

PROCAREFUL

# Preventive digital solutions for home care environment

PRO. active CARE F. or U. sers L. ife  
(March 2023 – February 2026)



INŠTITUT ANTONA TRSTENJAKA  
za gerontologijo in medgeneracijsko sožitje



# MAPPING AND BENCHMARKING OF GOOD PRACTICES OF EXISTING PROACTIVE AND E-CARE SOLUTIONS

Search criteria: Technical solutions aimed at physical, social and/or cognitive decline prevention in home care setting and hybrid solutions from the same fields (consisting of technical and non-technical solution).

Methodology:

- Phase 1: Pre-selection of solutions subject to further analysis
- Phase 2: In-depth analysis of the state of technology in terms of their functionality and business model
- Phase 3: Qualitative analysis carried out with the participation of representatives of partner states
- Phase 4: Qualitative Analysis conducted in collaboration with external experts

Forty solutions available on the market were pre-selected, mapped and described.

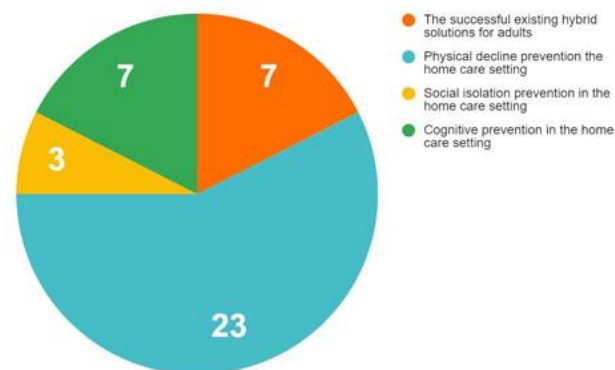


Figure 1. Number of solutions with regard to the prevention area

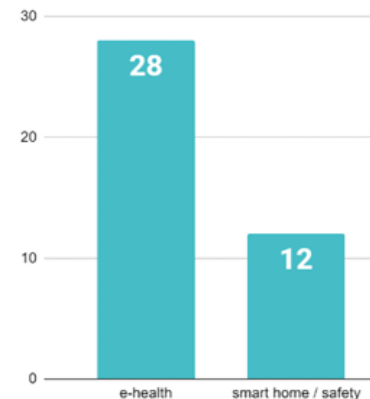
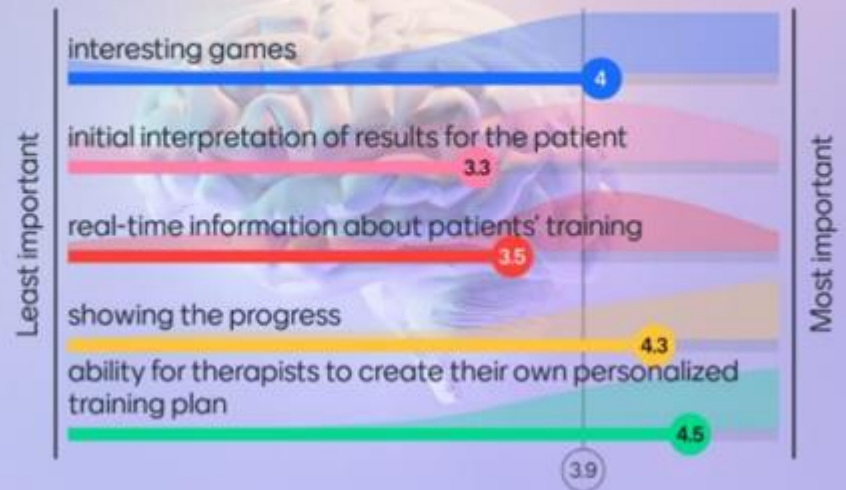


Figure 2. The number of solutions for monitoring patient's health (ehealth) and the ones for monitoring the environment (smart home / safety)

# Which Cognitive Prevention app functions seem to be most important?



# Which Physical Decline Prevention app functions seem to be most important?



# Which Social Isolation Prevention app functions seem to be most important?



# DESIGN OF THE PROCAREFUL HYBRID CARE MODEL

1. Two-step co-design activity resulting in PROCAREFUL hybrid care model platform and non-technical solution.
2. Development of:
  - Implementation guidelines for pilot sites (steps by steps approach for preparatory phase, implementation phase and post-implementation phase)
  - Training for older people, formal and informal carers.
3. Implementation in the 5 pilot sites (Croatia, Germany, Italy, Poland, Slovenia)
  - 135 older people in need of care engaged (30 in Treviso, 30 in Split, 30 in Baden Wurttemberg, 15 in Log- Dragomer municipality and 30 in Lublin) in pair with their formal and/or informal carers.

