

Dementia Friendly Helsingborg

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| Organisation(s): | City of Helsingborg and Lund University | |
| Country: | Sweden | |
| Contact: | policy@esn-eu.org | |
| Theme: | <input checked="" type="checkbox"/> Ageing & Care <input type="checkbox"/> Asylum & Migration <input type="checkbox"/> Young People <input type="checkbox"/> Support for Children & Families <input checked="" type="checkbox"/> Community Care <input type="checkbox"/> Integrated Care & Support <input checked="" type="checkbox"/> Co-Production <input type="checkbox"/> Disability <input type="checkbox"/> Housing & Homelessness <input type="checkbox"/> Artificial Intelligence <input type="checkbox"/> Digitalisation <input type="checkbox"/> Quality Care | <input type="checkbox"/> Labour Market Inclusion <input checked="" type="checkbox"/> Social Inclusion <input type="checkbox"/> Technology <input type="checkbox"/> Workforce and Leadership <input type="checkbox"/> Social benefits <input type="checkbox"/> EU Funding <input type="checkbox"/> Social Service's Resilience <input checked="" type="checkbox"/> Mental Health <input checked="" type="checkbox"/> Person-centred Care <input type="checkbox"/> Other, please specify: |
| Principles of the European Pillar of Social Rights: <i>Check the 20 principles here.</i> | <input type="checkbox"/> 1. Education, training, life-long learning <input type="checkbox"/> 2. Gender equality <input type="checkbox"/> 3. Equal opportunities <input type="checkbox"/> 4. Active support to employment <input type="checkbox"/> 5. Secure and adaptable employment <input type="checkbox"/> 6. Fair Wages <input type="checkbox"/> 7. Transparent employment conditions <input checked="" type="checkbox"/> 8. Social dialogue <input type="checkbox"/> 9. Work-life balance <input type="checkbox"/> 10. Healthy, safe work environment | <input type="checkbox"/> 11. Childcare and child support <input type="checkbox"/> 12. Social protection <input type="checkbox"/> 13. Unemployment benefits <input type="checkbox"/> 14. Minimum income <input type="checkbox"/> 15. Old age income and pensions <input checked="" type="checkbox"/> 16. Health care <input checked="" type="checkbox"/> 17. Inclusion of people with disabilities <input checked="" type="checkbox"/> 18. Long-term care <input type="checkbox"/> 19. Housing and assistance to homeless <input type="checkbox"/> 20. Access to essential services |
| Current status of the practice: | <input type="checkbox"/> Concept and Design Phase <input checked="" type="checkbox"/> Execution & Monitoring Phase <input type="checkbox"/> Consolidation Phase <input checked="" type="checkbox"/> Scaling Up and Transformation Phase <input type="checkbox"/> Other (please specify) | |
| Context/ Social issues addressed <i>Please explain the problem you attempt to solve.</i> | <p>The demographic trend shows that the proportion of older people in our society is increasing. The proportion of residents in Helsingborg who are over 80 is expected to increase by around 40 per cent by 2030. The risk of suffering from dementia increases markedly after the age of 80. Of those affected, a large majority still live at home and not in a care home. Little is known about the target group's participation</p> | |

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| | <p>in society outside the home. However, research shows that people with dementia benefit from getting out of their homes. The benefit is, among other things, linked to the importance of a sense of belonging and increasing independence. When living with dementia, you are also faced with challenges, difficulties and risks when you leave home.</p> <p>These challenges can look different depending on the dementia diagnosis and which phase of the disease you are in; hence, we need to test different and person-centred approaches to gain a better understanding of the solutions needed. The need for a dementia-friendly society is well known and is included in the national strategic plan for the care of people with dementia. To meet their health and well-being needs and to increase participation, we need to become a more dementia-friendly society. It means a society with competence about the different dementia diseases that is adapted and facilitates those with cognitive problems. To succeed, we have begun to develop a partnership framework that fosters constructive, collaborative processes across local authority directorates, with academia and with the target group and their relatives.</p> |
| <p>Objectives: Please provide a maximum of three objectives in bullet points.</p> | <ul style="list-style-type: none"> • Establishing dementia-friendly public spaces in partnership with older people, the City of Helsingborg aims to establish not only welcoming and safe environments for them. • Creating places that are intuitively navigable and rich in sensory experiences. • Enabling the individual to independently access and participate in outdoor environments, securing health benefits and continuing to engage with their communities. |
| <p>Activities: Please summarise the activities put in place to achieve the objectives (maximum 200 words).</p> | <p>The project is carried out by a working group covering several areas of expertise, such as researchers, landscape architects, innovation leaders and specialist healthcare professionals. It consists of three parts: testing the care innovator approach in dementia-friendly outdoor environments where public toilets are a case, knowledge sharing through learning forums and research.</p> <p>Specific activities include:</p> <ul style="list-style-type: none"> • Meeting relatives • Reference visits to public toilets with toilet producer • The use of observation protocol • Walk and talks with visitors to a day care center • Day excursion with the residents at a care home to a number of public toilets (user experience) • Design workshops with user group • Learning exchange forum with national and international experts in dementia friendly design, dementia research and local practice leads. |
| <p>Evaluation of practice: Please explain how you evaluate the practice, and what the results were/are so far</p> | <ul style="list-style-type: none"> - Feedback through people's experiences of services - Feedback from partners, e.g. regulators/inspection agency - Through regular reflection tasks and discussions around learning, the research has contributed to making visible the dynamics in the group, which has led to new insights. Two researchers have led this process from Lund University. |

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| | <p>The working group has regularly reflected on the activities we did, their own role in the project, the role of their own organisation, their own experiences and lessons learned from the work, future issues and the like. The reflections have then been analysed, summarised and fed back to the working group, which has deepened the discussion. In this way, we have made visible the dynamics in the group and together reached new insights. In addition, we have gathered feedback from people's experiences of services as well as other stakeholders and partners through an ongoing peer review.</p> <p>The project is still not complete. Therefore, the results are not available yet.</p> |
| <p><u>Links to supporting documents:</u> <i>e.g. website or report of the practice</i></p> | <p>https://helsingborg.se/</p> <p>https://fou.helsingborg.se/projekt/tillsammans-bygger-vi-den-omtanksamma-staden-innovation-i-samverkan-for-ett-demensvanligt-helsingborg/</p> <p>The Dementia Friendly Helsingborg: https://www.youtube.com/watch?v=UWmW3823wg4</p> |
| <p><u>Comments and tips</u> <i>i.e. for people willing to use your Practice</i></p> | <p>Our biggest take away is that be inspired but others, but do not just copy and paste, the key is in the doing – the collaboration with your local user group or community, researchers and practice leads.</p> |