



Councils of older people and wellbeing services in Finland

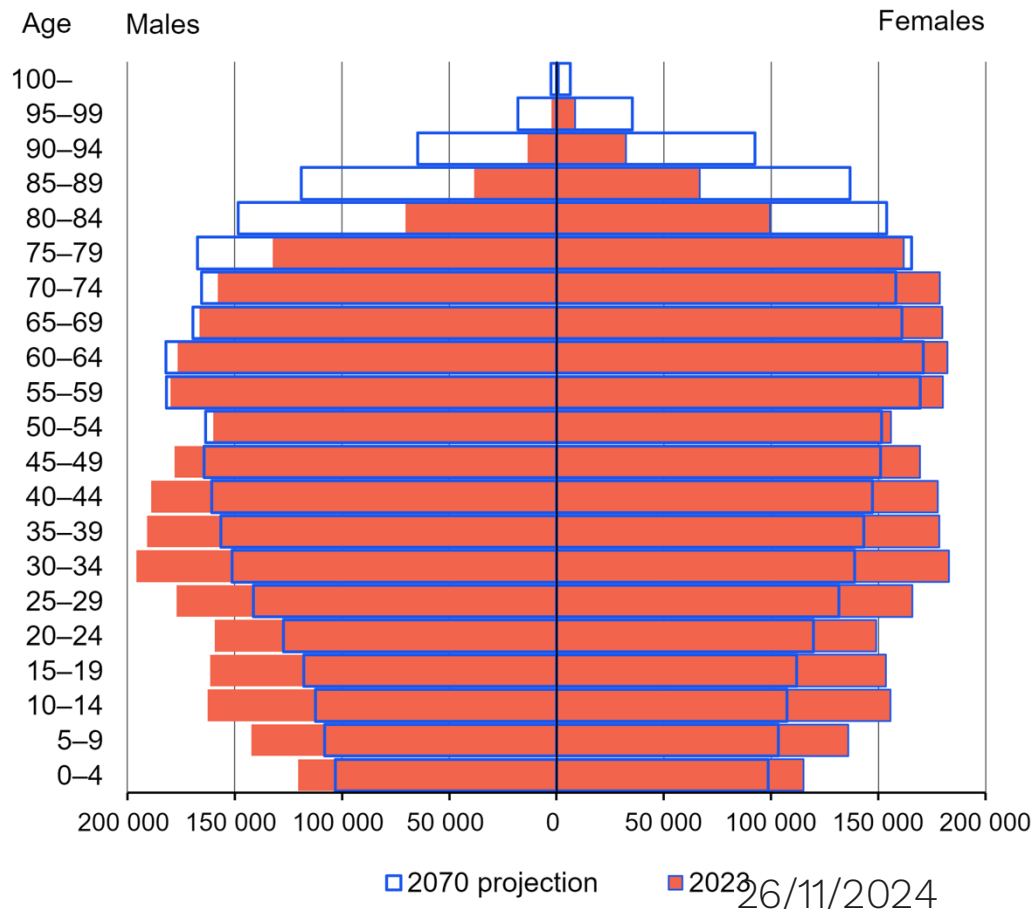
Minna-Liisa Luoma
Chief Specialist,
PhD, Associate Professor

Finnish Institute for
Health and Welfare

26/11/2024



Demographic change in Finland



26/11/2024

- The ageing of the population increases the total number of people with memory disorders. Memory disorders incidence increases as longevity becomes more common. However, there are differences between wellbeing services counties
- In 2021, nearly half (41%) of people over the age of 85 had diagnosed memory disorder. In 2040, Finland is projected to have approximately 250,000 memory disorder, which is 64 per cent more than in 2021.
- Progressing memory disorders are the most significant public health and economic challenge of our time.

Ageing policy in Finland

- Aim is to promote older people's
 - functional capacity
 - independent living
 - active participation in society
- **Tools** for implementation of policy goals:
 - **Legislation:** the Act on Supporting the Functional Capacity of the Older Population (Act on Care Services for Older Persons); a range of other Acts
 - National Programme on Ageing 2030: For an age-competent Finland
 - Quality recommendations for older people
 - Status of Older People Services survey conducted by THL



National Programme on Ageing to 2030

Key impact objectives



- The working capacity of older working-aged people has improved, and careers have grown longer, especially in service for older people
- Older people are maintaining good functional capacity for a longer time
- People are increasingly participating in voluntary work, and this participation is supported in an ageing society
- Technology has increased wellbeing
- Housing and living environments are age-friendly
- Services will be arranged in socially, ecologically and economically sustainable way

Source: The Ministry of Social Affairs and Health



Finnish Healthcare and social welfare system.

