



FLEKKEFJORD
KOMMUNE

Health and careplan 2020

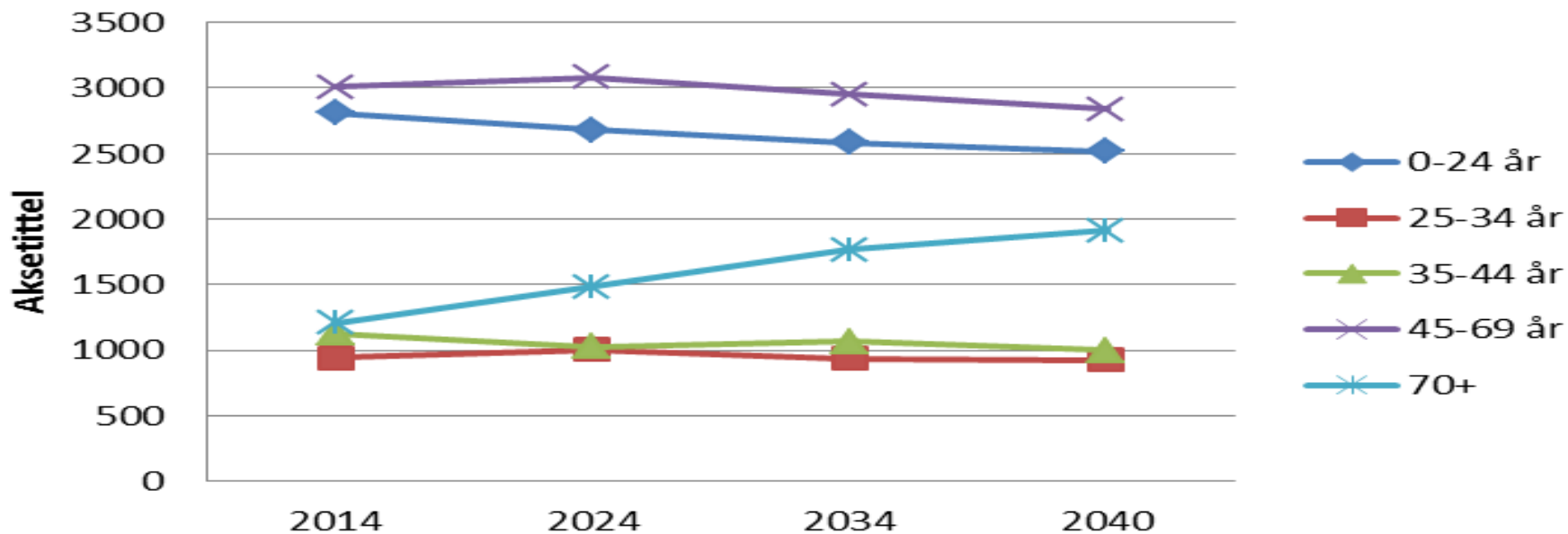




Pensioners per person aged 25 - 69 is 1:4 in 2014 and 1:2,5 i 2040



Befolkningsfremskrivning 2014-2040

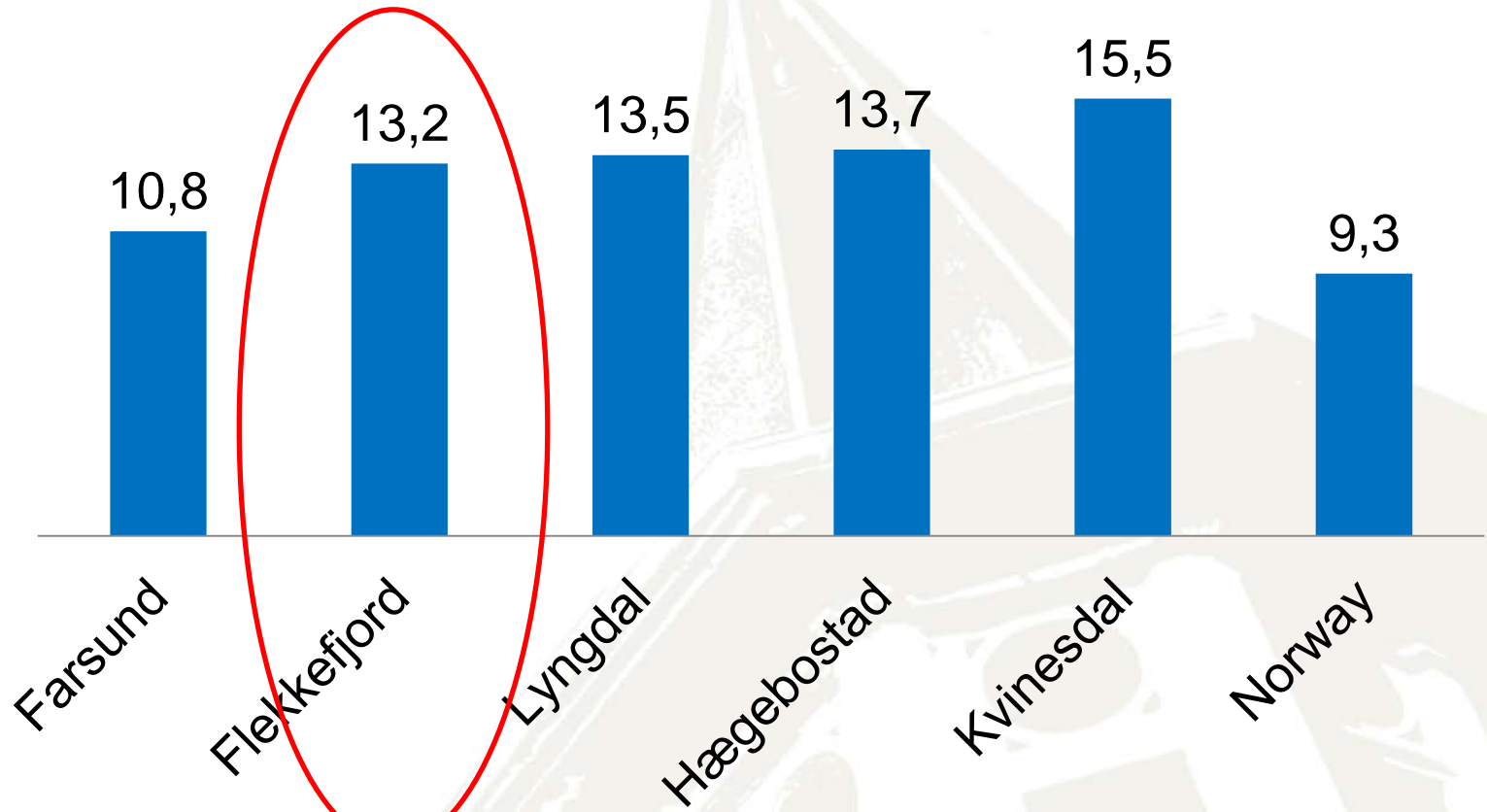


Alder	2012		2020		2040	
	Flekkefjord	Norway	Flekkefjord	Norway	Flekkefjord	Norway
0-5 years	7,4 %	7,5 %	7,4 %	7,8 %	6,8 %	6,8 %
6-19 years	18,0 %	17,6 %	17,5 %	16,8 %	17,6 %	16,9 %
20-66 years	58,4 %	61,7 %	57,3 %	60,7 %	52,9 %	56,7 %
67 - 79 years	10,3 %	8,7 %	12,5 %	10,7 %	14,0 %	12,5 %
80 +	6,0 %	4,4 %	5,3 %	4,1 %	8,6 %	7,1 %





Persons receiving disability benefit (proportional)





Goal: make people take responsibility for their own health

- Prevent social inequality in health
- Encourage to and facilitate engagement in voluntary work





Goal: Implement welfare technology

- *Encourage inhabitants to install technology in private homes as early as possible, preferably before they need it (and at their own expense)*
- *Welfare technology is to be installed in all (new) care homes*
- *Test «home safety packs» at minimum 3 persons receiving home care by 31.12.2014*





Goal: Implement «everyday rehabilitation»

Focus on the individual goals for the rehabilitation process.

From passive recipient to active participant

- *Test everyday rehabilitation on at least 5 persons receiving home care within 31.12.2014*
- *Establish an interdisciplinary team (physiotherapist, occupational therapist, rehabilitation nurse) within 31.12.2015*
- **Test everyday rehabilitation for people with physical or developmental disabilities (state financed project 2013-2015)**





Goal: health- and voluntarycentral

- *Establish a healthcentral and co locate it with the voluntarycentral within 31.12.2014*
- *Offer training for elderly to prevent falling. Twice a year, first time within 31.12.2014*
