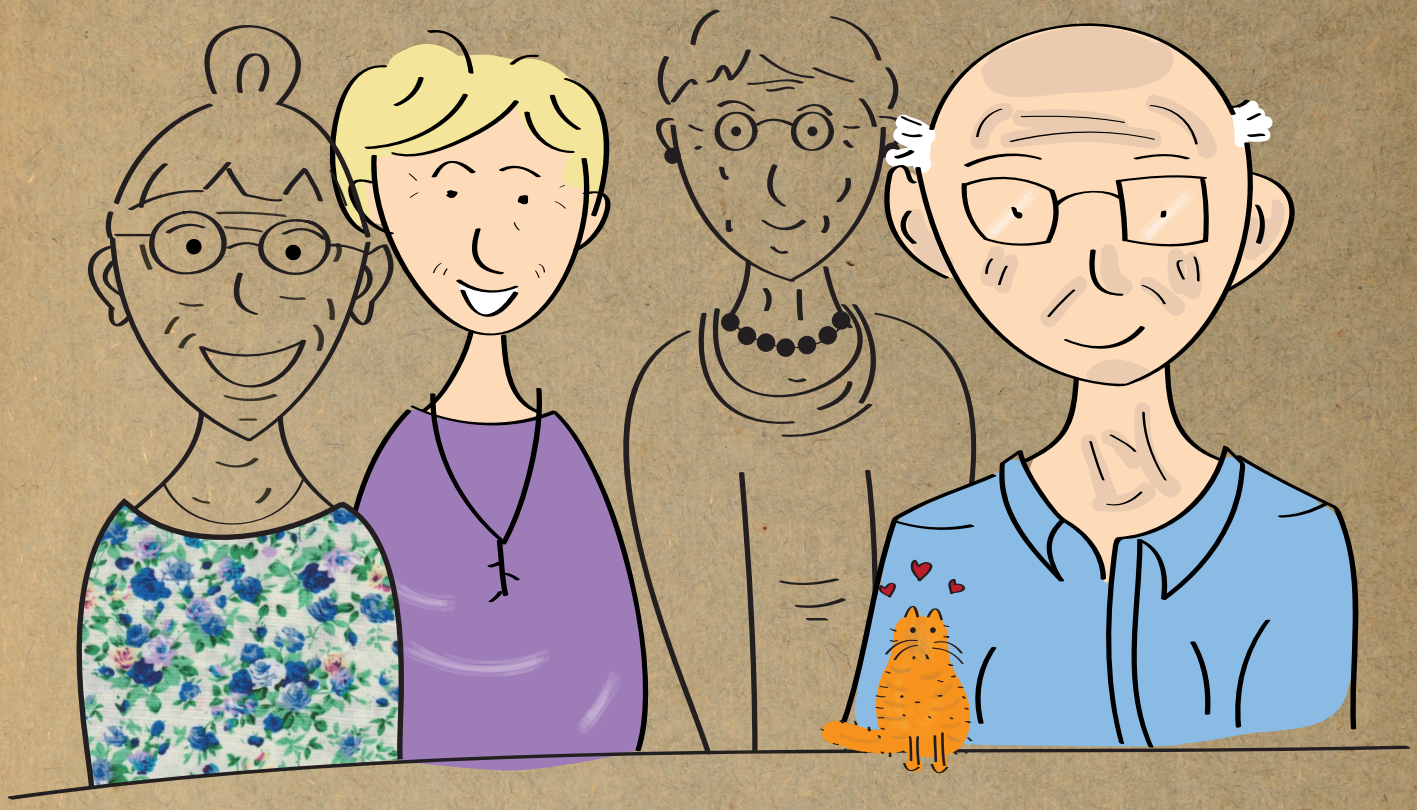
SOL-sidan

support quality of life



July, 2017

BACKGROUND

The number of elderly people is increasing, which means that more people will need support and health care in the future. Welfare services and digital technology can improve quality of life for people by providing security and social interaction and by increasing peoples own ability to be independent.

The presentation of SOL-sidan has been developed within the Interreg Project Quality of Life, SOL. The project is a cooperation between ten municipalities in Norway and Sweden together with Kunskapsbyen in Lilleström and Experio Lab at the County Council in Värmland. This stories were based on outcomes from a workshop with the project team that was held on the 14th of June 2017 in Lilleström.

Interreg Sverige-Norge
Europeiska regionala utvecklingsfonden
EUROPEISKA UNIONEN

SOL
Service of life

WHAT IF...