- Health and social care system is based on public health and social care services to which everyone permanently residing in the country is entitled
- Alongside the public sector, private companies provide services.
- Finland also has an extensive network of non-governmental healthcare and social welfare organisations that provide services both free charge and for a fee
- <https://stm.fi/en/social-and-health-services/responsible-agencies>
- Before the health and social services reform, municipalities had statutory responsibility for organising and accessing services for the elderly.
- From 1.1.2023 , the wellbeing services counties are responsible for organising health and social services.



Services for older persons I

Services promoting well-being

- Services that promote well-being and rehabilitation maintain the functional capacity of older people. The services include, for example, counselling services as well as health examinations, appointments or home visits that support wellbeing, health, functional capacity and independent performance, especially for elderly people belonging to risk groups.

Service needs assessment

- If an elderly person needs home care, informal care, housing services, institutional care, disability services, social assistance or other social welfare services, the authority of the wellbeing services county will assess the need for services for granting these.

Health

- Health services include the primary health care services of the wellbeing services county, such as health examinations, dental care, home nursing, rehabilitation services and assistive devices. The necessary specialised medical care services are also mainly organised by the wellbeing services county



Services for older persons II

Home care

- As of 1.1.2023, home care includes both the contents previously included in home care services and home health care. An elderly person's functional capacity and everyday performance can be strengthened with support services, which include catering, clothing services, cleaning services, e-services and services that promote or support inclusion and social interaction. . Home care can also be provided at night, regardless of the time of day, and it may also include home nursing.

Informal care and informal care allowance

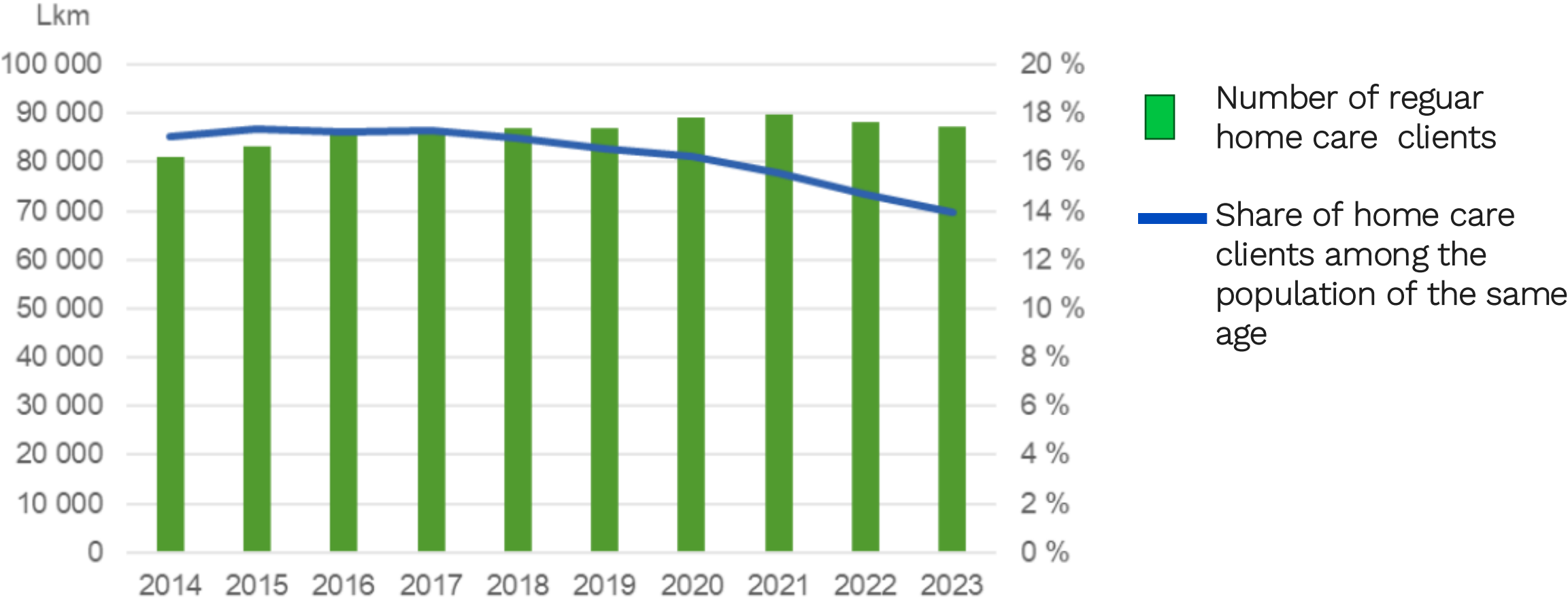
- Municipalities may grant informal care allowance to relatives or other close relatives of the person being cared for.

