

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

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Languedoc-Roussillon)

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European Innovation Partnership  
on Active and Healthy Ageing

## Reference Sites

Excellent innovation for ageing  
**A European Guide**



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)



# MACVIA France



European Innovation  
Partnership on Active  
and Healthy Ageing  
REFERENCE SITE



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. G rontop le 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

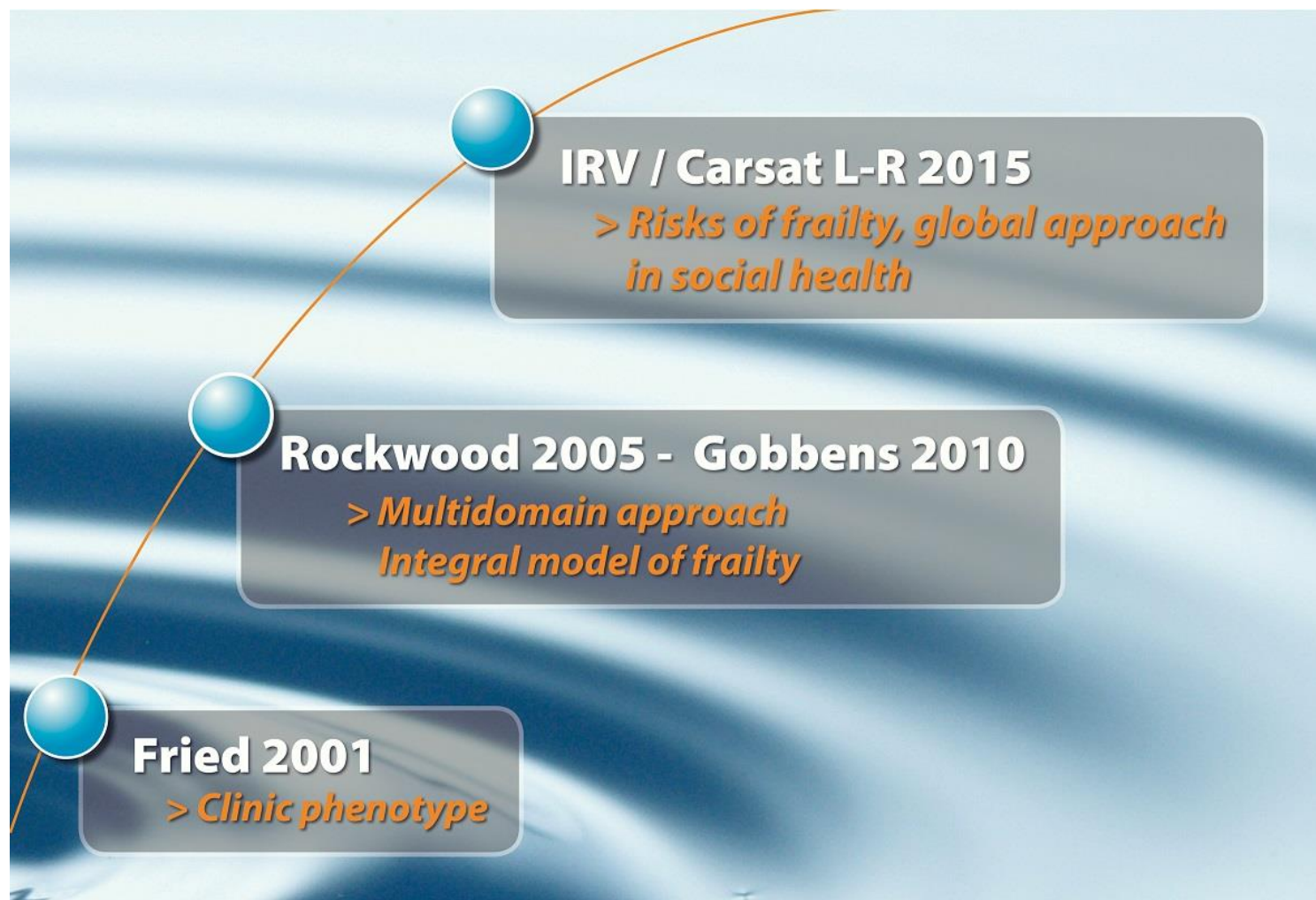
- Member of the French Social Security organisation with a regional competence
- 3 missions :
  - (i) to prepare, pay and control retirement pensions (for all persons insured under the general pension scheme)
  - (ii) to prevent occupational risks (all French citizens)
  - (iii) to develop social care (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*