There was a place that **helps me to be independent** when I start losing my functions and abilities…
where **municipalitie**s could help people with the greatest need for healthcare…
and where **voluntary resources** can help by supporting people with need for care…
and **companies** have an opportunity to reach customers with their welfare products and services?

WELCOME TO SOL-SIDAN

SOL-sidan supports your quality of life.
All your life.

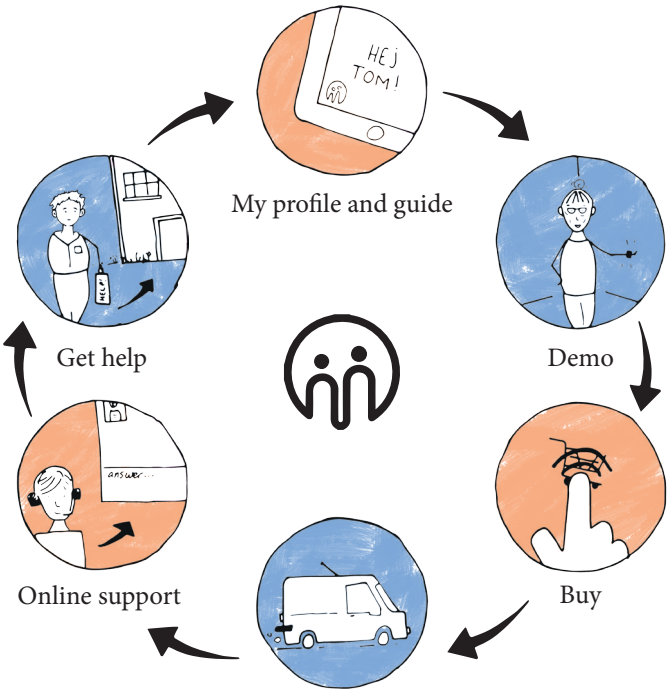
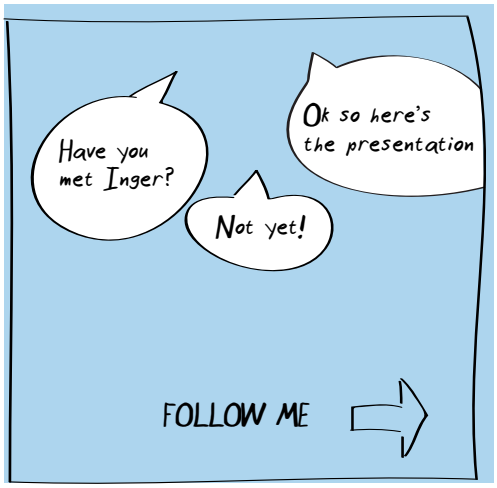
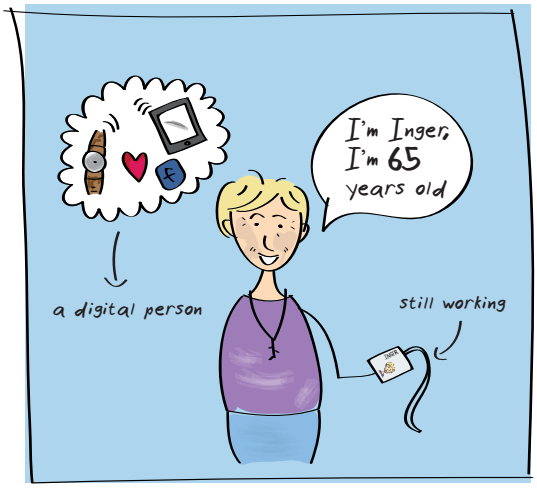
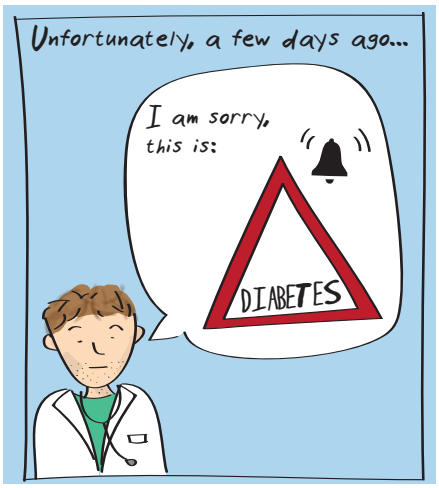


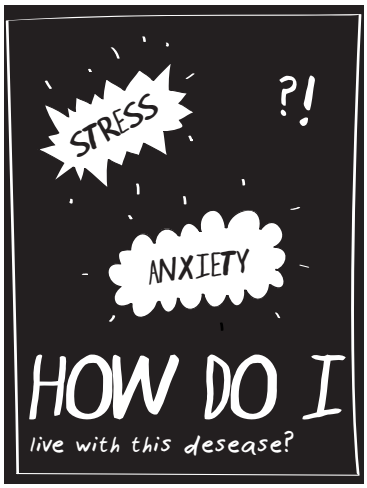
Figure: The SOL-sidan process

INGER.