Intermediate housing solutions

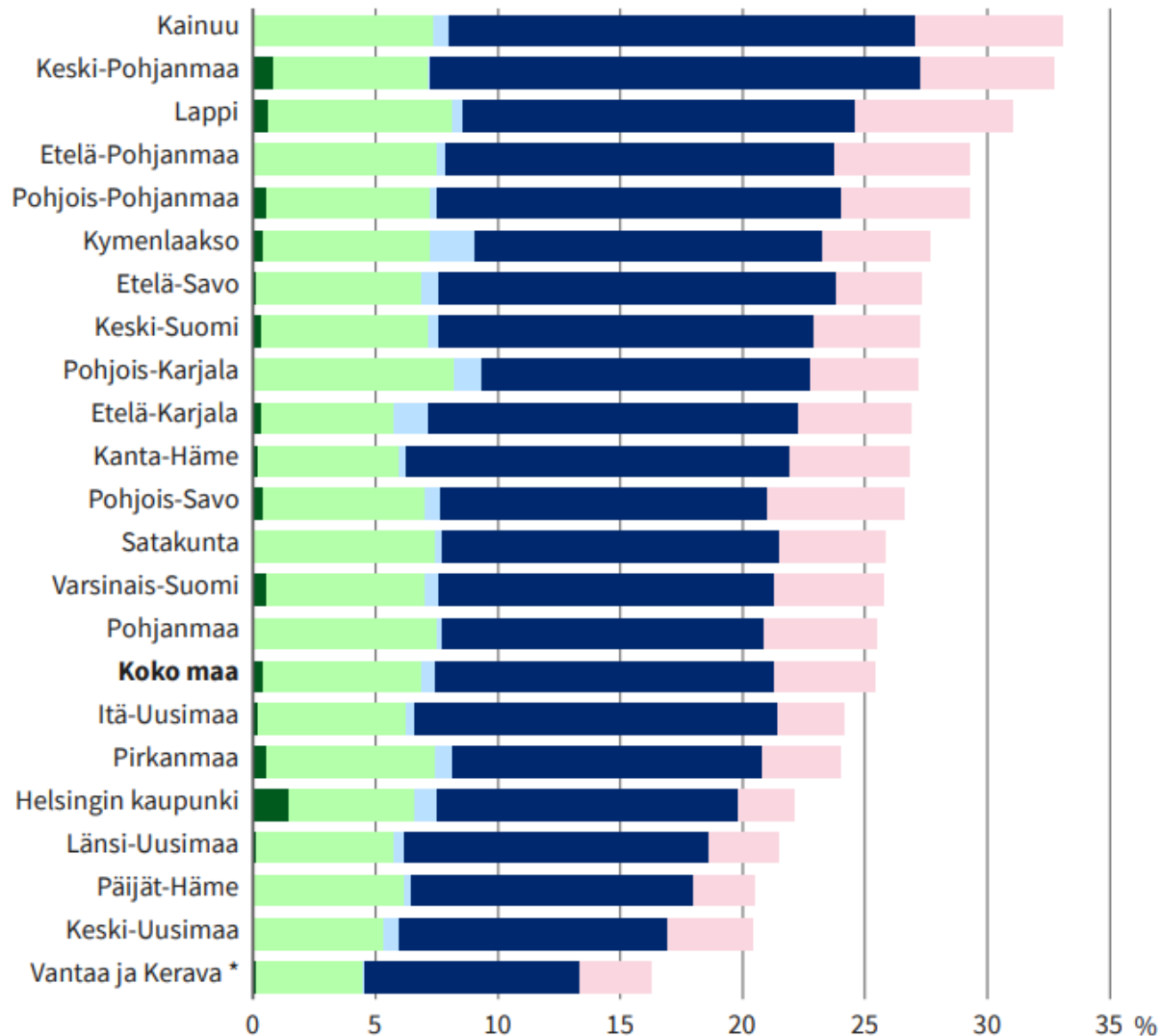
- between living at home and current service housing with 24-hour assistance.



