

# Paradigms, Places, Pathways & Progress

*An overview of health and well-being research at NetwellCasala and its support to international projects.*

Rodd Bond mriai



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# Complexity and convergence ....



*CONVERGENCE Jackson Pollock*



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# Research and Innovation for an Ageing Society



- to the edge
- to the left
- to the centre



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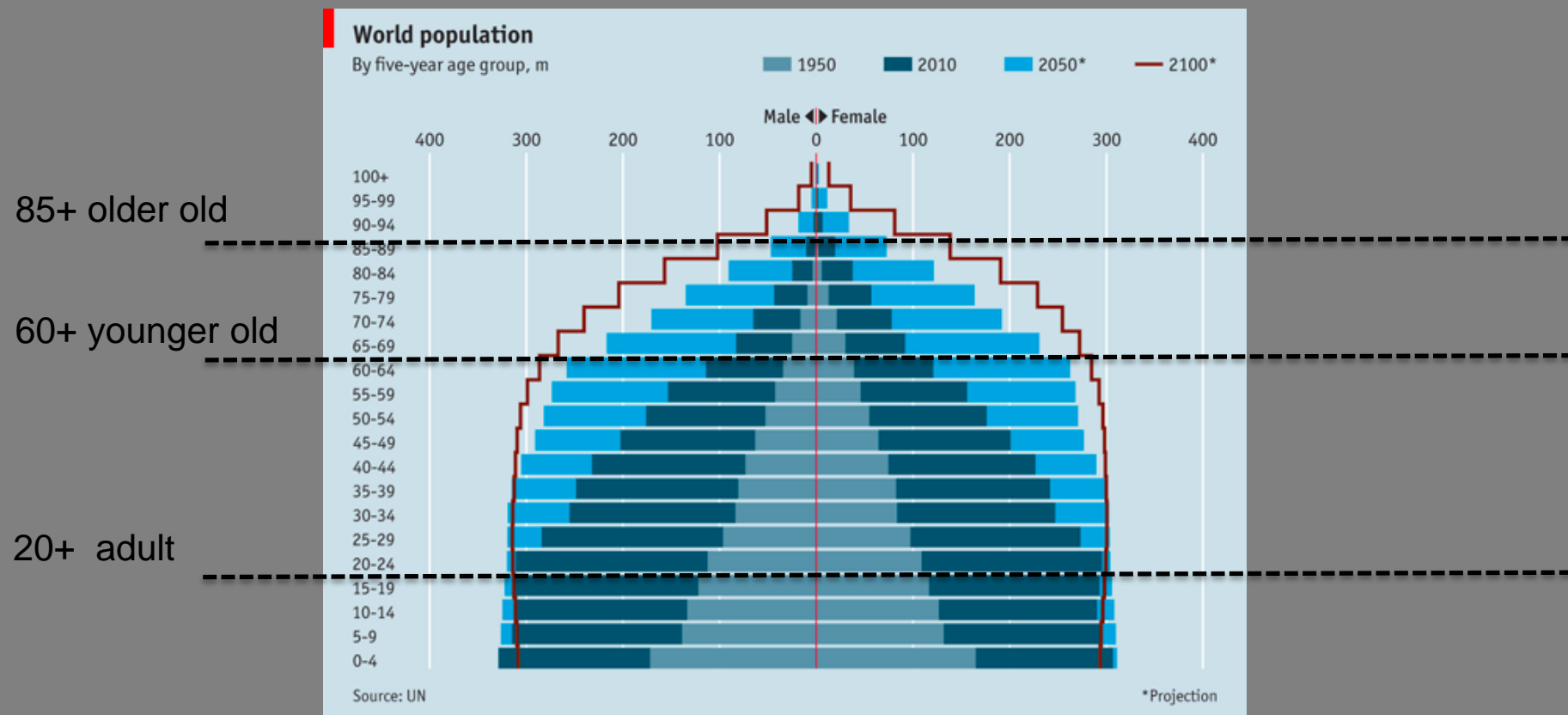
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# Background: Population change



