

# COPING WITH NEW TECHNOLOGIES FOR INTEGRATED ASSISTANCE: EVALUATION OF THE ADHERENCE TO THE "BEYOND SYLOS" PROJECT

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## The "Beyond Sylos" project

The project "Beyond Silos", launched in 2014, and expected to run until January 2017 involves seven European countries: Ireland, Bulgaria, Spain, Italy, Portugal and Germany.

The project is aimed at spreading **ICT-enabled, health and social care for older people by developing integrated services, such as telecare and telehealth, household support.**

The services provided relate to:

- 1) integrated short-term home support after an acute episode;
- 2) integrated long-term home support.

The project is organised according to two pathways:

- the first pathway addresses the need for joined-up home support arising from an older person experiencing hospital discharge, after a fall or an acute hospital episode, and a consequent deterioration in her/his health related quality of life.

All the processes, services, information and communication ensure that patients may receive appropriate treatment, rehabilitation and independent living enablement services at home;

- the second pathway is designed to provide integrated and coordinated services to people living at home, who present complex needs and require a flexible approach, both in the health and social care sphere.

The project aims at developing approaches to implement and evaluate the home delivery of health and social care.

A part from patients, the other subjects involved are the third sector and patients' family/informal carers.

## Motivation of the study

**The array of health, social care and housing services and their procedures can be confusing particularly for elderly people.**

Individuals who agreed to join the project have to report their adherence to the project by using new technologies.

However, people not familiar with ICTs may refuse to continue to follow it: consequently, **loss of adherence could increase their situation of frailty.**

**By understanding the causes for drop-outs we may suggest new approaches for improved adherence.**

## Methods

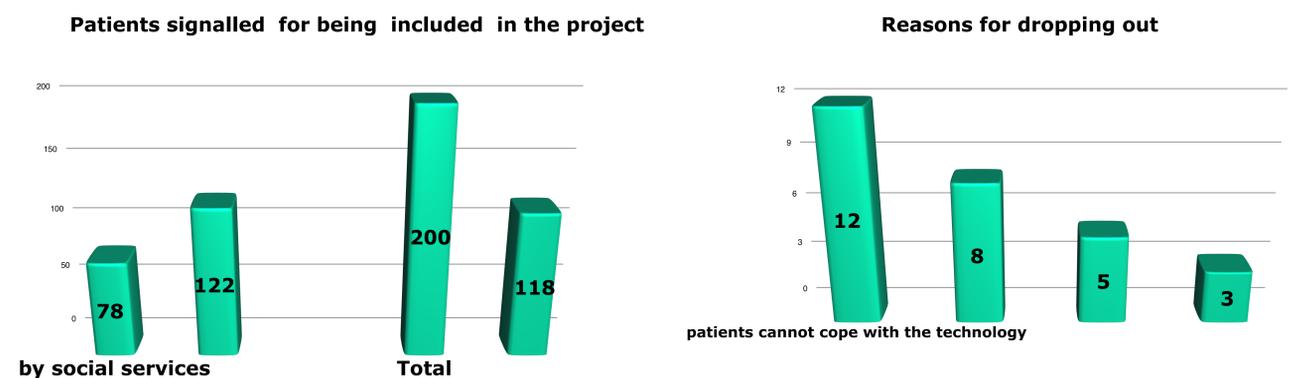
In Bulgaria, 118 individuals over 65 years old, signalled by social services and their GPs, were suitable for inclusion in the project.

However, after two months, 20 patients showed a low compliance and decided to leave the assistance program.

Among the reasons to justify their decision, together with the aggravation of disease, there was **the difficulty to cope with the technology.**

The information employed in this study have been collected through questionnaires directed to patients and their carers and are going to be analysed through statistical techniques (descriptive analysis and inferential analysis to examine the factors underlying the decision to drop out).

## Some data about adherence to the project



## Comments and critical factors

The information that has been collected calls for further investigation.

The analysis will estimate a probit model to measure how successful is the program and its critical aspects. The dependent variable will be the adherence to the Beyond Sylos project.

Further information is going to be collected and included in the analysis. Data will concern both patients' health conditions, information about usual activities and patients' psychological status.

Health data includes blood pressure monitoring, oximetry, heart rate, body temperature, compliance to therapy, acute events, etc.

Real-life data includes distance walked as well as other physical activity.

Patients' satisfaction about the project will be investigated as well.

The results will be analyzed and reported in the near future.

## Main references

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