



# DREAMING Newsletter DK

eIDeRly-friEndly Alarm handling and MonitorING

October 2010 – No. 2

## From Dream to Reality

The DREAMING project represents a win-win situation for chronically ill elderly citizens living at home and for municipalities.

The tight economy combined with the decreasing labour force and a growing number of chronically ill elderly citizens constitute a challenge for the Danish municipalities. Therefore, it makes sense to equip the chronically ill living at home for handling parts of their own care by use of welfare technology and thereby provide them with a sense of safety while allowing for the home care system to be even better organised than it is today.

In DREAMING, preliminary results are positive. Together with municipalities in six other European countries, Langeland Municipality has been testing to see whether chronically ill elderly citizens are able to measure their own blood pressure, blood sugar, breathing, etc. and communicate online with visiting nurses in order to ensure the necessary degree of safety. Already at this point, preliminary results show that the elderly are both able and willing to look after themselves using welfare technology. This is very promising. So promising that the Region of Southern Denmark will now review lessons learned with municipalities in South Denmark in a close collaboration with Langeland Municipality and possibly hospitals. The project is too good to remain a good project. Its potential must be tested with the clear objective to make the dream come true. The gains are obvious for all actors, including the chronically ill citizens and the municipalities. It is expensive to implement technology and to reorganise the home care system and possibly to reorganise hospital systems. But if the gains can be collected within a few years and the quality and safety are at least at the same level as they are now, it will turn out to be a win-win situation for citizens and municipalities as well as a breakthrough for welfare technology.



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## Report from AAL Forum 2010

15-17 September, the international conference for ambient assisted living (AAL) technology, AAL Forum 2010, was held in Odense.

At the conference, the DREAMING project was represented at several occasions, including a steering committee meeting, a workshop, and several presentations.

As a part of the conference, a VIP Tour had been arranged, showing DREAMING and other projects to high-ranking participants such as the Vice-President of the European Commission, Neelie Kroes, and the Danish Minister of Finance, Claus Hjort Frederiksen. The top photo on the right shows Casper Marcussen

with Neelie Kroes, who is talking to the citizen Lilly Hansen from Langeland via video conference.

At the conference, DREAMING was also presented in a rather untraditional manner. The bottom photo on the right shows a miniature DREAMING display made from PlayMobil. The display was used as an illustration of how the citizens can take their own measurements at home and talk to the visiting nurses via video conference on their TV.

This way, the many visitors at the conference could get an impression of the project and afterwards see the technology in action at the exhibition Innovation World. ■

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## DREAMING at Innovation World

In connection with AAL Forum 2010, visitors had the opportunity to see and touch the AAL technology at the exhibition Innovation World (top photo on the right), where Danish initiatives within AAL for citizens aged 50+ were displayed and demonstrated.

By walking around in four apartments equipped with technology from different projects, visitors could get an idea of how health care might look in the future.

On Thursday, the exhibition was open to the public and here the technology from DREAMING was presented by project nurse Helle Holm and nurse Trine Dolleris from Langeland. Here, visitors could sit down on the sofa and participate in a video conference with the nurse on the TV and at the same time have their measurements taken and see them pop up on the nurse's computer.

Besides DREAMING, visitors also had the opportunity to meet several other projects, all working towards improving healthcare for the elderly and chronically ill. For instance, they could see how wound care can take place via mobile phones and how tiles that light up and make sounds can be part of rehabilitation after a stroke.

They could also meet different kinds of robots, whose purpose is either to keep someone company or to form an active part of health care.

Basically, the purpose of this exhibition was to show the general public the great variety of AAL solutions already in use or under development. This way, many citizens gained an insight into how their own health care might take place in the future as well as the opportunity to voice their opinion on the subject.



## DREAMING international advisory board meeting

31 August 2010, an international advisory board meeting was held in DREAMING. At the meeting, which took place at city hall in Rudkøbing, Langeland, international experts from Greece, Germany, the Netherlands and Belgium participated, as well as the mayor of Langeland. One of the main issues discussed at the meeting was the implementation and use of the technology after the end of the project in 2012.

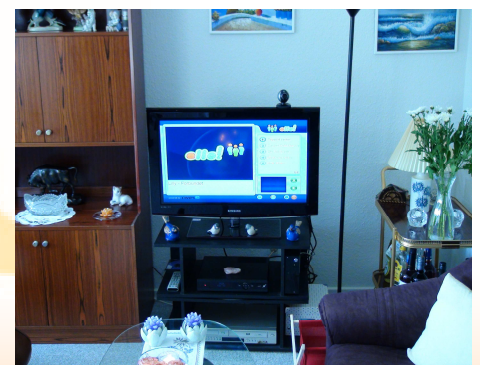
In order to show the prominent international and national guests how the project runs in Denmark, a visit was paid to one of the citizens, Lilly Hansen (bottom photos on the right), who is a participant in the project. Lilly welcomed the many visitors and talked enthusiastically about how she uses the technol-

ogy in her everyday routine. "I like the fact that we are closely monitored" Lilly explained.