Have you met Inger?
Not yet!
Ok so here's the presentation
FOLLOW ME

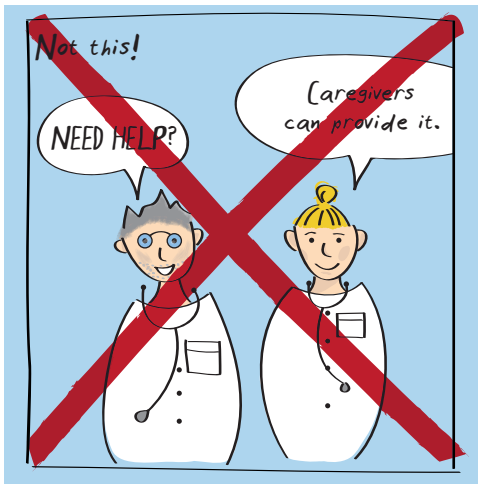

I'm Inger, I'm 65 years old
a digital person
still working

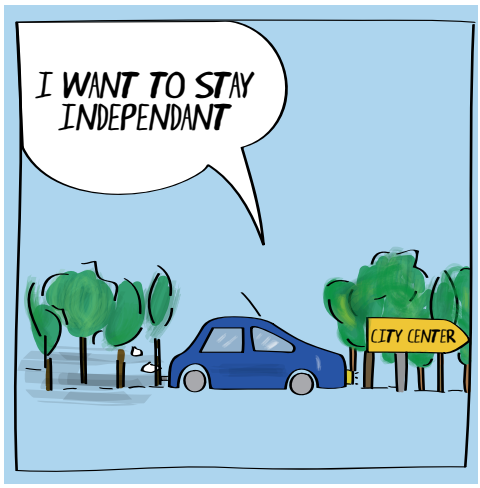

Unfortunately, a few days ago...
I am sorry, this is:
DIABETES

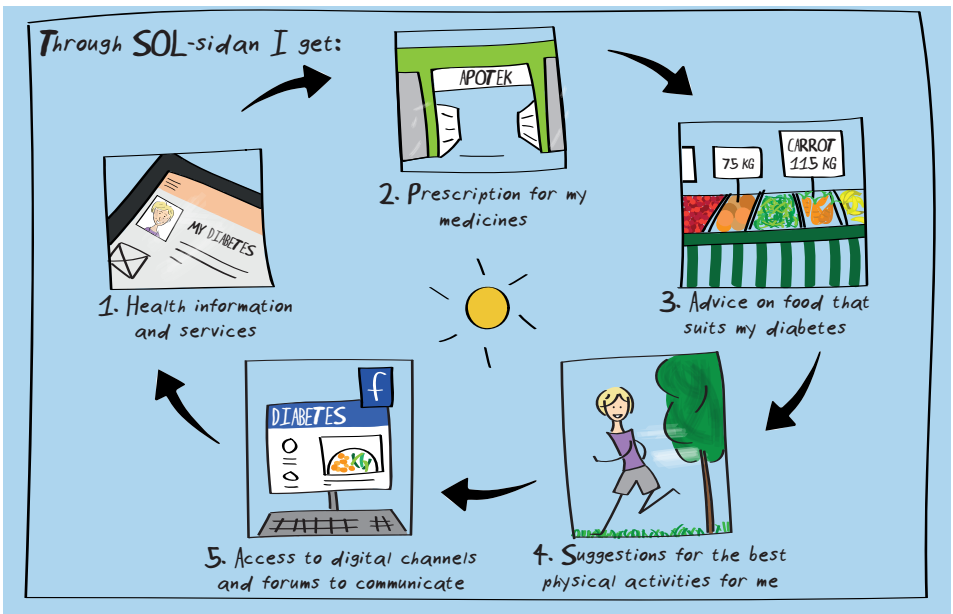

STRESS
?!
ANXIETY
HOW DO I
live with this desease?

