Theme: ICT; Disability; Ageing and Care; User group: People with Disabilities; Older People; Language: English; Country: Sweden; Year: 2017; Event: ESN Conference 2017	
Programme's name: *Original title:*	Digital solutions to support independent living
Organisation / Country:	Östersund municipality Sweden
Website:	http://www.ostersund.se/omsorg-och-hjalp/hemtjanst-och-hemsjukvard/nyckelfria-las-inom-hemtjansten.html
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Summary:	The municipality of Östersund recognised that the use of digital technology could promote the health and independence of people with disabilities and other vulnerable groups by ensuring their safety and security. A range of technologies have been developed on this basis. These include a portable GPS alarm watch, a device with an alarm button that can be activated to send a signal to emergency services and the person's family who can then pinpoint their location. There are 150 in use in Östersund, and it has been successful in providing a sense of safety for people with disabilities and their families. Another is a digital key. Designed to minimise time spent preparing for a home visit, digital keys allow for carers to unlock the front door of a user's property using an application on their phone. There are 1,400 of these in use in Östersund. Remote home cameras are another example. These cameras are installed in the bedrooms of service users and are able to check if they are in bed at night. They can send an alert to health services if the camera detects that the person is not in bed over a certain length of time. Ten have been set-up so far and have been able to replace or complement night visits by care staff. Next is an internet of things. Professionals caring for a person with disabilities or any other service user can access an online platform to check their data which can be uploaded automatically onto the 'internet of things' by service users using digital-ready bodyweight scales and sleep sensors. By accessing this information, staff can verify basic information about the person, reducing the need for regular in person health check-ups.

Resources:	To instigate the plan, a dedicated team of ten people, including specialised technicians was set-up to organise and manage the delivery of digital solutions within the municipality.
Objectives:	Introduce digital tools which can support vulnerable people in the municipality to live more independently, whilst making more efficient use of professional's time which can lead to cost-savings.
Issues encountered:	Privacy and confidentiality can be problematic issues when recording people's health data. With the internet of things, measures were put in place to protect the confidentiality of users' data on this platform with each user represented by a code known only by staff responsible for them, ensuring their anonymity.
Outcomes:	Overall, the combination of these different technologies has enabled staff to focus more of their time on caring for users instead of administrative tasks or travelling. Another benefit of this is also cost-savings for the municipality resulting from more efficient use of staff's time. Ultimately, the most important achievement is the promotion of the health and independence of service users
Evaluation of practice:	An evaluative report of the digital keys introduced in the municipality has found that the initiative has saved the amount of time that carers spent preparing and carrying out home visits.
Sources of further information:	Available here