



**FREDERICIA**  
FORMING  
THE FUTURE

A path to ensure future welfare



# Life Long Living - Maintaining Independent Living as Long as Possible

**A FE-INNOVNET webinar: The Crisis - an  
opportunity to become Age-Friendly  
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- Medium-sized municipality in Denmark with approx. 50,000 inhabitants
- The annual total budget is approx. 400 mio. EUR
- In the area of elderly services the annual budget is around 53 mio. EUR
- We service around 2,300 people - almost 25% of our older citizens



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# The welfare challenge

## An opportunity to become Age-Friendly?

Expectations and needs



Lack of employees

Economy



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# Life Long Living

## Our vision

*“A municipality with active and resourceful elderly, who through prevention, rehabilitation, technology and social networking can maintain everyday life for as long as possible”.*

*Fredericia City Council (2008)*



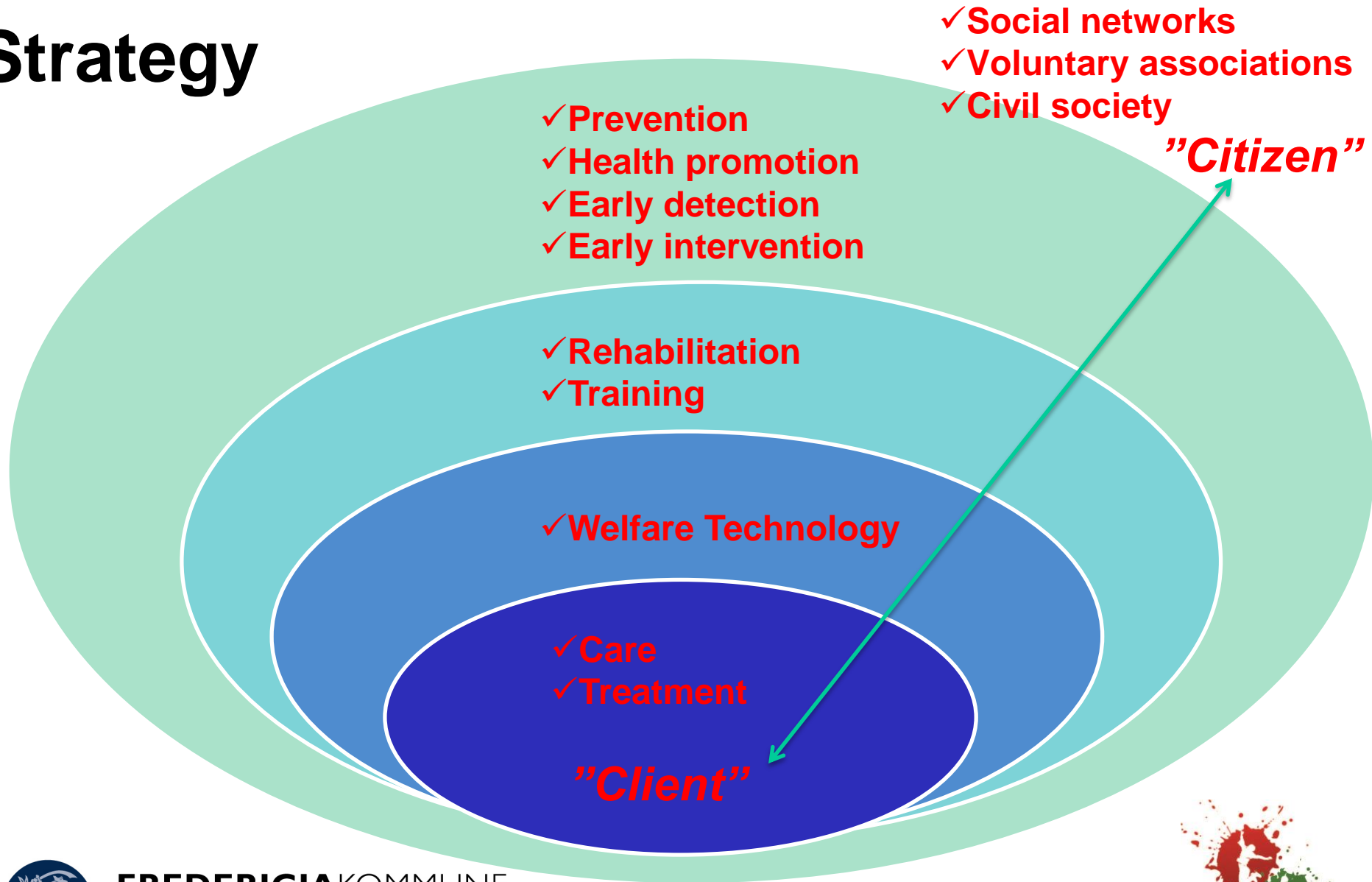
# The change of paradigm in practice



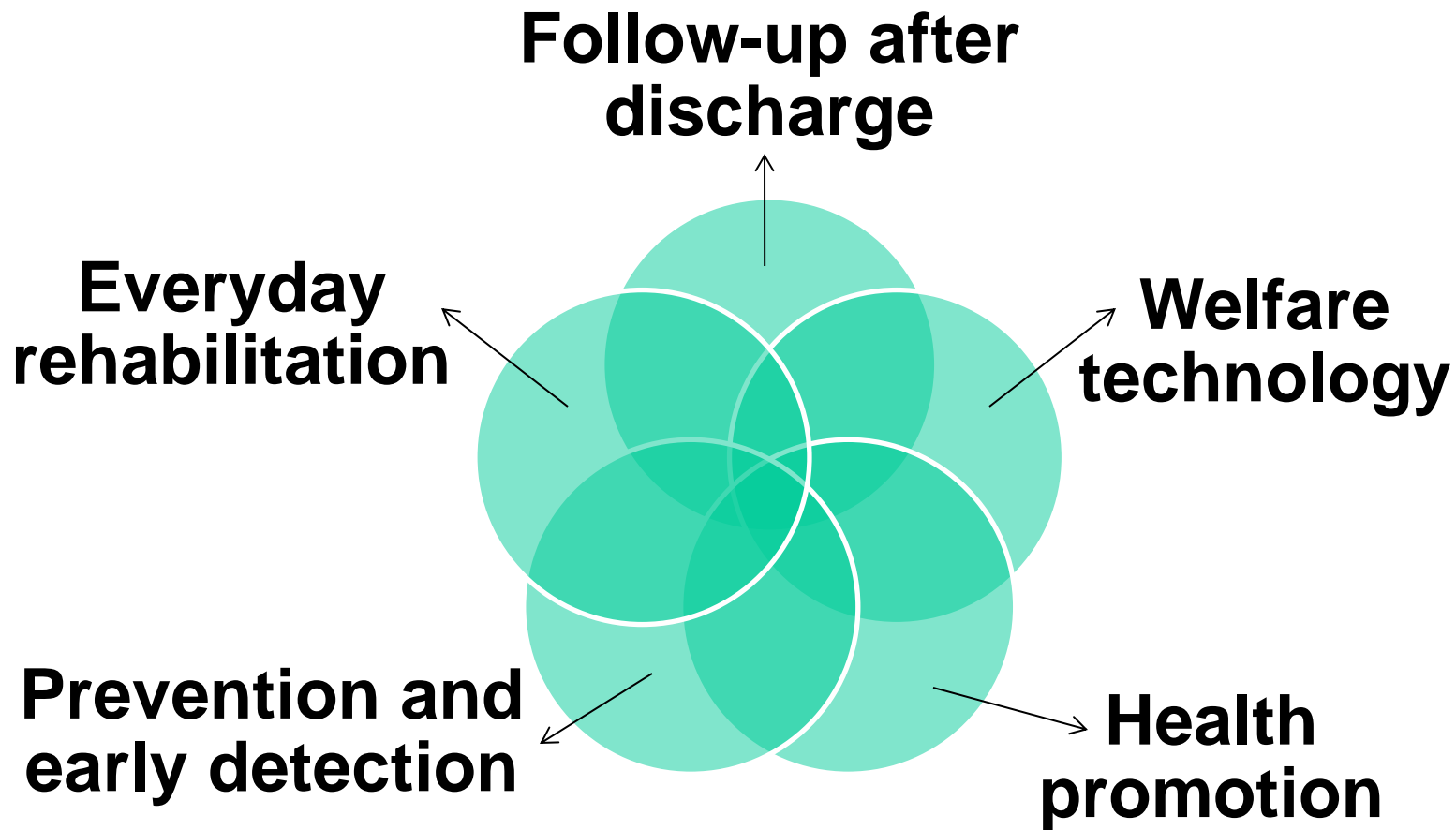
- From reactive to proactive intervention
- From late to early intervention
- From dependence to independence
- From compensation to rehabilitation
- From care to prevention
- From senior burden to senior strength



# Rehabilitation and Prevention Strategy



# Life Long Living - Interventions



# Everyday Rehabilitation

- Focus on regaining independence in every day life
- Assess resources – “The citizen Plan”
- Meaningful goals for every day activities
- Care provided in a “training way”