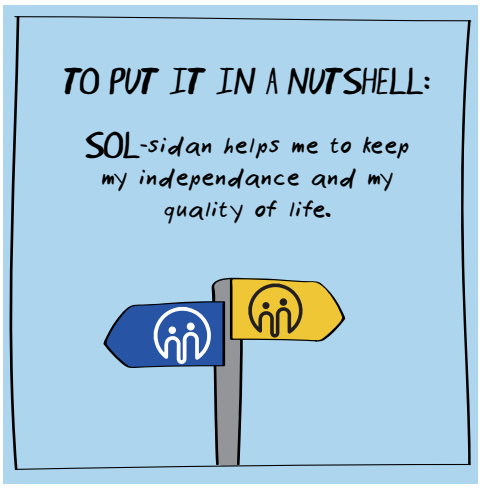
Don't panic and fill-in your profile
MY PROFILE:
Inger
65 years
Diabetes
MY NEEDS:
101
Find new receipes according to my diabetes.

What happens now?

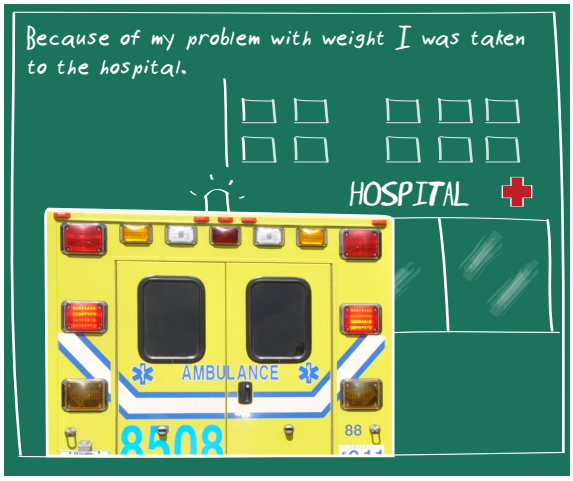

Not this!
NEED HELP?
Caregivers can provide it.

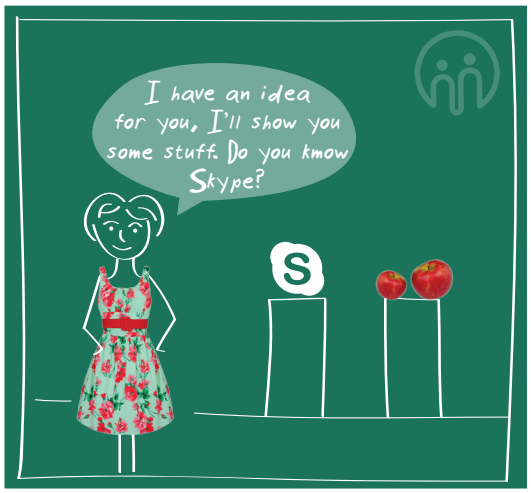

I WANT TO STAY INDEPENDANT
CITY CENTER

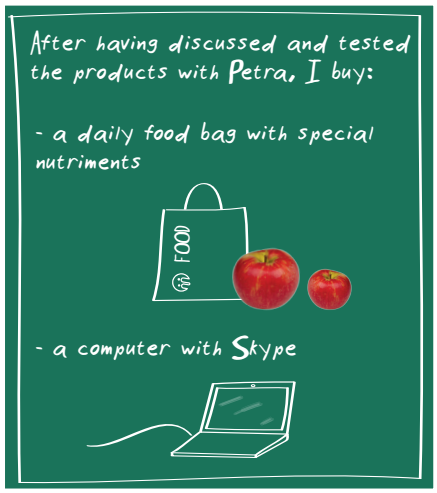

Through SOL-sidan I get:
APOTEK
MY DIABETES
1. Health information and services
2. Prescription for my medicines
75 KG
CARROT 115 KG
3. Advice on food that suits my diabetes
4. Suggestions for the best physical activities for me
DIABETES
5. Access to digital channels and forums to communicate


TO PUT IT IN A NUTSHELL:
SOL-sidan helps me to keep my independance and my quality of life.

