

DISCOVER THE SUSTAIN SITES

SABADELL Catalonia, Spain

DESCRIPTION

- North Sabadell Social and Health care integration initiative is a proactive primary care initiative, offering health and social care to the population living in the northern area of Sabadell
- Health and social care integration has been happening since 1994. The key feature of the initiative is that social workers employed by Sabadell's City Council are located within the primary health care centres (PHCC), facilitating cross-sector collaboration
- General Practitioners, Social workers and nurses hold monthly meetings to discuss cases of 65+ users with health and social care needs living at home that could benefit from a greater coordination of services. However limitations were identified, for instance being able to prioritise these coordination meetings and empowering users and carers to self-manage health and be involved in decisions on their care

IMPROVEMENT PROJECT

- Formalizing regular meeting spaces of health and social care professionals to conduct joint assessments of users aged 65+ with complex health and social care
- Developing a common multidimensional assessment tool to assist the process of joint assessment of the users
- Mapping and making available to users different community, social and health resources that can provide them with relevant experience and knowledge to boost self-management of health
- Training - Growing Older workshop - sessions for 65+ users to enhance empowerment and self-management
- Consolidating a fine-tuned validated joint assessment procedure and tool –care plan- that would be validated with users and carers

North Sabadell social and health care integration



Sabadell improvement project:

Coordination of professionals and user empowerment leading to individualized integrated care plans



LESSONS LEARNT

- The integrated individualized co-designed care plan document as a tool facilitated health and social professionals conducting needs assessment more efficiently, non-overlapping and with an integrated and more person-centred approach
- Improvement of professionals' understanding of users' needs and preferences in the users' environment, with visits at home to produce prevention-oriented care plans. This proved to be rewarding for users as well as professionals.
- The "Growing Older" workshops for users promoted their emotional wellbeing and self-esteem and encouraged their empowerment and self-management of health

FUTURE IMPROVEMENTS

- Need to increase resources (human, time, financial) and to improve commitment from institutions at a local/regional level
 - Otherwise, the continuity of integrated care as a working method remains fragile
 - Incompatible timetables of professionals sometimes meant working extra hours or delegating workloads to other colleagues
- Need to create an integrated IT system between health and social records
 - Difficulties for sharing documents such as care plans
- A map of community resources for older persons elaborated in the improvement project to promote the uptake of health promotion or social activities was not backed up with staff from the community resources to whom users could link to
 - This prevented some users from joining new activities

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