Health Workforce & Service Delivery Unit

Strengthening long-term care delivery in the European region

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#AddingLifeToYears

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Our work priorities: Common challenges facing LTC systems in the European region

Informal caregivers

Support services, training, improving social protection

Integration HC/LTC

Care pathways, common standards and procedures, funds pooling and training of managers and planner on integrated care delivery

Up-coming

Care workforce

Working conditions, workforce planning, recruitment and retention, development of training curricula

Sustainable financing

Cost projections, revenue raising, financial reviews and budgeting processes

Up-coming

Quality management

Quality standards (adapted to each care setting), strategies to promote quality improvement

Local capacity building

Coordination of service delivery at local level, training for local decision-makers, knowledge exchange and support for local financing and budgeting processes

Up-coming

Tech & data infrastructure

HIS interoperability, data collection, monitoring, standardized indicators, digital solution for cost containment & remote populations

Needs assessment

Standardized needs assessment instruments, comprehensive assessment, population wide need for care

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EC-WHO partnership on building more accessible, better quality and more resilient long-term care systems

Two Key Objectives

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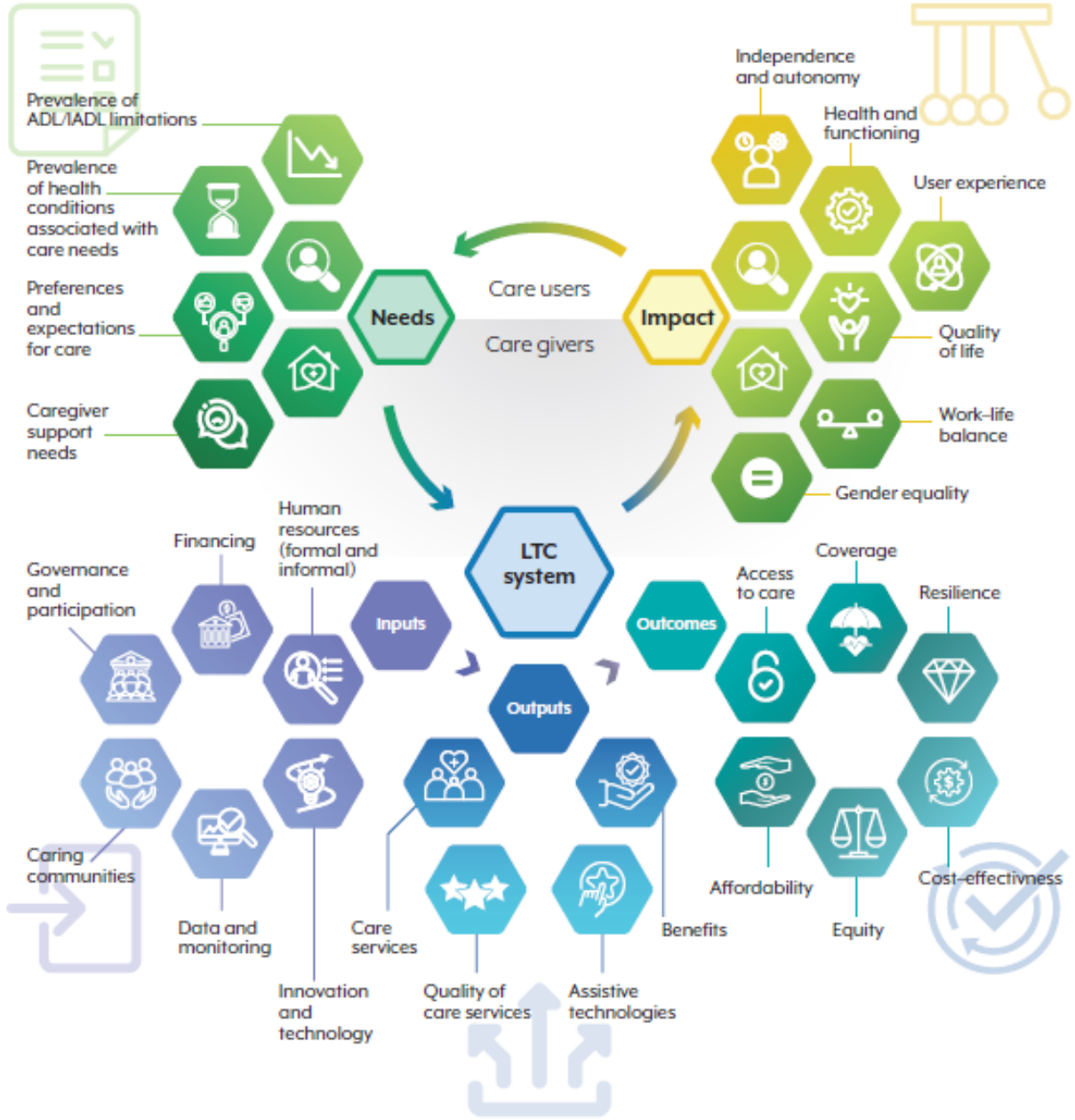
The State of LTC Toolkit (to be launched Nov 12th 2024)



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European Commission

The State of LTC in the European region (expected Oct 2025)

First regional report on long-term care services, focused on how we can strengthen and adapt care systems to ensure current and future cohorts of older people can enjoy health, wellbeing, dignity and independence

1. Healthy ageing and long-term care needs
2. LTC service coverage
   - Who is covered?
   - What is covered?
   - How much is covered?
3. Reshaping the future: How strong LTC eco-systems can transform the challenge of population ageing now and for future generations

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Quality management in LTC

Defining quality in LTC

*"The degree to which **care services** (for individuals and populations experiencing, or at risk of, declines in intrinsic capacity and functional ability) **contribute to maximizing well-being and quality of life** and increase the likelihood of **personal and health outcomes** that are consistent with the individual preferences, human rights and dignity of **both care users and their caregivers**."*

