Screening and preventing risks of frailty in community-dwelling senior citizens: a global personalised approach to promote healthy ageing

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European Innovation Partnership on Active and Healthy Ageing

Reference Sites

Excellent innovation for ageing
A European Guide

FRANCE

Site: Région Languedoc-Roussillon:
Contre les Maladies Chroniques pour un Vieillissement Actif et en bonne santé en Languedoc Roussillon (MACVIA-LR) Fighting Chronic Diseases for active and healthy ageing in Languedoc Roussillon (Fighting CD-LR)
Inserm Paris

Labelled in 2016***
Extended to Paris and Nice

Including the new « big » region
(Montpellier and Toulouse)

Métropole de Nice
EIP on AHA action Plan

1. Polymedication in old age adults
2. Falls prevention initiative
3. Frailty
   1. Gérontopôle Toulouse
   2. Social impact of frailty (CARSAT-LR)
4. Chronic diseases
   1. AIRWAYS ICPs
   2. Multimorbidity clinic
   3. Dental care
5. Living labs
   1. L’Etape (Lattes)
   2. 27 Delvalle (Nice)
6. Scaling up strategy
The Carsat LR
Retirement and occupational health insurance agency of Languedoc-Roussillon

- Member of the French Social Security organisation with a regional competence
- 3 missions:
  - (i) to prepare, pay and control retirement pensions (for all persons insured under the general pension scheme)
  - (ii) to prevent occupational risks (all French citizens)
  - (iii) to develop social care (all citizens)
- around 14,000 beneficiaries, 17 M€/year spent for social care. Over 80% of the population of the Languedoc Roussillon has a pension from the Carsat representing more than 500,000 beneficiaries.
The regional institute of Ageing

• A community in the field of ageing since 2014
• Animated by the Carsat LR
• Piloted by a committee of regional experts
• Composed of 5 poles:
  – The frailty observatory
  – Labelling and evaluation
  – The concerted service window
  – Research, study and experimentation
  – Training
• The IRV acts as a “frailty” living-lab within projects developed by the Carsat in cooperation with Macvia France reference site (EIP AHA)
Broadening frailty concept toward prevention

IRV / Carsat L-R 2015
> Risks of frailty, global approach in social health

Rockwood 2005 - Gobbens 2010
> Multidomain approach Integral model of frailty

Fried 2001
> Clinic phenotype
Risks factors ecosystem

Psycho-cognitive
- Loneliness
- Wellbeing
- Stress
- Memory
- Sexuality

Biophysical
- Falls
- Nutrition
- Sleep
- Physical activities
- Diseases

Social
- Hobbies
- Economic resources
- Support
- Family
- Lifestyle
- Going out

Environmental
- Public services
- Transports
- Pollutions
- Neighbourhood
- Climate
- Housing
The health prevention pathway: the Concerted service window

- Frailty situations observatory
- Screening
- Internal and external alerts flows
- People at risk of frailty
- Retirement Insurance
- Prevention Case Manager
- Health Insurance
- Social prevention: Preserving autonomy. Local prevention actors
- Social service: Promoting access to rights and healthcare. Homecare services & social organisms
- Social welfare: Assigning individual aids. Informing and advising the most frail retirees. Hospital and expert services
- Health prevention: Assessing the capacities and diagnosing the risks of disease. Prevention centres
The French National Health Insurance (Assurance Maladie) and the National Pension Fund (Assurance Retraite) have set up regional frailty observatories whose data are related to precarious conditions, isolation and access to basic social rights and health care.

Using cartographies (GIS), these data enable to detect pensioners exposed to risk factors of frailty in order to better target preventive actions carried out with partner institutions.