- *Hand out free sand in the winter to inhabitants 70 + and persons with reduced functional level*
- *Establish activity groups for socialization to prevent loneliness and physicaltraining to prevent reduction in functional level within 31.12.2015*
- *Establish “better life” courses for persons with diabetes, COPD and neurological diseases within 31.12.2015*





Goal: Dementia team and activities for people with dementia - active ageing

- *Establish a dementia team – main assignment is to identify, assess and diagnose people with dementia and organize information to and self help groups for relatives, within 31.12.2014*
- *Expand the opening hours for the day activities to evenings and weekends within 31.12.2015, min 30 min activity*
- *School for relatives to persons with dementia is offered at least once a year (12 evenings) in cooperation with neighboring municipalities.*
- *Within 31.21.2015 assess a home – and care service to young people with dementia, preferably in cooperation with neighboring municipalities.*





Housing

- *Build 24 care home apartments for elderly/people with dementia within 31.12.2019*
- *Refurbish Sundeheimen within 31.12.2015*
- *Cooperate with private entrepreneurs to build apartments to young people receiving disability benefits, which they can afford to buy (Flekkefjord municipality buying one apartment for employees)*
- *Cooperate with private entrepreneurs to build apartments for seniors*
- *Implement “Rent to own” model*





Goal: Better mental health care

- *Preventive programs in kindergardens and Schools - programs for children who`s parents have problems*
- *Implement Individual job placement support as a method within 31.12.2015.*
- *Establish user-controlled beds in cooperation with the specialist health care within 31.12.2016*
- *Employ 2 experience consultants in 10 % positions within 31.12.2016*