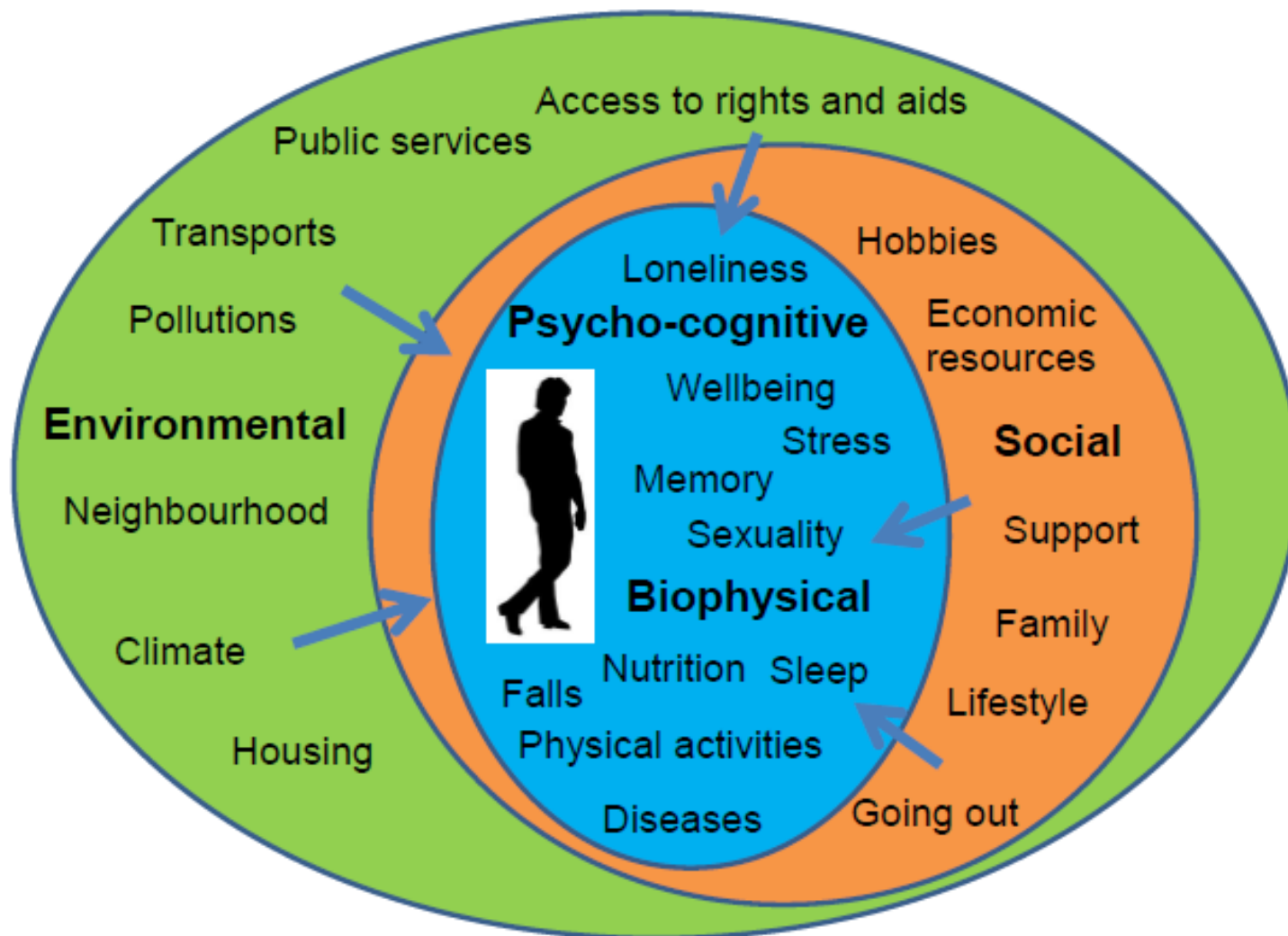
- A community in the field of ageing since 2014
- Animated by the Carsat LR
- Piloted by a committee of regional experts
- Composed of 5 poles :
  - The frailty observatory
  - Labelling and evaluation
  - The concerted service window
  - Research, study and experimentation
  - Training
- The IRV acts 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***

