



EUROCARERS

EUROPEAN ASSOCIATION
WORKING FOR CARERS

Name	Models for preventive home based rehabilitation for family carers
Type of practice	Project
Summary	Many local social and health sector associations all over Finland have projects which aim to ensure that elderly care recipients are able to live as long as possible in their own homes. For example local carer association in Oulu area has developed a model of home based rehabilitation for family carers and care recipients aged 65 or more. The model is based on 8 months intensive period during which the project worker encourages family members to find out and keep up their physical, emotional and social strengths needed in everyday life.
City/country:	Oulu in Finland
Aims:	To ensure that elderly care recipients are able to live as long as possible in their own homes.
Approach/method, activities, phasing:	The model is based on 8 months intensive period during which the project worker encourages family members to find out and keep up their physical, emotional and social strengths needed in everyday life.
<i>Distinguishing characteristics:</i>	
<i>Factor(s) of success</i>	<ul style="list-style-type: none"> - family centred care management - empowering family members to keep up their functional and emotional capacities - activating family's coping strategies through peer group support.
<i>Bottle neck(s)</i>	
<i>Results</i>	<ul style="list-style-type: none"> - families felt that the care management had a really important role in their daily life - family members followed actively their personal physical training instructions at home - family members appreciated highly the careful listening to the needs of the family - family members felt that they were able to stay at home for a longer time
Name & type of executive organisation:	Local carer association
Target groups:	Family carers and care recipients
Products:	
Financier /sponsor:	Slot Machine Association
Good practice is organised in cooperation	Municipalities

with:	
Range	In some municipalities
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Key words:	Preventive rehabilitation for carers and care recipients