

# Etxean Bizi Living at home

## Why is this project relevant?

More than 20,000 Gipuzkoan people have been recognized with some degree of dependence. The current model of provision of home services cannot respond to the desire of people to continue living at home, forcing the decision of getting into a residence care center.

## What is our aim?

The objective of the project is that people can stay at home as long as possible with the highest quality of life for them and their caregivers ensuring joint costs of the coordination of services equal to or less than the cost of a residential space.

## What is our approach?

We are accompanying three municipalities in establishing networking links to coordinate the agents involved in the care of families, social services, SAD, primary care, employment sector of home and care, personal assistants, volunteering, proximity services and community participation initiatives through the case management methodology.

All this to achieve a person centered care, where the person participates in an active way being the subject of the attention he or she receives.

## How we have planned to address the efficiency study?

We are carrying out an experimental randomized study with control and experimental conditions and 5 longitudinal with the aim of describing sociodemographic, medical, psychological and social conditions through time in both traditional/Etxean Bizi frameworks. Participants are 182 people over 65 with a dependency grade II, according to the scale of the Law for the Promotion of Personal Autonomy and Care for people in situations of dependency, and their carers (formal and informal), of the municipalities of Elgoibar, Pasaia and Errenteria

## What are we measuring?

We have three assessment protocols: older person, caregiver and case management protocol (more details on the back of the page).

## Openness to collaboration

The project is aligned with the new perspectives of Integrated Care and we consider it of utmost importance to be able to contribute not only to knowledge, but also to establish knowledge networks where we can learn about other experiences, share common objectives, practices and results. If you are participating in a project that shares the approach, the objective or observe similar aspects and you are interested in establishing synergistic collaboration, do not hesitate to contact us at the following email:

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## Variables

## Instruments

### Older person assessment protocol

<b>Historial of Chronic Health Disorders</b>	Extracted and adapted from the international Mobility in Aging Study (IMIAS)
<b>Visual competence</b>	Stardarized visual equity test
<b>Hearing capability</b>	Extracted and adapted from the international Mobility in Aging Study (IMIAS)
<b>Drug intake record</b>	Extracted from Etxean Ondo Project
<b>Depression</b>	CESD-20
<b>Basic Activities of Daily Living</b>	Extracted and adapted from the international Mobility in Aging Study (IMIAS)
<b>Cognitive Status</b>	Mini Mental State Examination (MMSE)
<b>Motor Status</b>	Short Physical Performance Battery
<b>Falls</b>	Fall Efficacy Scale (FES-I) Fall record, extracted and adapted from the international Mobility in Aging Study (IMIAS)
<b>Loneliness</b>	UCLA scale
<b>Satisfaction with care</b>	Client Satisfaction Questionnaire CSQ-8
<b>House arrangement</b>	Extracted and adapted from an developing scale

### Caregiver assessment protocol

<b>Caregiver burden</b>	Zarit Burden Scale
<b>Satisfaction with care</b>	Client Satisfaction Questionnaire CSQ-8
<b>Perceived health</b>	Ad hoc item
<b>Care perception</b>	Extracted from Etxean Ondo Project
<b>Quality of life</b>	Euro-QOL

### Case management assessment protocol

<b>Social network</b>	Social network ad hoc questionnaire
<b>Preferences and habits</b>	Religion habits ad hoc questionnaire
<b>Personal relationships</b>	Personal relationships ad hoc questionnaire
<b>Present and future projects</b>	Descriptive qualitative item
<b>Personal grooming</b>	Descriptive qualitative item
<b>Self management</b>	Activity schedule
<b>Service resources</b>	Schedule, provider, satisfaction and evaluation ad hoc questions.