Number and share of regular home care clients aged 75 or over among the population of the same age in 2014 to 2023



Service structure for elderly 75 and older, as % of total population of same age



Institutional services for the elderly

Round-the-clock assisted living for the elderly

Communal living

Regular home care

Informal care allowance

Family care for the elderly, number of clients 1998

Customers of communal living for the elderly intermediate housing solutions number of clients 4182

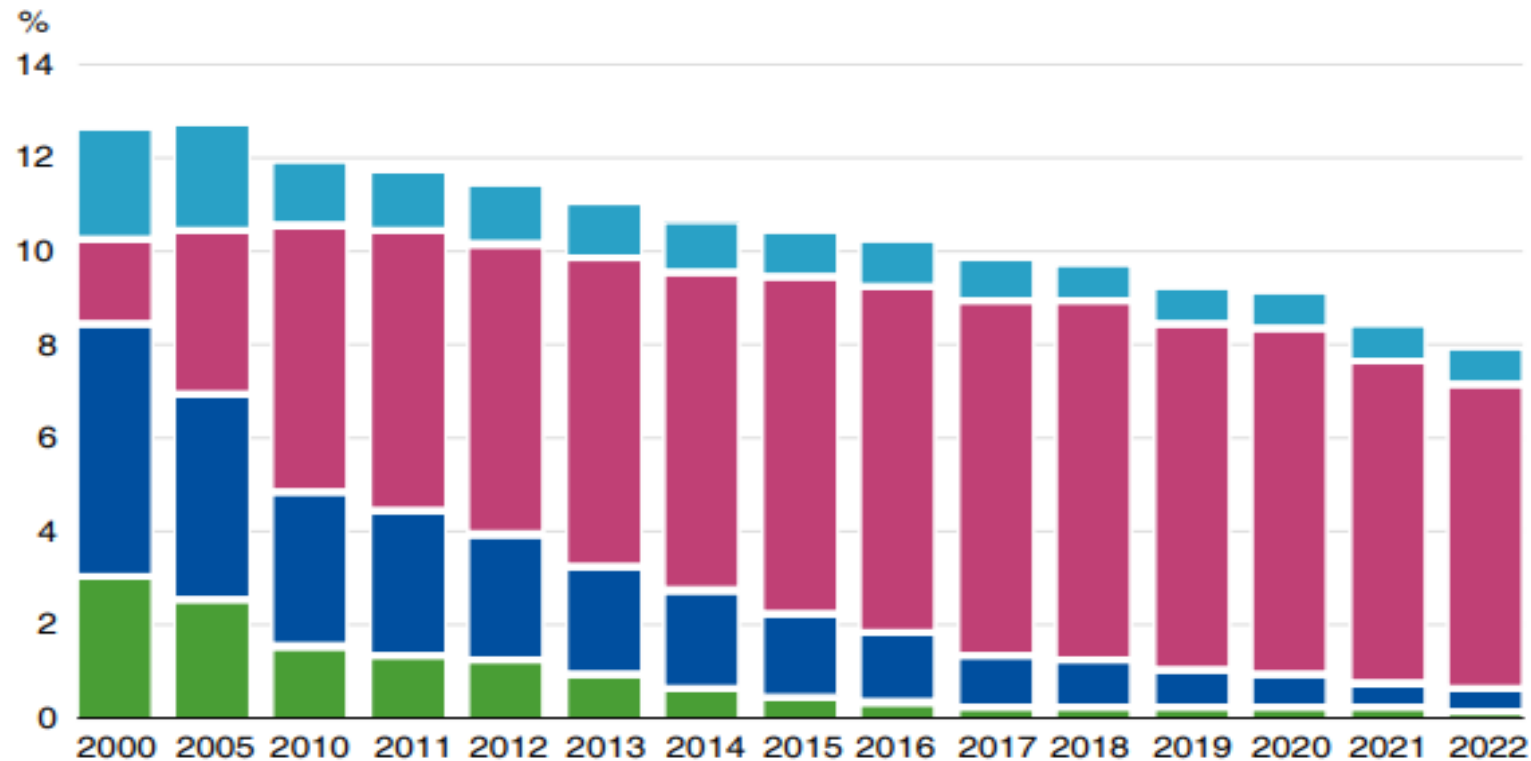


Elderly care in institutional services

institutional services

- The wellbeing services counties may organise the social services of a person in need of care, care or rehabilitation as institutional services **if it is not possible or appropriate** to organise the person's services in their own home.
- Institutional services can be arranged on a short-term or long-term basis, during the day, at night or around the clock.
- Long-term treatment and care may be provided in an institution only if it is justified with regard to the health or safety of the person or if there are other grounds specifically laid down by law.