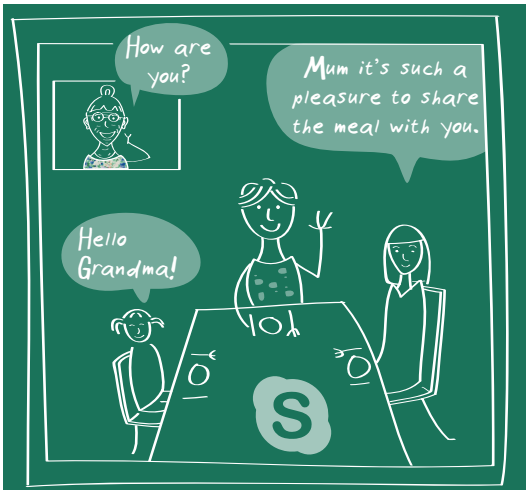
OLGA.





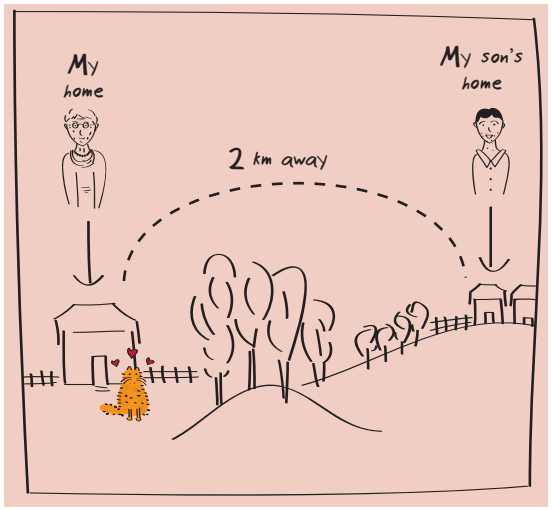


Now I enjoy eating more because I'm not alone anymore. Thanks to SOL-sidan.

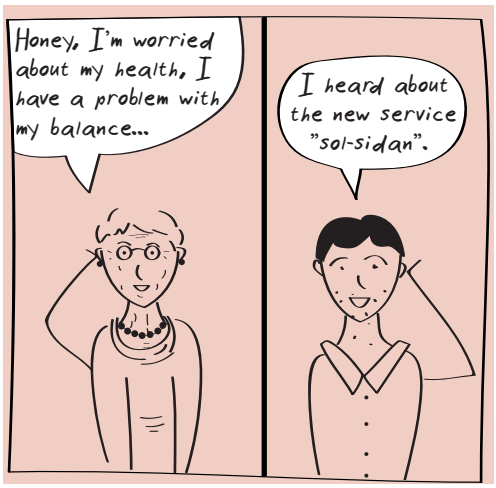


KARI.

I'm Kari, I'm 75 years old
I think I'm beginning to forget things and my balance is not perfect...
Not good with digital stuff
My cat


My home
My son's home
2 km away

CHAPTER 1

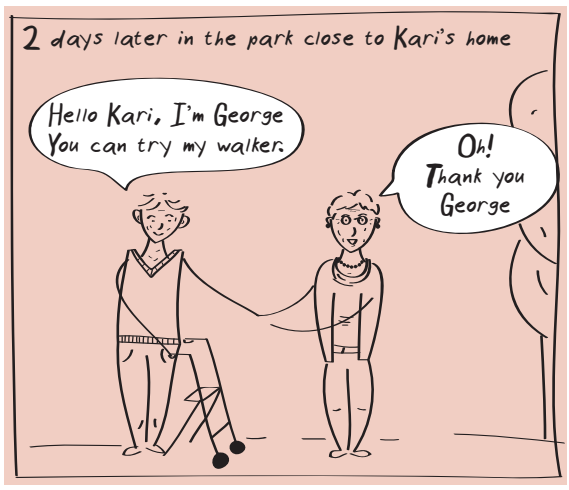

Honey, I'm worried about my health, I have a problem with my balance...
I heard about the new service "sol-sidan".