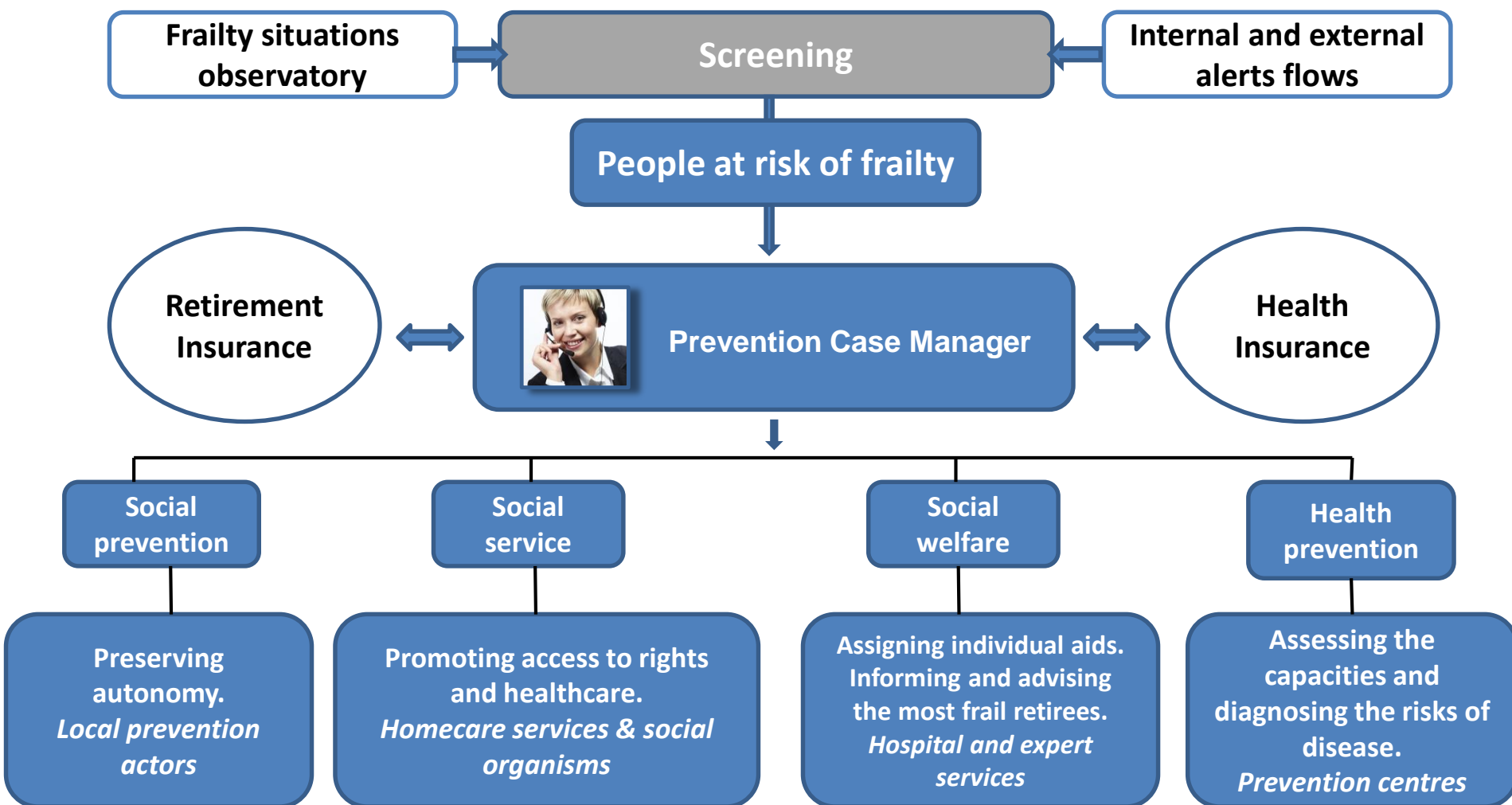


# *Risks factors ecosystem*





# The health prevention pathway: the Concerted service window



## *The Frailty observatories*

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.