Coverage in long term care and services for older (75+) people, 2000–2022



-  Tavallinen palveluasuminen - Vanligt serviceboende - *Ordinary sheltered housing*
-  Tehostettu palveluasuminen - Serviceboende med heldygnsomsorg - *Sheltered housing with 24-hour assistance*
-  Vanhainkodit - Ålderdomshem - *Residential homes*
-  Terveyskeskusten pitkäaikaishoito - Hälsovårdscentraler, långvård - *Health centres, long-term inpatients*

Status of Older People Services Survey

Survey to the units

24-hour residential care, hybrid units with 24/7 residential care, and institutional care

Home care, home nursing, home-help, and service housing / hybrid units without 24/7 services

Heads of units

Follow-up (2 times/year)

- Staffing ratio

Background information (every 2 years)

- Modes of operandi
- Personnel and management
- Monitoring

Client satisfaction survey (every 2 years)

Welbeing counties survey

- Directors of the services for older people
- Work / Steering groups

Every two years

- Supporting the health and welfare of the older population
- Monitoring
- Palliative and end of life care
- Themes such as prevention of memory problems or oral health

Follow-up

Supervision

Information and knowledge management

Data sources

- The SOTKANet Indicator Bank (THL) <https://sotkanet.fi/sotkanet/en/index?>
 - Provides indicators for monitoring and comparing promotion of health and welfare, service needs, service structure, and finances.
 - Provides indicators from geographical areas in absolute numbers and percentages, indicator descriptions on data content, interpretations, data sources, years covered, and possible restrictions.
- Statistics Finland
 - produces the vast majority of Finnish official statistics e.g. population, health, housing, social protection http://tilastokeskus.fi/index_en.html

Research, e.g.

- [Healthy Finland Survey](#)
 - Provides up-to-date information on the health, well-being and service use of adults living in Finland, as well as on changes and future developments in these areas.
- Status of Older People Services Survey (THL)
 - follows up the implementation of legislation (e.g. staffing ratio, use of RAI) & recommendations



The wellbeing services counties and The Council for the Elderly.

- The wellbeing services counties started their operations from the beginning of 2023. The number of wellbeing services counties was 21, and the size of their operating areas varies considerably.
- A key issue in this reform was the transfer of health and social services and rescue services from municipalities to the wellbeing services counties.
- At the same time, the wellbeing services counties' influencing bodies were launched.
- One of these advocacy bodies is the Council for the Elderly.



The wellbeing services counties must secure the operating conditions of the county's council for the elderly

The wellbeing services counties must secure the operating conditions of the county's council for the elderly:

- The wellbeing services counties must designate accessible meeting facilities for the activities of the Council for the Elderly (enabling electronic meetings)
- Take care of the necessary arrangements for the meeting and Bears the costs of meetings of
- Appoint contact persons for the activities of the Council for the Elderly
- Supports the activities and, if necessary, arranges advice to support the activities
- Provide assistance in preparing meeting matters
- Resources the activities of the Council for the Elderly financially
- Pay meeting fees and travel expenses to the members of the Council for the Elderly
- Allocate operational appropriations for training and seminars of the Council for the Elderly



The members of the councils for the elderly

- The members of the councils for the elderly in the wellbeing services counties consist of members of municipal councils for the elderly and various organisations representing older people e.g. member of the Central Union of Pensioners
- In addition to organisational representatives, the elderly councils of the wellbeing services counties have: often expert members., for example, the Sector Director for the Elderly and the Director of Home and Housing Services serve as expert members
- Instructors and secretaries include services for the elderly executive directors, administrative secretaries, planners and experts, inclusion and account managers, executive assistants, elderly advocates and partnership managers.
- The size ranges from 9 to 36 members (mean size 18 members)



Priorities for the activities of elderly councils councils for the elderly in municipal:

- Living and housing and its accessibility and functionality
- Lifelong learning
- Leisure services (sports, culture, etc.)
- Group activities
- Mobility and transport
- Digital affairs and digitality (and its accessibility)

Priorities for the activities of elderly councils councils for elderly in wellbeing services counties:

- Access to healthcare and social welfare services and accessibility
- Living at home support services, such as service guidance
- Rehabilitation, home care and security services
- Housing services, such as communal housing and round-the-clock assisted living
- Services supporting mobility
- Informal care

Common priorities for the activities of elderly councils

- mobility services , supportive services for mobility, accessibility
- Interfaces for housing-related services
- Safety
- Social participation and influence
- Enabling organisational and civic activities
- Support substance abuse prevention
- Other preventive services



The members of council for elderly want to have an impact...

- on social and health services for the elderly and the extent of the service network
- they feel that important to be able to influence the strategies and budgets of the wellbeing services counties and the estimation of the costs of the wellbeing services counties.

However....

- The majority of the members felt that their possibilities to influence were rather limited.
- The possibilities of influencing the wellbeing services county were considered particularly small\the budget and financial statements.





Thank You !
Kiitos !

Minna-Liisa.Luoma@thl.fi