different functional capacity of the residents:

- sheltered housing
 - ordinary
 - with 24-hour assistance
- residential homes
- long term hospital care

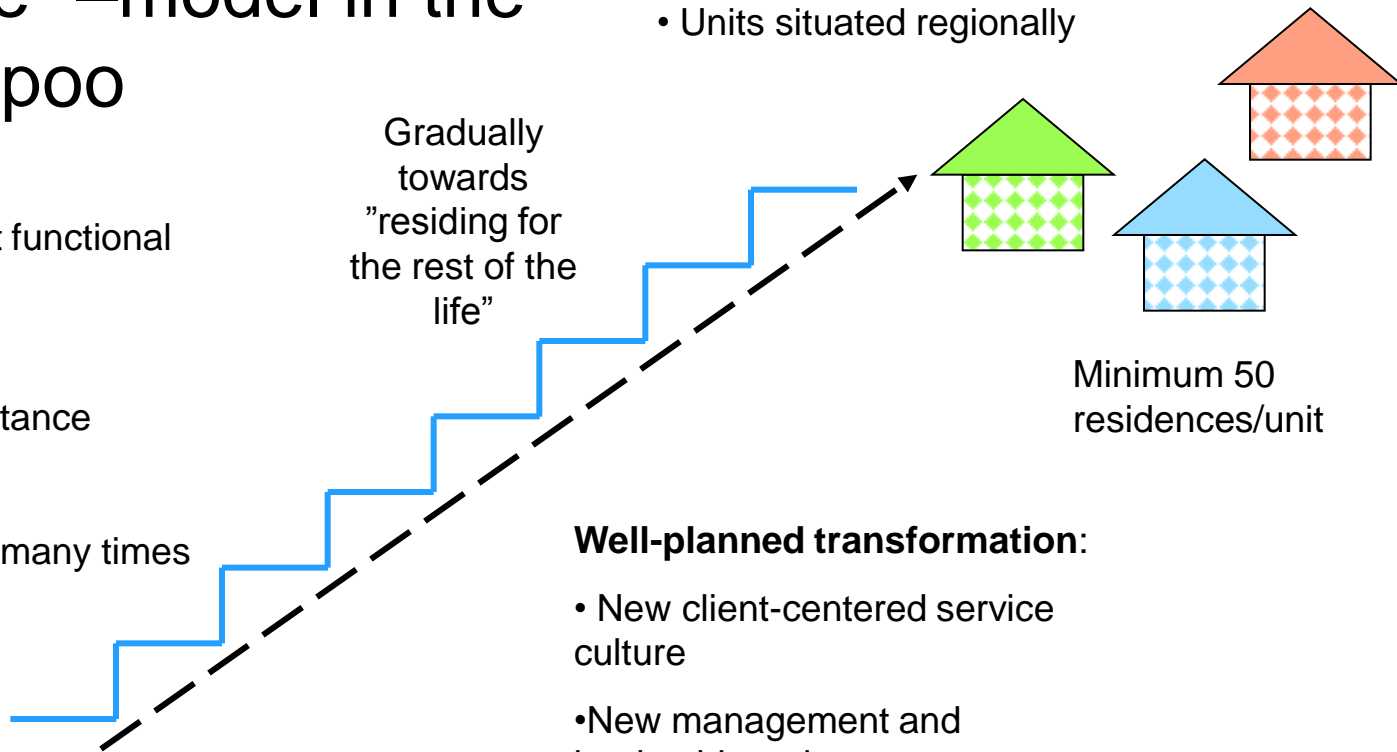
Residents have to move many times



Different sizes
(13-100 beds)

No regional
distribution

Gradually
towards
"residing for
the rest of
life"



Minimum 50
residences/unit

Aim in 2018

- All units are of Live and reside -type
- Houses functionally versatile: no gradation based on residents' functional capacity
- Day centers included in every house: more possibilities for residents to participate in everyday life
- Units situated regionally

Well-planned transformation:

- New client-centered service culture
- New management and leadership style
- Renovation of old buildings
- New buildings to be built