The Esther Network is made up of individuals, both private and professionals, who work to promote and improve the complex care in Höklandet, Sweden. Esther is a symbolic person, with complex care needs who requires the coordination between hospital, primary care, home care, and community care. Esther is at the center of all our daily work.

Esther on BBC

It has been a very positive time for the Esther network since our last newsletter in June. In July the UK minister of health Norman Lamb paid us a visit to see how UK can learn from the Esther-thinking and collaboration between caregivers.

BBC followed Mr Lamb as he met patients and caregivers that shared their experience of how this way of working has led to a better quality for both Esther and the caregivers. Follow the link to watch: http://www.bbc.com/news/health-28654739

CNN Ranking

In August and in October CNN presented the top-10 of healthy cities and coolest innovations in the world. Number 7 on that list was Jönköping region and the Esther thinking was presented as an essential factor to make life in the latter years comfortable and healthy in the area.

Good for Esther- good for all

Coolest innovations around the world

Site visit from Singapore

Singapore Health Services (SingHealth), the largest health care cluster in Singapore embarked on a journey to transform the way we deliver health and social care to our patients.

As part of our journey to further refine our implementation strategies, our team led by our Group Chief Executive Officer, Prof Ivy Ng, visited Jönköping County Council, on 1st and 2nd October 2014. Jönköping is renowned internationally for its outstanding healthcare system.

Jönköping has been recognized for having made and sustained successfully large-scale improvements over the past 10 years. One of Jönköping’s hallmarks was to have very successfully integrated care vertically, from hospital to the community.

Site visits to various units gave practical illustrations on how improvement ideas were mostly initiated from the ground. The units, community support facilities and networks focused around the patient. This illustrates how ‘personalizing’ care through the Esther network had been a powerful tool to help providers view care from a patient’s perspective. The Esther network also helped ensure that the system did not fragment as a result of the differing aspirations of individual institutions or personalites.

The session with Ms Nicoline Vackerberg and Ms Anna Carlbom on “Esther Network” was so inspiring that SingHealth Regional Health System would attempt to develop our own “Esther Network” in the next 2 to 3 years!

From: Dr Emily Ho Director, SingHealth Regional Health System
Every year in October Esther partners meet for a day of brainstorming, new input and planning how we together can improve our work and collaboration with the goal to make it even a little bit better for Esther.

This year we were just over 100 persons meeting to listen to the result from working to give the frail elderly a better life including less readmission to hospital and more preventive work to avoid malnutrition, fall and pressure soars. Before anyone could leave the meeting we made some agreements.

What are we going to do. Who is responsible. When should this be finished. An example of agreement is to have Esther herself involved in the application process when employing new coworkers in our organizations. This test will be done autumn 2014 and hopefully inspire all Esther organizations.

Persons who did something extraordinary in the network got an Esther Pearl. Inge Werne 90 years old is giving the reward to the new Esther pearl winners. The pearls are given both to staff members and also senior citizens.

Developing a Person centred Network in Agryll, Scotland
Sharing a little input from one of our international collaboration partners. In March 2014 they had a big collaborative creative workshop to develop integrated care Network. Here is some inspiration.

Poem for a person centred network
The person is the centre
What more can we say
How do we involve them
In everything day to day
We need to know them better
But we need to know they’re there
We need to love them everyday
Let’s go for it – we dare.
Contact person: Tyrrell Pat (NHS HIGHLAND) p.tyrrell@nhs.net
Contactperson Esther: Anna.carlbom@tranas.se Nicoline.vackerberg@lj.se

In late October The network was invited by Assembly of European regions to participate in a conference in Letterkenny, Ireland about smart care.

Engaged and motivated caregivers, politicians and caretakers presented different projects and strategies to develop and improve care to make it smarter and better both for the patient/customer and caregivers. A good opportunity to take Esther one step further and exchange experiences not just within Sweden and our own systems but also with other countries with different challenges.

Esther participating in Smart care