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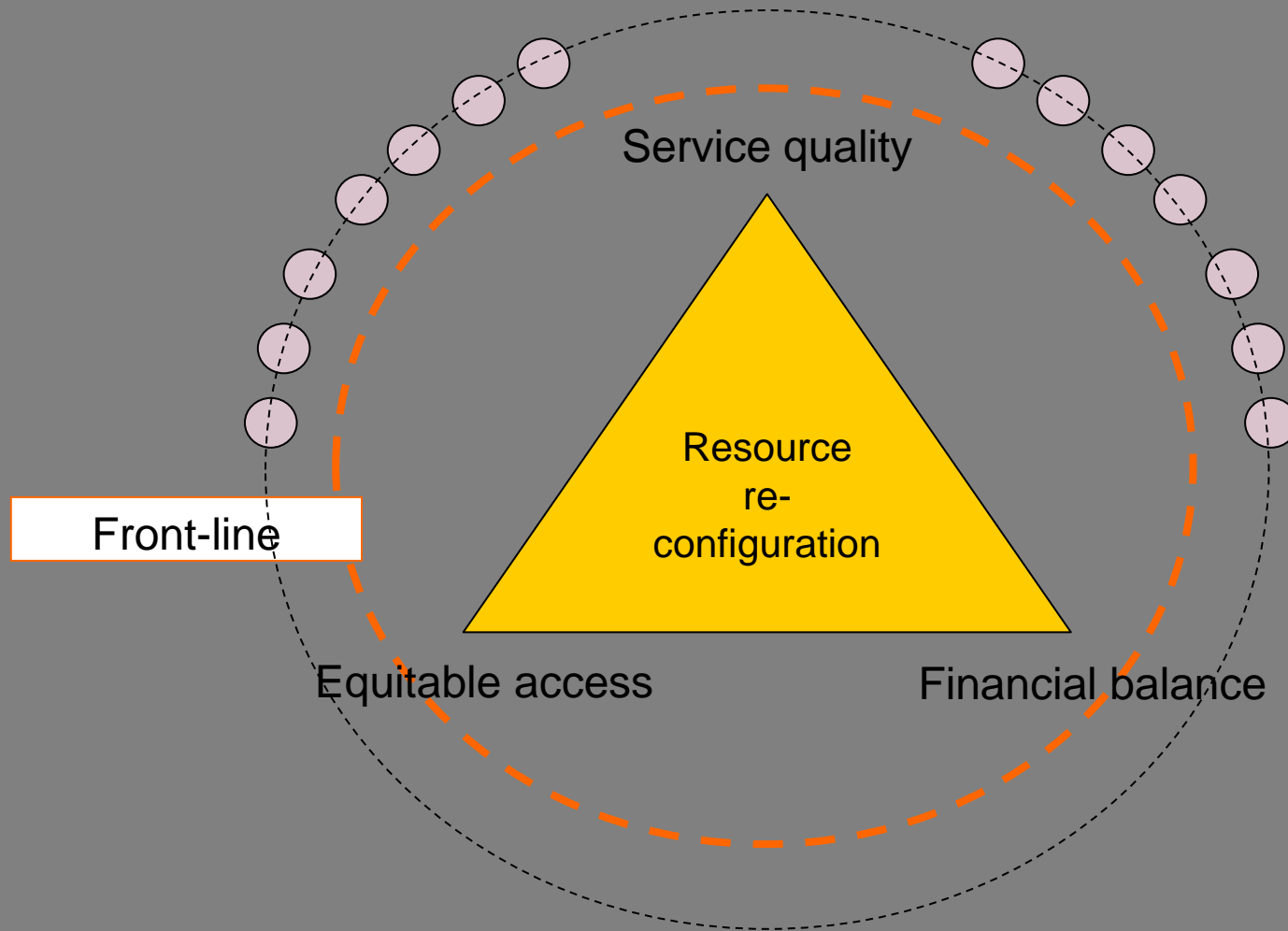
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# Shift to the edge

## Public Service Reform



Need to re-think organisational edge for self-management and empowerment

Capabilities, freedoms and choices when faced with functional deficits.