After the visit to Lilly's house, the meeting was moved to the newly built school on Langeland. The visitors got a brief tour of the school and then continued with a closing discussion about the meeting and the visit with Lilly.

The international experts were positively surprised by how the technology does not dominate in the citizens' homes and how easy it is for the citizens to use.

One clear statement about the advantages of the project came from one of the international experts: "I was sceptical when I came here, but now I'm convinced".



## Events

### Global Telehealth 2010

10-12 November 2010, this international conference for telemedicine and welfare technology will be held in Perth, Australia.

The Danish DREAM team has submitted an article for the conference and as it was accepted, two of the authors will travel to Australia in November to present the article and the project for a new audience from the Australasian area.



## Global Telehealth 2010

## DREAMING in the media

In connection with AAL Forum and the international advisory board meeting, DREAMING and welfare technology in general attracted great attention in the media. Below you can find references to some of these articles. Also have a look at the YouTube video about DREAMING.

### Fyens Stiftstidende

"Hospitalet flytter ind i stuen"/ "The hospital moves into the living room" (front page, 17 Sep. 2010) (Danish)

"Lilly og Rasmus får hjælp i stuen"/ "Lilly and Rasmus receive help in their own living room" (page 10, 17 Sep. 2010) (Danish)

"En god hjælp til pressede kommuner"/ "A helping hand for municipalities under pressure" (page 11, 17 Sep. 2010) (Danish)

"EU skamroser Fynsk satsning"/ "The EU praises initiative on Funen" (page 2, 16 Sep. 2010) (Danish)

"Robotter på vej til de ældre"/ "Robots on their way to the elderly" (page 2, 16 Sep. 2010) (Danish)

### UgeAvisen Øboen

"69-årige Lilly tryk ved it-velfærd i sin stue"/ "69-year-old Lilly feels safe with IT welfare in her living room" (7 Sep. 2010) <http://www.e-pages.dk/ugeavisenoeboen/24/> (Danish)

"Internationale eksperter til Langeland"/ "International experts on Langeland" (1 Sep. 2010) <http://www.e-pages.dk/ugeavisenoeboen/23/> (Danish)

### YouTube video about DREAMING

[http://www.youtube.com/watch?v=XYb\\_TzIjwTA](http://www.youtube.com/watch?v=XYb_TzIjwTA) (Danish with English subtitles)



## Interesting articles

### Welfare technology: a cost-effective way to a better health

"Home Telehealth Improves Clinical Outcomes at Lower Cost for Home Healthcare" By S. M. Finkelstein et al. *Telemedicine and e-Health* 12 (2006), 128-136.

The results in the article are based on a randomised pilot run similar to the one in DREAMING and show that consultations between visiting nurses and patients via video conference has positive outcomes in terms of both health and costs.

### Positive resultater for diabetespatienter

"Telehealth and Diabetes Monitoring" by K. D. Blanchet. *Telemedicine and e-Health* 14 (2008), 744-746.

This article presents an American welfare technology project focusing on diabetics and using technology very similar to the technology applied in DREAMING. The project results showed clear improvements of cholesterol and blood pressure when compared to traditional care.

## Share your knowledge!

We encourage our readers to contribute to the DREAMING Newsletter.

All ideas and contributions are welcome as well as any comments or suggestions you may have.

Contributions in both Danish and English are accepted.

Please send to [macc@medcom.dk](mailto:macc@medcom.dk)

## Langeland Municipality & the Region of Southern Denmark

Langeland Municipality and Region of Southern Denmark are the Danish partners in DREAMING and Langeland also acts as the Danish pilot site. Both the municipality and the region hope that DREAMING will provide a better utilisation of the resources for welfare and elderly care, improve working conditions for employees in the public welfare sector, and increase the elderly citizen's degree of self management, dignity, and quality of life.

## PreventionCentre (ForebyggelsesCentret) Langeland

The PreventionCentre on Langeland attends to health promoting and preventive efforts on the island. The centre is engaged in development and project work, as well as health promotion and prevention directly targeted at the elderly citizens. The PreventionCentre has an important role in the deployment of the DREAMING project on Langeland.

## Meet the Danish DREAM team



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