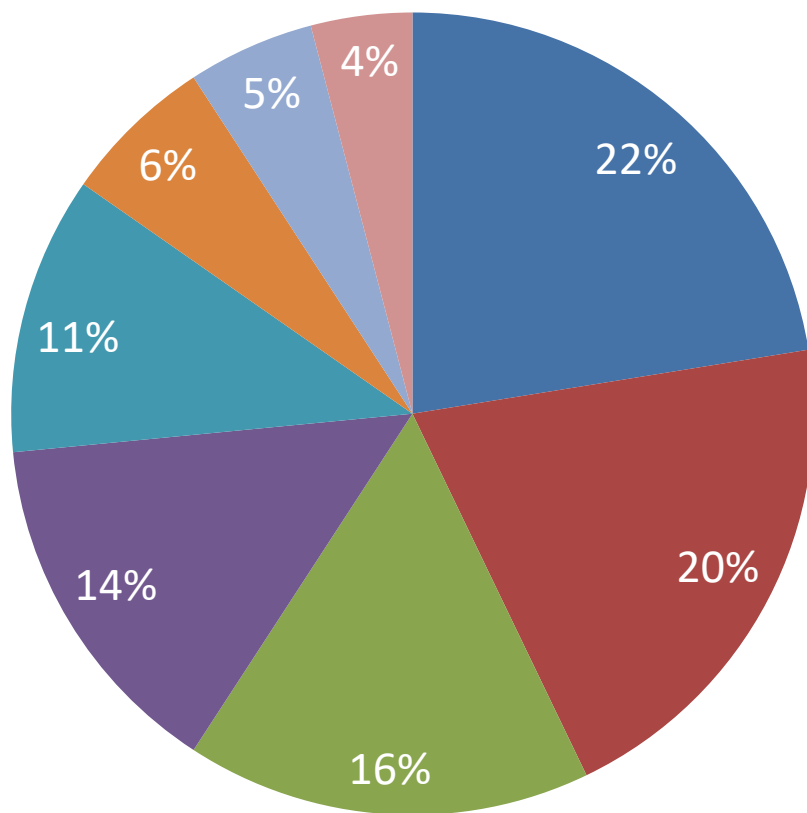
Using cartographies (GIS), these data enable to detect pensioners exposed to risk factors of frailty in order to better target preventive actions carried out with partner institutions.