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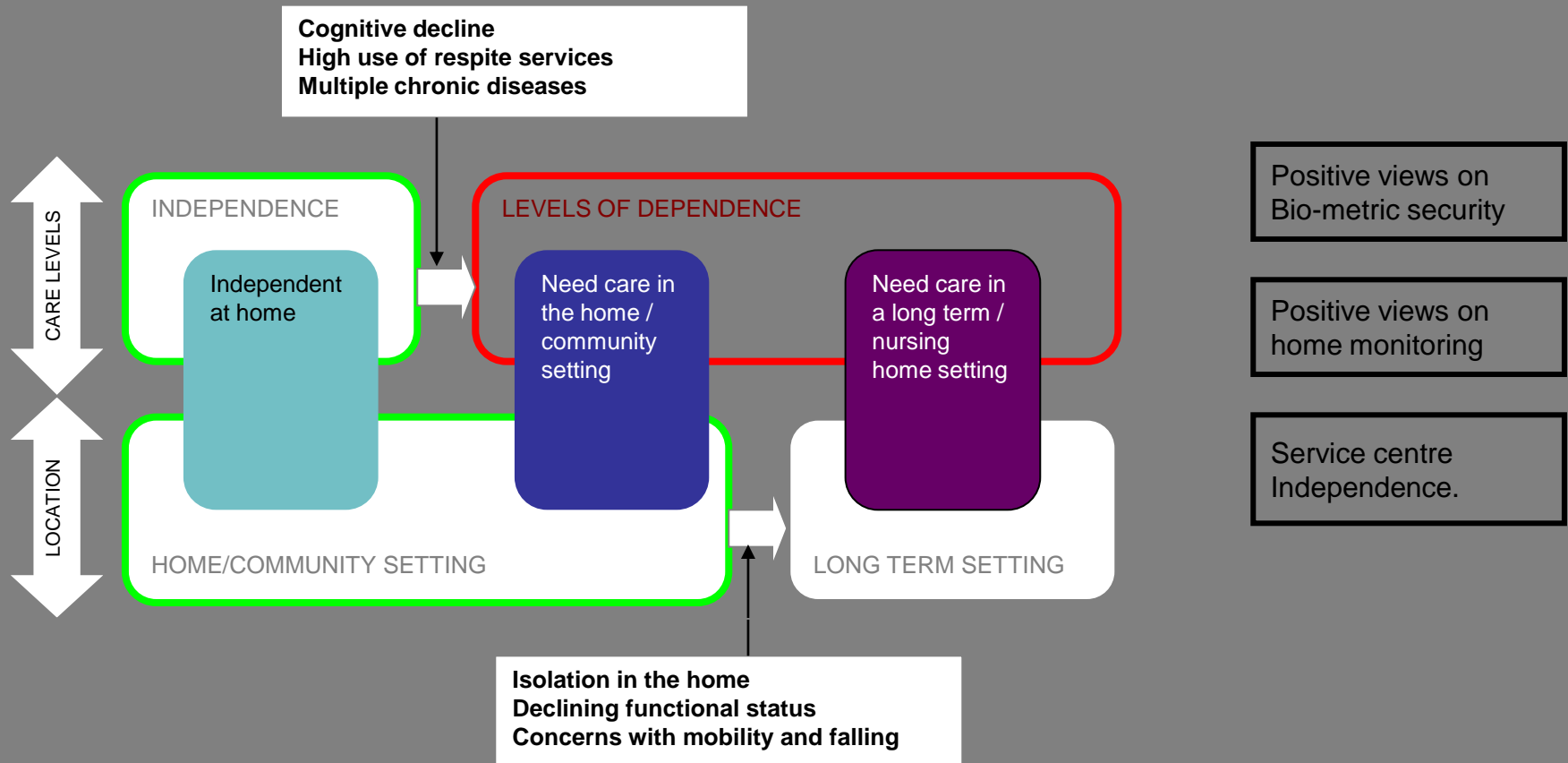