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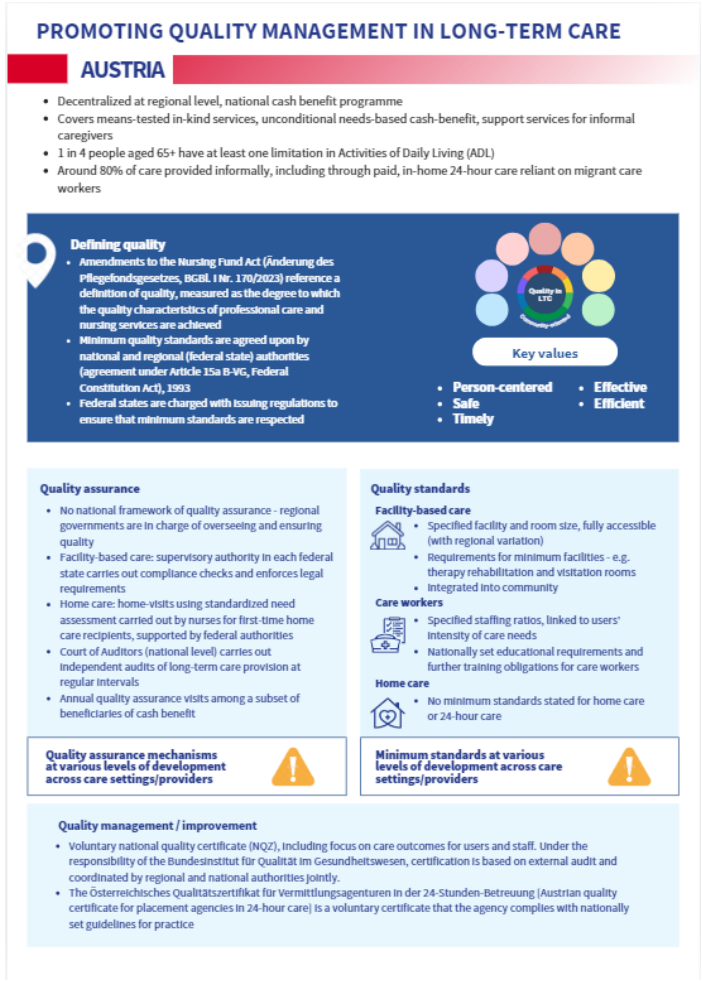

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Thank you very much for your attention!

Please do not hesitate to write for further details:

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Online training for informal caregivers

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Online training for informal caregivers

- Intended primarily for **people who have or expect to have caring responsibilities** – to improve their access to information, facilitate planning and identification of relevant supports.
- Can also be useful for:
  - **public (and private) organizations and carers' associations** who provide direct support to informal caregivers (including training) – to provide a basis on which to design/ adapt more contextualized support/ training interventions to be delivered face-to-face;
  - **public authorities** with a role in signposting, designing and implementing interventions to support informal caregivers – to provide an evidence-based overview of knowledge in the field and inform the development of stronger support services for informal caregivers
- Modular structure – material can be accessed in any order and at the participant's own pace
  - **Core modules**
  - **Country factsheets (in national language)**: covering basic country specific information and signposting additional support services

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INTRODUCTION – WHAT THIS COURSE IS AND HOW CAN THE MATERIAL BE USED

1 AGEING & CARE

2 BEING A CARER

3 PARTNERSHIPS IN CARE

4 CARING FOR ANOTHER

5 CARING FOR YOURSELF

6 CHALLENGING SITUATIONS

Understanding healthy ageing, care needs and care-giving

Competences for providing care

Competences for Self-care

Recognize and deal with challenging situations in care (e.g. elder abuse, care transitions, emergencies)

FURTHER SPECIALIZED RESOURCES

COUNTRY SPECIFIC INFORMATION: NATIONAL/ REGIONAL ENTITLEMENTS & RESOURCES TO ACCESS DIRECT HELP

1 AGING & CARE

- Intro to healthy ageing, intrinsic capacity & functional decline
- Care needs, goals & preferences of older people & their carers
- Diversity & inequality (gender, culture, SES)

2 BEING A CARER

- Who is a carer: Am I one?
- Being a young carer
- Trajectories of care
- Planning ahead: health, wellbeing ,employment & financial implications
- Journey together – communication & relationships
- Caring at the distance

3 PARTNERSHIPS IN CARE

- Interacting and coordinating with formal care providers
- Shared decision-making and advanced care planning
- Navigating the health and long-term care system
- Sharing care with others/ partnerships in care

4 CARING FOR ANOTHER

- Mobility support
- Personal care & Hygene
- Cognition & Mental health
- Nutrition management
- Active lifestyle
- Social & community participation
- Advanced care planning
- Manage specialized medical equipment and medication
- Support tools – ICT and assistive technologies
- Safety in the chome environment
- Promote & maintain autonomy of care users

5 CARING FOR YOURSELF

- Carer assessment: your needs & goals
- Prevent, recognize, get help for:

1. Over-burdening
2. Depression
3. Social isolation
4. Carer harm & abuse

- Coping strategies (gender-specific) & Reduce stress
- Respite
- Balancing work-care-leisure
- Explore sources of joy & satisfaction in caregiving
- Loss &grieving: life after care

6 RECOGNIZE AND DEAL WITH …

- Emergency situations
- Behaviour changes & late life depression
- Weight loss/ sarcopenia
- Sleep dysfunction
- Medication management
- Care transitions:

Residential, EoL & palliative care

- Elder abuse & ageism in care

What other areas of training are crucial to support informal carers in their caregiving role?

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