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*

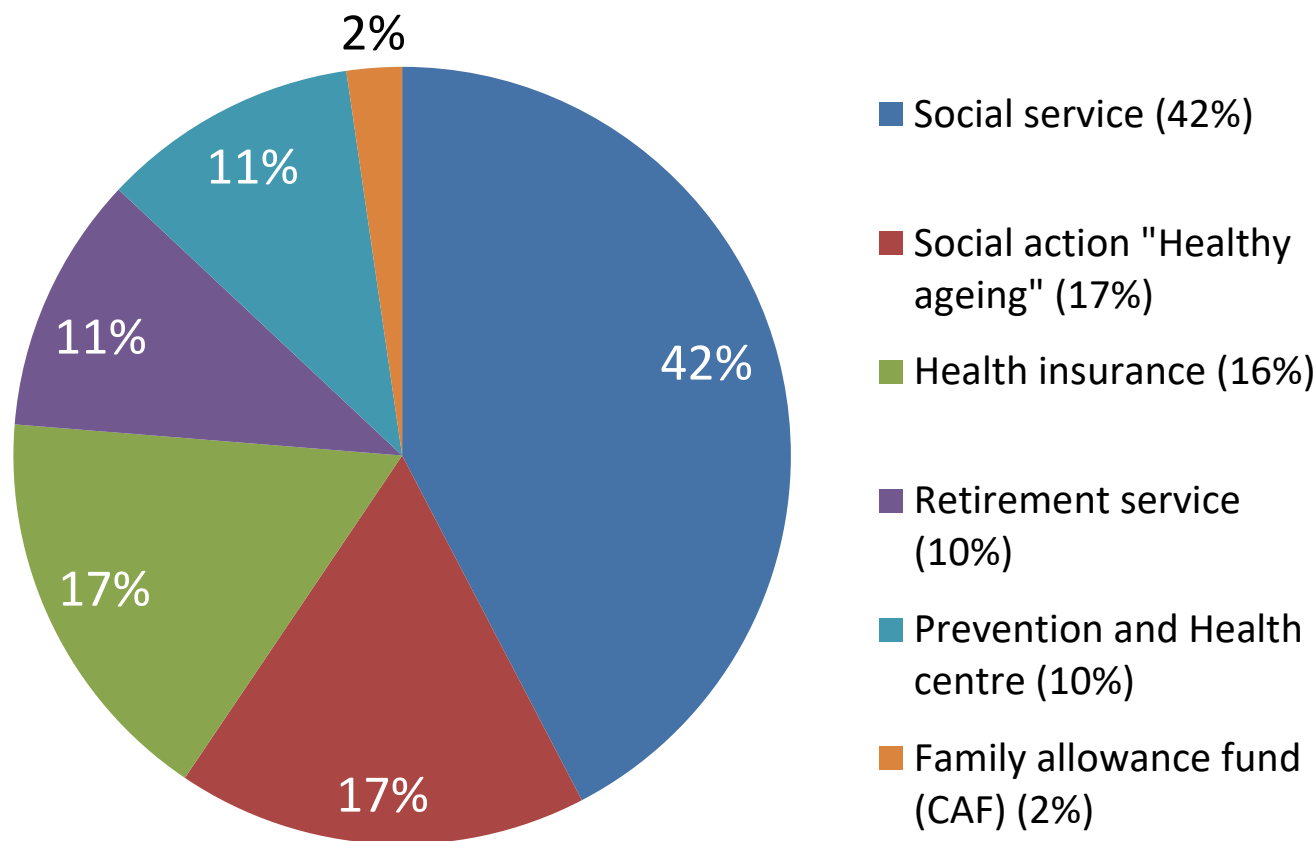
- Not validated
- Includes the Sunfrail questions topics except for the multimorbidity (>5 medications)
- Includes the questions from EQ5D and many questions from international validated questionnaires (TFI, GFI, Kihon, etc).
- Auto-administered and followed by a 45 min interview with a case manager.
- 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*