Composite indicator = minimum pension, exemption from financial support, widowhood situations, no declared family physician, not seeking care, long duration disease, previous situation of long unemployment, etc.
A 31-question grid

- Not validated
- Includes the Sunfrail questions topics except for the multimorbidity (>5 medications)
- Includes the questions from EQ5D and many questions from international validated questionnaires (TFI, GFI, Kihon, etc).
- Auto-administered and followed by a 45 min interview with a case manager.
- ICT tools (and a database) are being created to be spread among professional partners and a simplified tool (generating prevention messages) will be available for senior citizens in Carsat Website and in an app (M@Carsat).
The 1000 cases study: needs identified in social health

- Failure to seek treatment (22%)
- Need for prevention or health check-up (20%)
- Need for prevention advice/guidance (16%)
- No complementary health insurance (14%)
- Need for house care or home improvements (11%)
- Need for supporting the carer (6%)
- No specific needs (5%)
- Need for social interactions (loneliness) (4%)
The 1000 cases study: type of orientations

- Social service (42%)
- Social action "Healthy ageing" (17%)
- Health insurance (16%)
- Retirement service (10%)
- Prevention and Health centre (10%)
- Family allowance fund (CAF) (2%)

70% of multi-orientations
The 1000 cases study: health recommendations and orientations

Recommendations (prevention pathway)
- Nutrition: 50%
- Relaxation: 21%
- Adapted physical activity: 15%
- Memory: 14%
- Sleep: 11%
- Posture: 11%

Recommendations (outside the scope of the prevention pathway)
- Visual tests: 25%
- Cancer screening: 20%
- Biology: 20%
- Vaccinations: 20%
- Hearing tests: 14%

Recommendations (prevention pathway)
Overview of prevention actions impact (2013-2014)

- To carry on this activity
- To carry on another activity
- To keep contact with people of the group
- To do more activities at home
- To do more collective activities
- Solicit rights to financial aid
- To better take care of my health (sleep, nutrition)
- To call someone for help
- To better take care of my health (sleep, nutrition)
- To do more collective activities

Immediate (% of people with the intention of changing behaviour)

3 months after (% of people having changed their behaviour)
Silver economy call for project (2015-2016)

Web Platform of new technology services

- Motion sensors/connected objects, warning & information given to caregivers & professionals
- Security & comfort in seniors’ home
- Web Platform to bring together the actors from the sportive field & seniors living at home
- Housing equipment: technical support (robots, walking support, autonomous lighting)
- Online Liaising Digital Notebook
- Social links/exchanges with relatives
- Frailty Identification & follow up, Information & tailored advices
- Robotic support with hospital discharge
- Via TV support/interface:
  - Social links with relatives
  - Life coach

Digital instruction manual: non-pharmacological interventions

Security & comfort in seniors’ home

Silver economy call for project (2015-2016)
Objectives

• To forster the development of technical & digital innovations for seniors

• To increase information, technical and financial access to ICT innovations for vulnerable people remote from the digital era

• To have the innovations evaluated by retirees (living lab, open innovation process)
Platform content

- Identifying referenced solutions & services (evaluated & selected)
- Describing the solutions: product sheets
- Describing their use: technical datasheets
- Costs paid by the senior
- Users assessments of their technical and financial accessibility
- Search engine: average rating, price, key words
**Take home messages**

- **Positive aspects**
  At any age, the ability to maintain or recover its social health capital through:
  - Early detection of risks of frailty
  - Orientations and accompaniment performed
  - Collective prevention actions offered
  Based on the person’s resilience (ability to rebound)

- **Brakes**
  - Difficulty to reach people without any request, therefore insensitive to the solicitation from the concerted service window
  - Discouragement in front of the administrative procedures to access rights
  - Acceptability of silver economy devices

- **Perspectives 2016-2017**
  - Implementation of ICT support to standardize the interviews process & to foster quality of follow up
  - Monitoring of cohorts through indicators on the impact of prevention actions
Thanks for your attention!

Visit our website!
General presentation in English: https://www.carsat-lr.fr/partenaires/irv/regional-institute-ageing.html


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