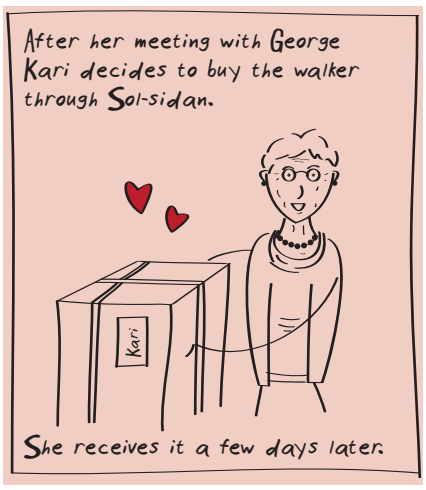
In a few minutes Kari's son creates an account for Kari
Welcome to SOL-sidan
Need help? Contact the online support
MY PROFILE

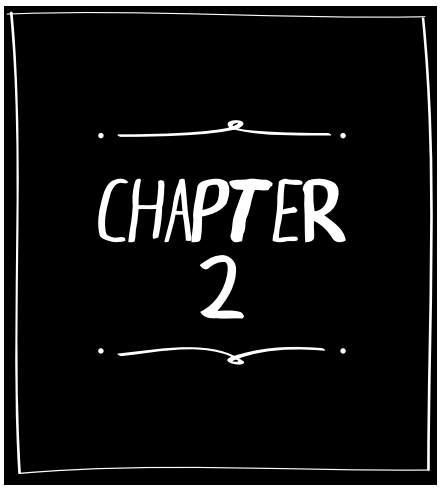
He gets help from the online support
Hello, how can I help you?
My mother has a balance problem, what do you suggest?
...

This is my suggestion for you:
STICK
WALKER
These users are located in your area:

Kari contacts her neighbour and gets an appointment to test his walker!
This is George, the neighbour


2 days later in the park close to Kari's home
Hello Kari, I'm George You can try my walker.
Oh! Thank you George


After her meeting with George Kari decides to buy the walker through Sol-sidan.
Kari
She receives it a few days later.


CHAPTER 2

SOL-sidan was a very good experience

But I'm still worried about forgetting my cat. Maybe SOL could help me with my memory too?

With a little help from her son

Let's see what SOL-sidan can offer!

SOL-sidan comes up with suggestions as a result of filling in the profile

At this point the story could have two different endings

· END 1 ·

I really want the memo planner, could you help me to order it?

Of course! A delivery in 2 days at 10:00 is it ok?

OR

· END 2 ·

I really want this tool, but it's too expensive for me.

Don't worry, through SOL - sidan we can contact the municipality for financial and personal support.

Hello, I'm from the municipality to deliver your memo planner. I'll help you with your personal adjustments.

The results thanks to SOL-sidan:

A happy cat
Not forgotten anymore

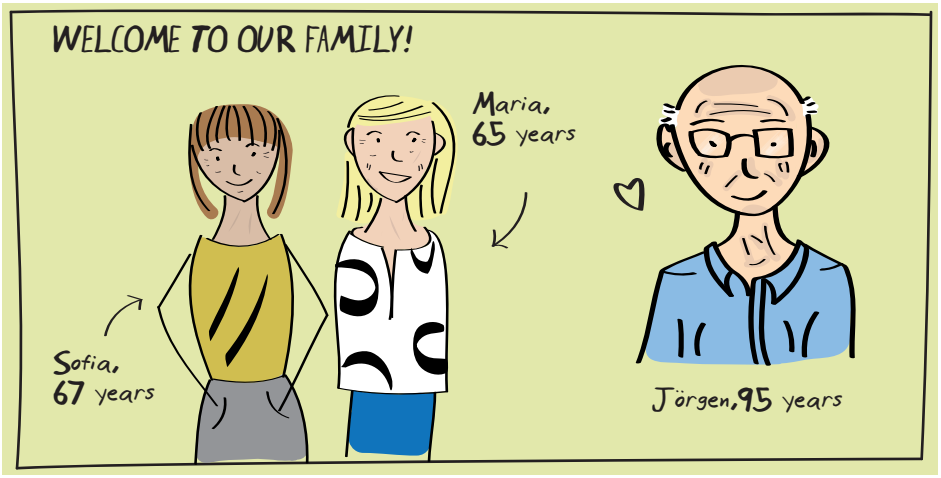
A happy Kari
She doesn't forget anything and she can walk safely with her walker.

A happy George
Now he has a new friend : Kari

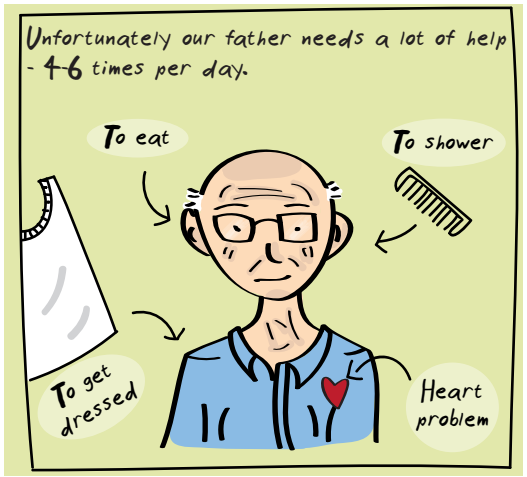
THE END

The real one

JÖRGEN SOFIA & MARIA



SOL-sidan
-a service for the whole family.

