

<i>Tags: Mental Health, Disability; Country: Finland; Language: English; Year: 2013; Event: ESN Conference (Dublin)</i>	
Programme's name	The Dispersed Living Model with accompanying Assisted Living Support
<u>Organisation / Country:</u>	Aspa Foundation and Aspa Services Ltd. / Finland
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<u>Summary:</u>	<p>Aspa Foundation</p> <ul style="list-style-type: none"> • The Aspa Foundation is a non-profit, national foundation in Finland. • The Aspa Foundation was established in 1995 by 13 organisations of disabled people. • A nationwide actor operating for the public good • An expert, researcher and developer in housing for groups with special needs <p>Activities of the Aspa Foundation</p> <ul style="list-style-type: none"> • Procures, builds and rents apartments, including housing for people with complex needs • Implements a diversified housing model and guiding principles in housing • Improves opportunities for independent and self-determined life • The Foundation is the owner of Aspa Services Ltd. and provides customised housing and supported living services. <p>Dispersed Community Living Model</p> <p>The dispersed living model allows users to remain in community-based housing.</p> <ol style="list-style-type: none"> 1. The housing environments become places for clients to gather rather than be segregated from either each other or society. 2. Apartments are located within normal living surroundings. 3. Services are near the apartments (stores for example). 4. Admitting approach to apartments is easy with low threshold.

	<p>Personal assistant</p> <ul style="list-style-type: none"> Depending on the needs of the users, the Dispersed Community Living Model is combined with a personal assistant. The personal assistant can respond to the personal and complex needs of individual users. <p>The Two-Door Model</p> <ul style="list-style-type: none"> The Two-Door Model has a design of shared housing in which every person sharing the house has 2 doors in his compartment, one providing access to the outside, the other leading to the shared area. This approach reconciles the need for privacy with the social needs of a person. <p>Project finance</p> <ul style="list-style-type: none"> The model is jointly funded by Finland's Slot Machine Association and the European Social Fund. The main purpose of Finland's Slot Machine Association is to raise funds through gaming operations to promote Finnish health and welfare. <p>Peer reviews</p> <ul style="list-style-type: none"> The peer review has been an ongoing development activity in the Aspa Foundation and has been developed since 2007. The peer review has been a form of involving service users and plays a crucial role in developing service quality. The method allows resident users participation in the planning, evaluation and development of assisted living services. The peer review has been carried out through 500 interviews in 67 different places and with 17 different service providers. The method involves a broad range of stakeholders from both the public and non-public sector. The peer reviewer must have lived personal experiences as a user of assisted living services. <p>Consequences of the peer review process When applying peer reviews for the development of solutions, three main stages need to be considered:</p> <ul style="list-style-type: none"> residents' opinions development of a proposal aspired changes
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	<p>In more details, the peer review process takes place in different stages:</p> <ul style="list-style-type: none"> • awakened interest in peer reviewing (as an initial precondition to initiating peer reviews) • peer review interviews In this stage, confidentiality and voluntary engagement are particularly important. • feedback: Report & discussion In this stage, service users and workers discuss together and address concerns, expectations, and needs. • evaluation and monitoring Feedback of users is noted in everyday living! • After evaluation and monitoring, the development continues and the Peer Reviews are subjected to re-review after 1–2 years. <p>The residents' opinion can be given on a variety of subjects, for which two examples are given:</p> <ul style="list-style-type: none"> • "We are adults! Why do we have to come home to 7.00 pm?" • "I have to wait for help every morning. If you need to go to toilet... Do you go immediately or in an hour?" <p>The peer reviewers are expected to lead to concrete suggestions, which may either come through a question or a suggestion:</p> <ul style="list-style-type: none"> • Are there enough resources? • What do employees think about the situation? • Eventually, the peer reviewers' proposals are to be presented to the workers and residents together to jointly decide about the rules and potential adjustments.
<u>Issues:</u>	Assisted living services are a challenging field of work, which often lacks resources to carry out complex interventions.
<u>Resources:</u>	At the time of writing, 47 people with physical, intellectual and psychosocial disabilities worked as a peer reviewers.
<u>Objectives:</u>	<ul style="list-style-type: none"> • Improving the quality of independent and assisted living along the principles of self-determination and equal interaction

	<ul style="list-style-type: none"> Developing the peer review method as a widely established mechanism
<u>Outcomes:</u>	<p>Improved consensus-finding in co-designing residential rules</p> <p>Peer reviews increase participation</p> <ol style="list-style-type: none"> in users' lives and the service process in the development of services in the development of society
<u>Evaluation:</u>	n. a.