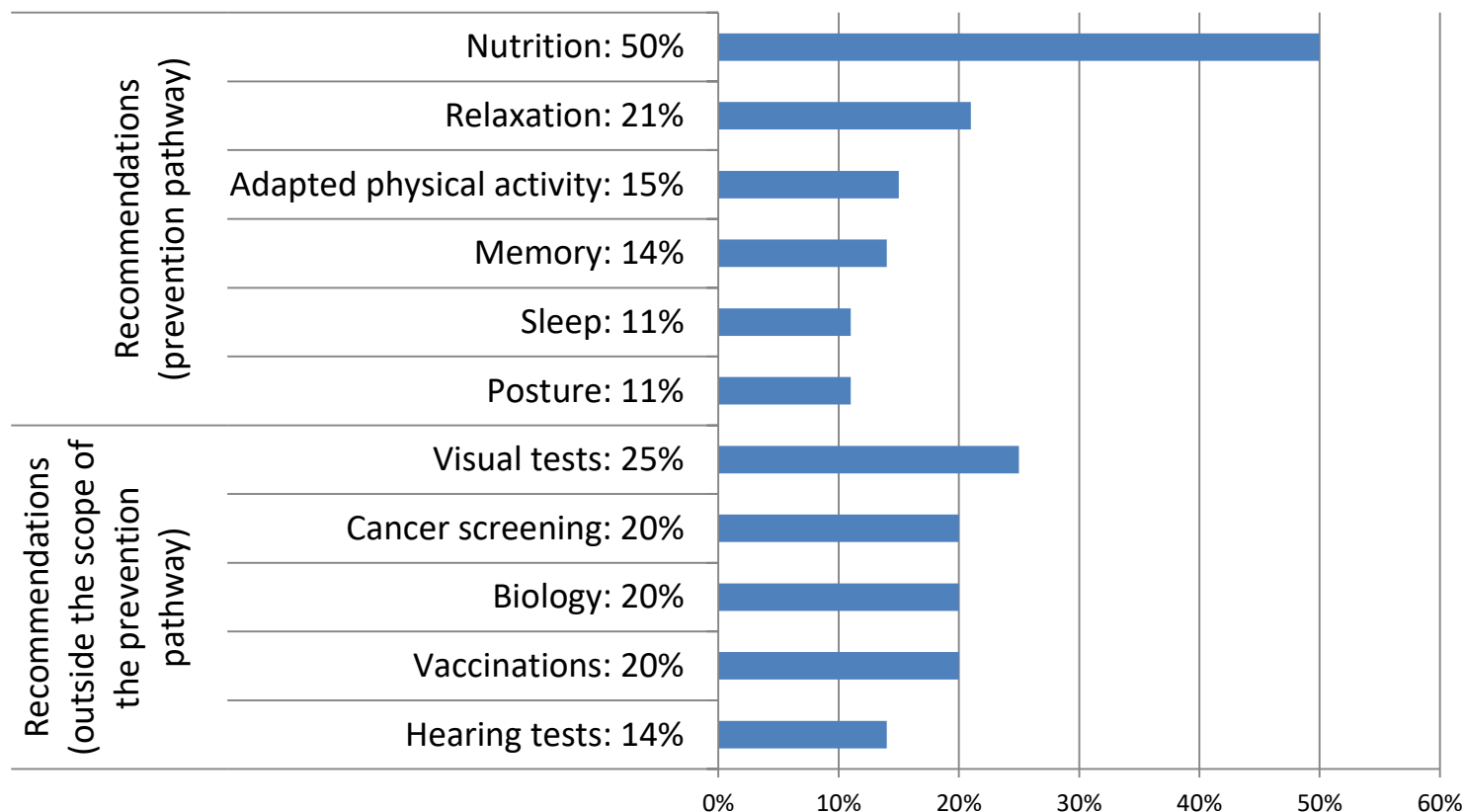
- Failure to seek treatment (22%)
- Need for prevention or health check-up (20%)
- Need for prevention advice/guidance (16%)
- No complementary health insurance (14%)
- Need for house care or home improvements (11%)
- Need for supporting the carer (6%)
- No specific needs (5%)
- Need for social interactions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