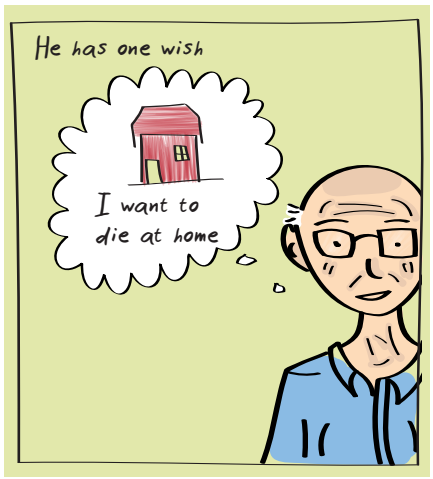


Jörgen fears:

. loosing his dignity and abilities

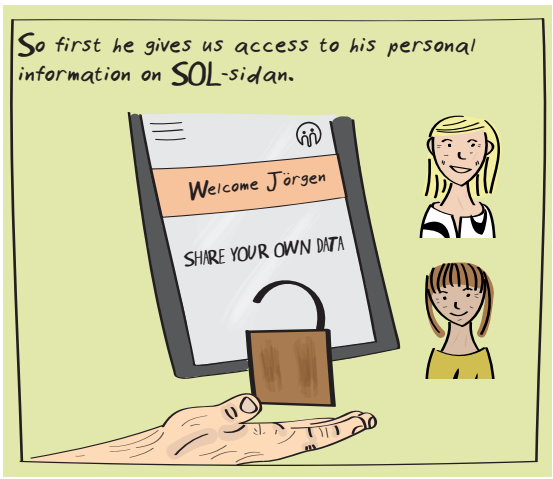
. being forced to move to a home for elderly people

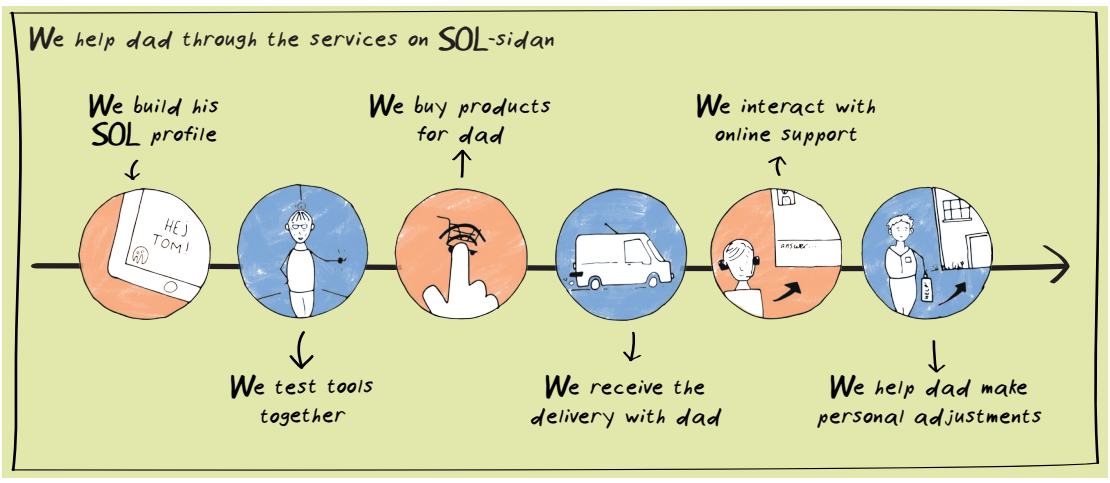
. not being able to take care of himself



