

DREAMING DK

Elderly-friendly Alarm and Monitoring System



elDeRly-friEndly
Alarm handling
and MonitorING

DREAMING brings together a range of welfare technologies that can assist elderly citizens in staying longer in their own home, being released from hospital earlier, and having greater control over their own health situation.

Visit DREAMING's website at
www.dreaming-project.org

Background to the DREAMING project

As the rest of the EU, Denmark faces a growing demographic challenge. The number of elderly citizens is increasing and many of these will suffer from chronic diseases. Meanwhile, the labour force is decreasing in size. This tendency is especially pronounced in peripheral regions, where the concentration of elderly citizens is significantly higher and it is difficult to attract new manpower.

By introducing welfare technology in elderly care, DREAMING represents a possible solution to this challenge.

DREAMING general information

DREAMING tests welfare technology in the care for elderly citizens with diabetes, heart failure, or COPD. The pilot takes place in six European countries: Denmark, Germany, Sweden, Estonia, Italy, and Spain. In Denmark, Langeland Municipality acts as pilot site.

The welfare technologies comprise a range of technological devices, e.g. blood pressure meters, motion sensors, video conference, etc. During the test period (June 2010 - June 2012) the welfare technologies are tested on approx 20 citizens while a group of the same size acts as a control group.

The citizens take their own measurements, e.g. blood pressure or blood sugar, and the nurses can look them up on their computer. This gives the nurses more time to care for the elderly citizens and by keeping an eye on the measurements, the nurses can make sure that the citizens are all right. If the measurements differ greatly from the norm, which has been individually determined for each citizen, the nurses receive an alarm via SMS or email. This way, the nurses can react faster and often they can catch something before it gets too serious.

By use of video conferencing, the citizens can obtain contact with the doctor, nurses, and relatives even if they are far away. In addition, they can communicate with other elderly citizens using the equipment. This can contribute to relieving the feeling of isolation that many chronically ill elderly people experience.

Ambitions

- Better disease management
- Prevention of hospitalisation and aggravation of the disease
- Contribute to earlier release from hospital
- Greater independence and sense of security for the elderly citizens
- Reduce feeling of isolation for the elderly citizens
- Time savings and better working conditions for the nurses

Langeland - the pilot site

There is a high concentration of elderly citizens in Langeland Municipality, many of which have to travel far to get to the hospital or their GP. This is why welfare technology is so relevant for the island. In Rudkøbing, the Prevention Centre (ForebyggelsesCentret) is the centre for the pilot, which takes place in cooperation with the Region of Southern Denmark.

The visiting nurses on Langeland play an important role in the project, as they are to incorporate the technology in their working procedures and use it together with the citizens. They have been welcoming towards the project and have also been good at implementing the technology in their everyday tasks and helping each other in the process. Also, they are able to think outside the project and come up with ways to use the technology in connection with other citizens than those initially introduced to the technology.

The installation of the technology as well as the establishment of internet access for all citizens is the foundation of DREAMING. As it became clear that this particular task would call for many working hours on Langeland, it was decided to expand the Danish team with a local colleague who knows the island and has the necessary technological proficiencies. Ole Jacobsen, a retired farmer with all the necessary abilities, joined the project and has since been a driving force in the implementation of the technology.

It is hoped that DREAMING will be useful for the citizens on Langeland by providing a better utilisation of the resources for welfare and elderly care, improving working conditions for employees in the public welfare sector, and increasing the elderly citizen's degree of self management, dignity, and quality of life.

DREAMING welfare technology

DREAMING welfare technology installed in homes on Langeland		
Motion sensor	Fire alarm	Thermometer
Blood glucose meter	Oxygen saturation meter	Video conference on personal TV
Blood pressure meter	Peak flow meter	Intelligent scales
Other DREAMING welfare technologies		
EKG (1 and 12 lead)	MAMBO (fall alarm)	
Humidity sensor	Water detector	
Gas alarm	Open/close sensor for doors and windows	

The Danish DREAM team



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newsletter by emailing to
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www.langelandkommune.dk



www.regionyddanmark.dk



www.forebyggelsescentret.dk

Together with the Region of Southern Denmark, Langeland Municipality is a partner in DREAMING and acts as the Danish pilot site. In both the municipality and the region it is hoped that the welfare technology will have a positive influence on the elderly care.

The PreventionCentre (ForebyggelsesCentret) on Langeland attends to health promoting and preventive efforts on the island and plays an important role in the deployment of the DREAMING project on Langeland.