## *The 1000 cases study: type of orientations*



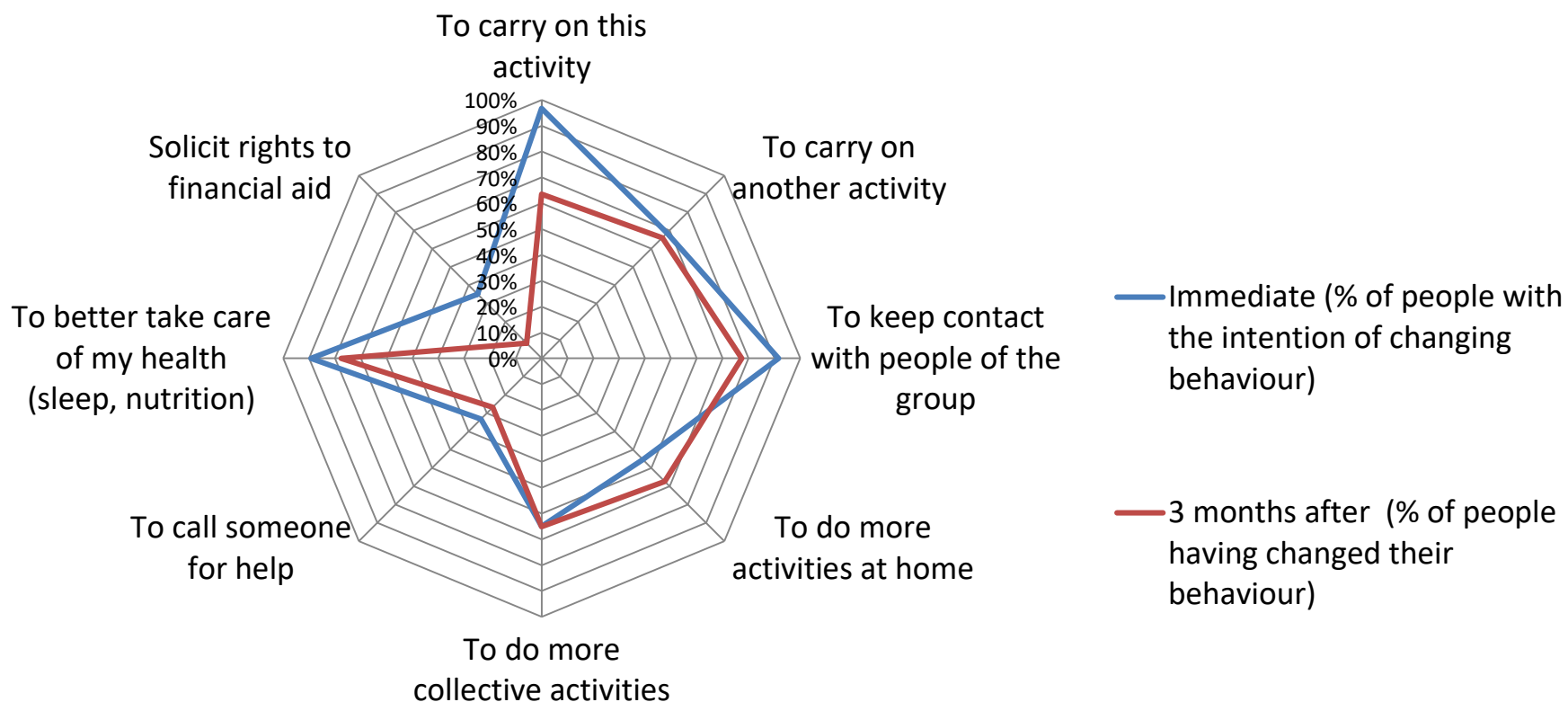
70% of multi-orientations

# *The 1000 cases study: health recommendations and orientations*

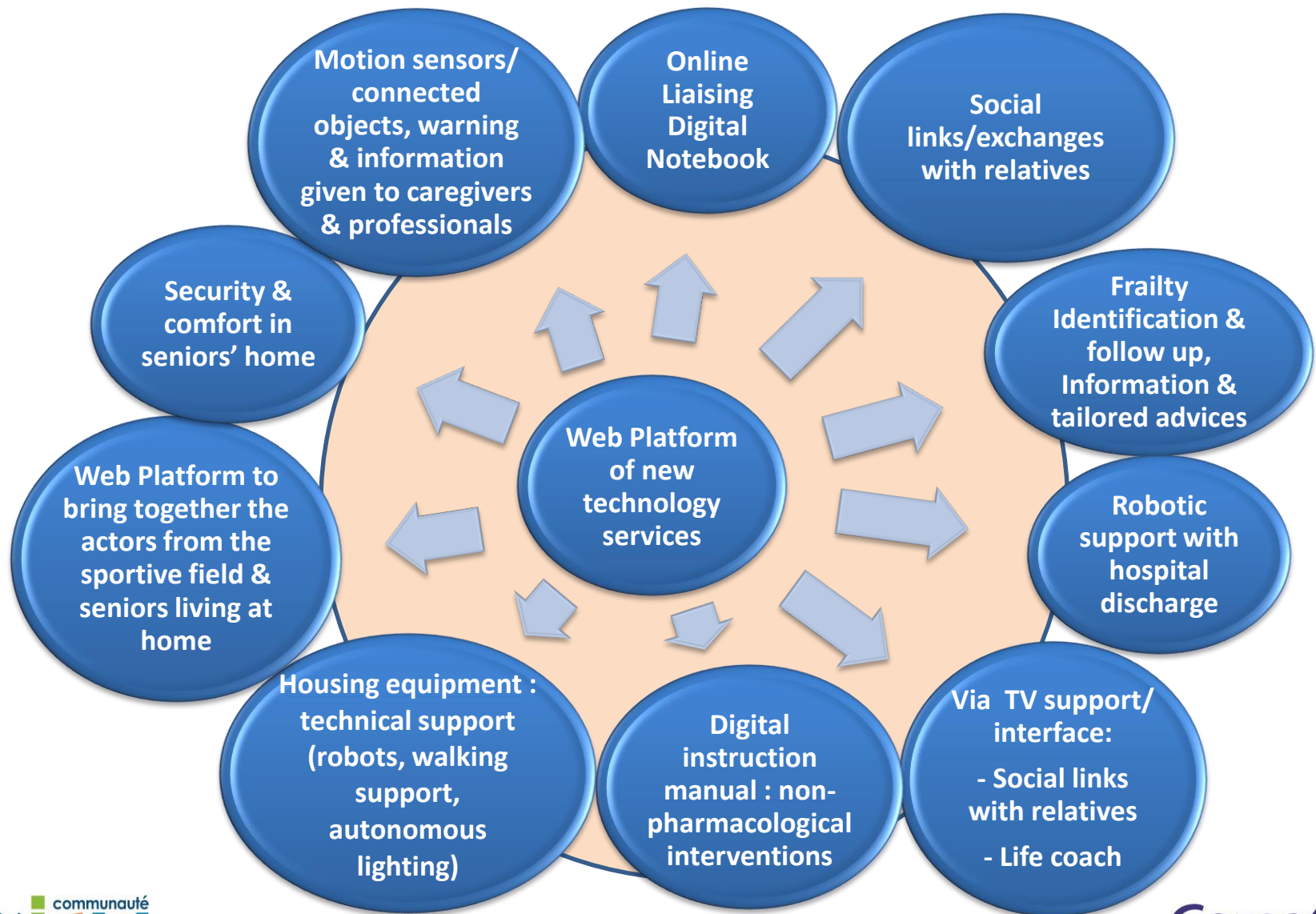




# Overview of prevention actions impact (2013-2014)



# *Silver economy call for project (2015-2016)*



## *Objectives*

- To foster 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>

video presenting the concerted service window: <https://www.carsat-lr.fr/partenaires/irv/regional-institute-ageing/49-videos-evenements-irv/357-institut-regional-du-vieillissement-version-anglaise.html>

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