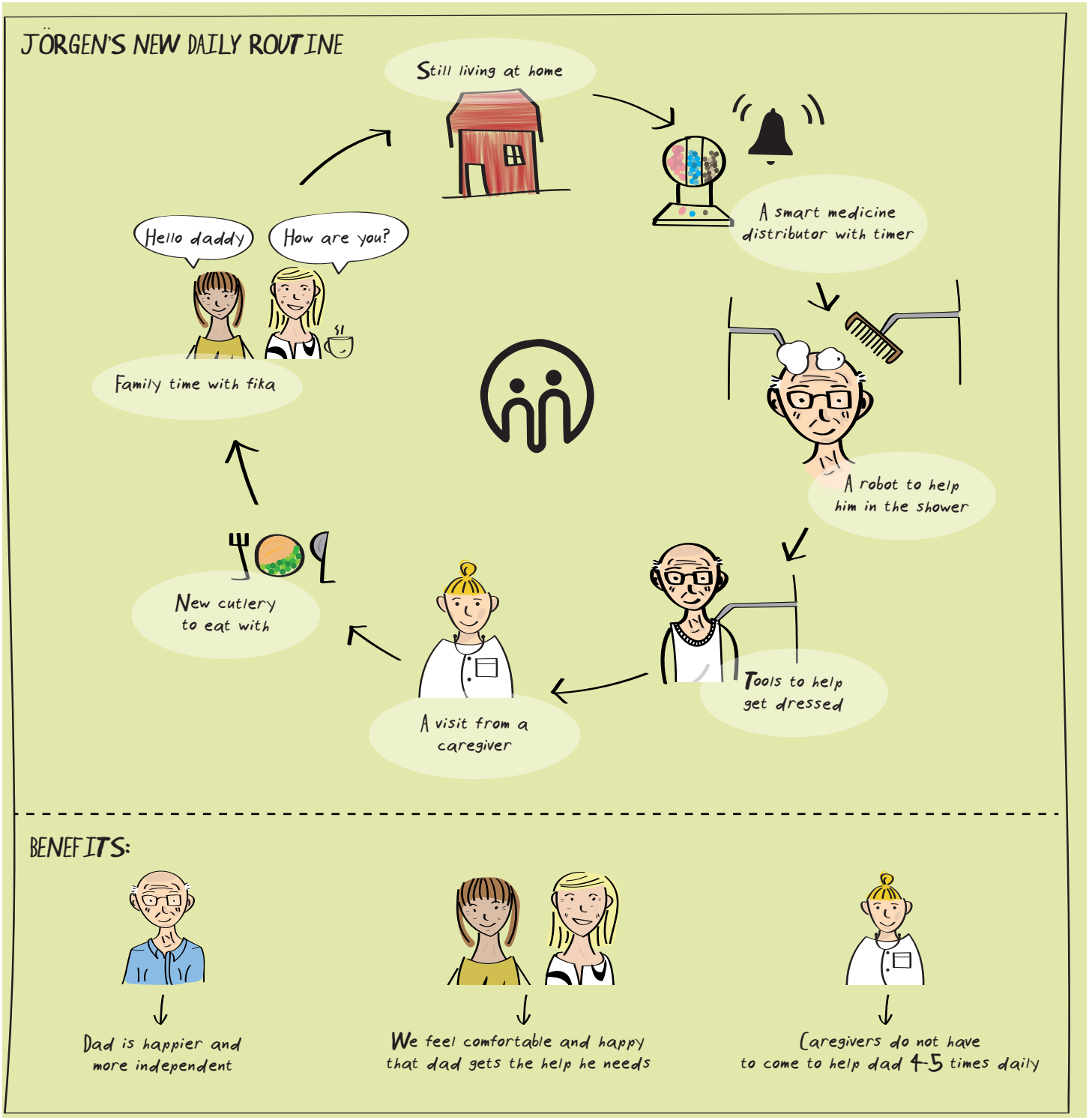
But our father is not comfortable with digital tools.

We help him to find his way through SOL-sidan.





How does SOL-sidan makes a difference for us?


JÖRGEN'S NEW DAILY ROUTINE
Still living at home
A smart medicine distributor with timer
A robot to help him in the shower
Tools to help get dressed
A visit from a caregiver
New cutlery to eat with
Family time with fika
Hello daddy
How are you?
BENEFITS:
Dad is happier and more independent
We feel comfortable and happy that dad gets the help he needs
Caregivers do not have to come to help dad 4-5 times daily

And one day
...

He dies peacefully in his own bed.

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SOL-SIDAN

People that need help and support can continue to be independent and maintain their quality of life.

Users get a complete picture of welfare services based on individual needs.

Family gets an overview of care opportunities and can provide support based on their family member's needs and state of health.

Citizens can be more active in supporting each other and participate in the development of services that create quality of life.

People in need of support and help are given better opportunities to get help from volunteers.