- Intensive help in the beginning
- Cross-professional teams  
(Occupational Therapist; Nurse, Physiotherapist)





# Crucial for the success

- Strong political agreement on the vision
- Communicating the vision on many levels
- A cultural change that makes sense for everybody
- Interdisciplinary collaboration
- Development of competences
- Persistent leadership
- External evaluation of effects
- Ad. hoc committees with representatives from unions, trade organisations, stakeholders, educational institutions and research departments



# From patient to independent

Mrs Olsen is an 80-year old woman who has received care for a long time  
She is diagnosed with COPD

- **Assistance in traditional system:** 290 minutes per week  
(Personal care, shopping and cleaning assistance)  
Can't walk without breathing apparatus
- **Assistance in new system:** 35 minutes per week  
(Cleaning assistance)  
Can now walk short distances without breathing apparatus  
Is much more self-reliant and happy - Does her shopping, takes her bath and does some of the cleaning herself
- **Difference in assistance (traditional / new system):**  
255 minutes per week = 221 hours per year  
Yearly savings corresponding to app. 8.500 EUR



# Awards and transferability

- Awarded the LGDK Innovation Prize 2010
- Awarded EPSA 2011 Best Practice Certificate
- Award of the European Year for Active Ageing 2012; Category: “Towards age friendly environments”
- Integrated into the Danish national budget
- Role model for Danish municipalities on how to work with elderly care



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