

# FROM CROSSCARE TO INTEGRATED CARE WHAT HAVE WE LEARNED FROM INTERREG SLOVENIA CROATIA PROJECT

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## Background

Health care systems with rising life expectancy, declining physical and mental health among elderly, declining family members care due to family members moving abroad, have increased the need of updated health and social system which are adept in providing institutional and community long-term care with emphasis on integrated approach. CrossCare project under Interreg program with collaborative partnership between Slovenian and Croatian partners has established an affordable long-term care community based services, with sustainable framework accompanied by numerous developed resources.

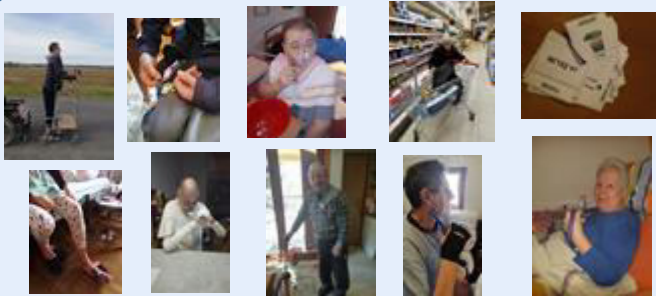
## Material & Methods

### Multi-method approach

- Analysis of existing data
  - Program documentation
  - National strategic documents
  - (Re) analysis of internal evaluation data
- Collection and analysis of new data
  - FY and in-depth interviews
  - Online surveys

## Results

- designed and tested program of integrated approach which is developed in a way that includes health and social care services for the elderly provided in their homes, which today can serve as a professional basis for normative regulation of the area
- ensured integrated services for more than 380 elderly citizens of Zagreb within their families, including occupational therapy services (more than 5.000 sessions)
- developed cooperation between health & social care institution providing a services within the community
- developed learning materials and collaborative learning process to ensure services intended for and with the community
- developed virtual materials to use in the time of the social distancing
- services provided to elderly citizens of City of Zagreb included 36% of neurological, 30% of musculoskeletal, 17% mental health, 5% cardiological and 3% palliative patients
- occupational therapy intervention completed integrated approach which is now provisioned by the Institution for home care Zagreb with the Department of Health of the City of Zagreb and included "top down" client centered occupation based approach with following diagnostic and therapeutic procedures comprehensive evaluation, advocacy, consultation and basic and instrumental daily activities occupational therapy intervention
- provided community based group interventions in vivo and online for fall prevention, cognitive training & daily activities



## Conclusion

- ensuring a new community based service for their citizens - home based occupational therapy is a cost-effective solution for changing health system (Rexe et al, 2013)
- cooperation between systems and EU countries opens new horizons in developing sustainable, for community relevant, services and provides an plethora of resources to overcome system challenges

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