*Adults and other older people (persons 55+) in need of care, that is provided by informal carers and/or professionals working in the field of care. Especially older people with the appearance of the first signs of cognitive or physical decline, with special attention to being lonely or living alone for longer periods of time (e.g. during extended absences of other household members/carers).*

*Informal carers of older people are those people who provide care to those who need it within the context of an existing relationship, such as a family member, a friend or a neighbour; informal care is care, usually unpaid, provided outside of professional or formal framework.*

*Formal carers and other professionals working in the field of care.*



**ARRS**  
JAVNA AGENCIJA ZA RAZISKOVALNO DEJAVNOST  
REPUBLIKE SLOVENIJE



REPUBLIKA SLOVENIJA  
MINISTRSTVO ZA ZDRAVJE

# RESEARCH PROJECT: Promoting careers in long-term care (V3-2243)

2023-2024



INŠTITUT ANTONA TRSTENJAKA  
za gerontologijo in medgeneracijsko sožitje



Univerza v Novem mestu  
Fakulteta za zdravstvene vede



## OKROGLA MIZA PROMOCIJA POKLICEV V DOLGOTRAJNI OSKRBI IZZIVI IN PRILOŽNOSTI

Na okrogli mizi sodelujejo:

- vodja raziskovalnega projekta prof. dr. Karmen Erjavec,
- predsednica skupščine skupnosti socialnih zavodov Valerija Lekić Poljšak,
- predsednica sekcije za socialno oskrbo na domu SZS Carmen Rajer,
- študentka zdravstvene nege Nina Jovanovič,
- predstavnica Ministrstva za zdravje dr. Zdenka Tičar,
- predstavnica Ministrstva za solidarno prihodnost mag. Mateja Jenko Paš.

Okroglo mizo moderira predstavnica Inštituta Antona Trstenjaka, Ana Ramovš, dr.

# SHORT SUMMARY OF THE PROJECT

## Methodology:

- **1. step Analysis of employment situation and measure in LTC:** Qualitative approach with in-depth semi-structured interviews and focus groups (13 in-depth interviews with LTC users – care recipients and their family carers, 6 focus groups with 49 participants, 8 semi-structured interviews with experts)
- **2. step Analysis of employment situation and measures in LTC:** Quantitative research (N 452 people employed in LTC).
- **3. step Media analysis of publications on LTC workforce:** Key words “long-term care” and “occupation” were used in all forms, the analysis included 42 articles published between January 2022 and to March 2023 on online news portals.
- **4. step Selection of international good practices for promotion of LTC employment, contextualization of measures for Slovenian context and evaluation of those measures:** Semi-structured interviews with people employed in LTC and those who quit LTC, experts and LTC users (N 32) → development of questionnaire for people employed in LTC (N 336).

## Topics of discussion (for step 1):

- Factors hindering the employment in the field of LTC in Slovenia
- Factors promoting the employment in the field of LTC in Slovenia
- Urgent measures to attract and retain the employees in the field of LTC in Slovenia
- Initiatives for promotion / popularization of LTC jobs in Slovenia

# Barriers to employment in the LTC

## Macro level

- ◆ poor social awareness of the importance of (integrated) LTC, societal neglect of LTC and its workers,
- ◆ underfunding of the LTC sector,
- ◆ outdated LTC system,
- ◆ outdated HR standards and normatives, rigid recruitment and promotion system,
- ◆ bureaucracy,
- ◆ inadequate education.

## Mezo level

- ◆ poor leadership,
- ◆ lack of problem-solving
- ◆ attitudes, lack of motivation,
- ◆ poor working relationships,
- ◆ limited career progression opportunities, lack of
- ◆ training and scholarships.

## Micro level

- ◆ poor relationships within the care team,
- ◆ inadequately organised and paid internships for students.

## Urgent measures:

- Better wages and benefits with clear measurement of work quality and success.
- Better management of LTC facilities (improving working atmosphere and creating respectful and supportive environment).
- Clear tool for LTC workers needs assessment and measures that can attract young workers: like 24/7 childcare, flexible working hours etc..
- Measurements that improve safety at work (protection against violence) and better health protection standards.

## Employment measures

### Macro level

- ◆ to improve the image of the LTC workforce and increase funding for LTC, change of HR standards and regulations,
- ◆ ensuring competitive wages, additional recruitment of skilled people,
- ◆ more autonomy and flexibility while working, benefits such as shorter working hours and extra leave, better technology,
- ◆ de-bureaucratising employment.

### At system level

- ◆ measures related to training and professional development opportunities for staff, consideration of changing the limit on national vocational qualifications,
- ◆ ensuring higher enrolment in secondary and higher education programmes,
- ◆ improved organisation of internships for school and university students.

### Mezo level

- ◆ improving the working atmosphere,
- ◆ creating a supportive and respectful working environment,
- ◆ motivating staff, promoting career development,
- ◆ training to improve safety at work,
- ◆ introducing psychological support,
- ◆ encouraging open communication,
- ◆ promoting work-life balance.

### Micro level

- ◆ encouraging good relations between employees,
- ◆ respectful attitude towards pupils, students and trainees.

**Media plays a key role in communicating about professions in LTC.**

Understanding media's reporting on LTC sector is important as the media contribute significantly to shaping people's opinions and behavior by covering certain topics and the way they are covered.

*RESEARCH PROJECT: Assessing  
Slovenia's comparability with  
neighboring countries in the  
provision of formal and  
informal care for older people*

2024–2025

Reviewing good practices in other countries on additional care provision options, support and companionship for older people.

Exploring different ways and forms of involving people in LTC, by providing support and companionship.

Examining existing legal options and administrative barriers in Slovenia.

Exploring the readiness of young people and the older generation to participate.

Exploring good practices to prevent loneliness among older people.

