The Senior Center in Tranås
A health concept for the elderly

“We are learning for life!”

“The quality of life gets better!”

“The environment is pleasant and available.”

“The activities are positive and the social community gives all of us meaningfulness.”

Comments from the elderly
Höglandet/The High land district

110 000 inhabitants

6 municipalities/township
6 primary care areas

High land hospital Eksjö-Nässjö
Medical Clinic
Rehabilitation Clinic
Orthopedic Clinic
Surgical Clinic
Psychiatric Clinic
Emergency Ward
Pharmacy
7000 employees
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Our agenda

• Why we started the Senior Center in Tranås
• How we did
• How we managed and reflections based on collaboration in health work
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“There is so much we can do for our healthy and frailty elderly”

Märta Svärd
In your context, how do you support the elderly to take and have control over their own health?

(In pairs)
The Senior Center has ambition to build a bridge between rehabilitation at the primary care center and the elderlies’ self care at home and to give important knowledge to enable good self care.

Important values

- Focus on the needs
- Experience security and self-control
- Opportunities to take part in physical, mental- and social activities
- To take and have control of ones own health
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Organized and free activities every day such as

• gym
• lectures
• personal support
• using computers

• “The Room of Health” where you can
  - have massage,
  - test your blood pressure
  - exercise mindfulness

  etc

The result

• The elderly like the range of activities
• The activities’ incite to engagement
• The elderly experience that they are seen in the group, feel more secure, and that their knowledge about life style has changed
• The Senior Center is well attended, about 10 000 visits/year.
  - The participation in social activities gives a meaningful context.
  - Information leads to changes in the elderly’s everyday life.
  - As relative you also have a lot to win, and you can exchange thoughts and experiences.
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• A good intention from both community and primary care center to succeed in this work
• The nice conversations generate an united frame of reference for the elderly’s best
• Participation, social interaction and activities for promoting a good health are the foundation
• Networking is important with senior-, study- and voluntary organizations
• An important meeting point for all elderly

Time for reflection

What, from this meeting point for the elderly, is useful for you and your work?

(In pairs)
Challenges

• To reach the male group
• Keep up the good collaboration in the network, between caregivers
• To include the new home care unit (with nurses, occupational therapists and physiotherapists) in the preventive work at the Senior Center
• To have activities for all the elderly
• To develop the networking with the voluntary organizations

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How can we incite the elderly's to take responsibility for their own preventive work in order to achieve an as rich and healthy life as possible?

The improvement journey continuous at the Senior Center.....
By giving a systematic attention to risks the elderly can “own” their own preventive process early

I decide in which context I will ask myself questions to get and have control of my health

Why do I have a risk? I have to analyze
Do I have a risk?
I know what preventive actions to do
I evaluate my preventive actions

Preventive care from the individual viewpoint and knowledge to take and have control of your own health

• I know if I have a risk
• I make preventive actions concerning my health
• I will follow it up and I know that the actions are making difference
• I listen to my needs and I can feel the difference
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Comments from the elderly

Thanks for your attention!

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