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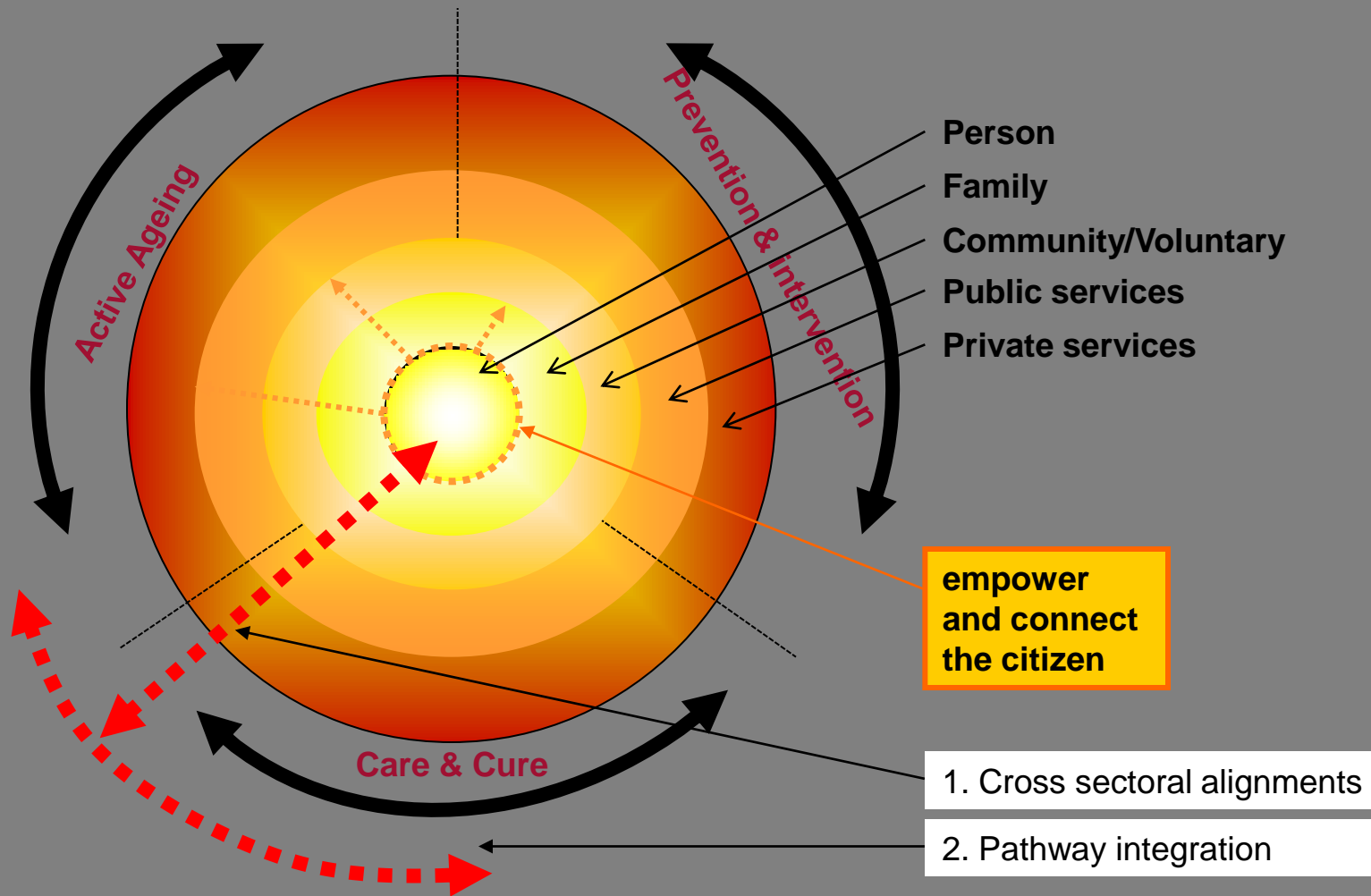
# Shift to the left

## Long term care trends



# Shift to the centre

## Person at the heart



# Research and Innovation for an Ageing Society



- to the edge
- to the left
- to the centre

- Place living lab
- Aware housing
- Infrastructure



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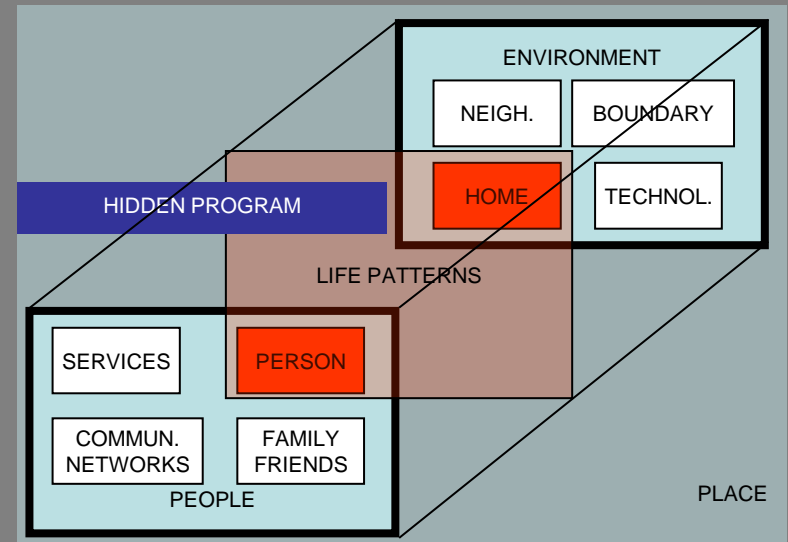




# A Place-based Living Lab

## Enhancing longer living

- An open-innovation eco-system
- Multi-agency stakeholders
- Co-creation with older people
- Trans-disciplinary teams
- Technology platform



(Model of Place – after Wiseman and Chapin.)



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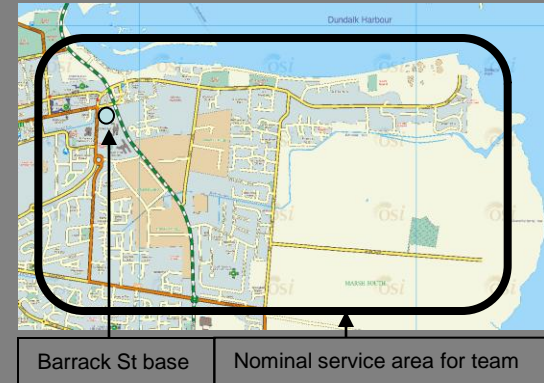
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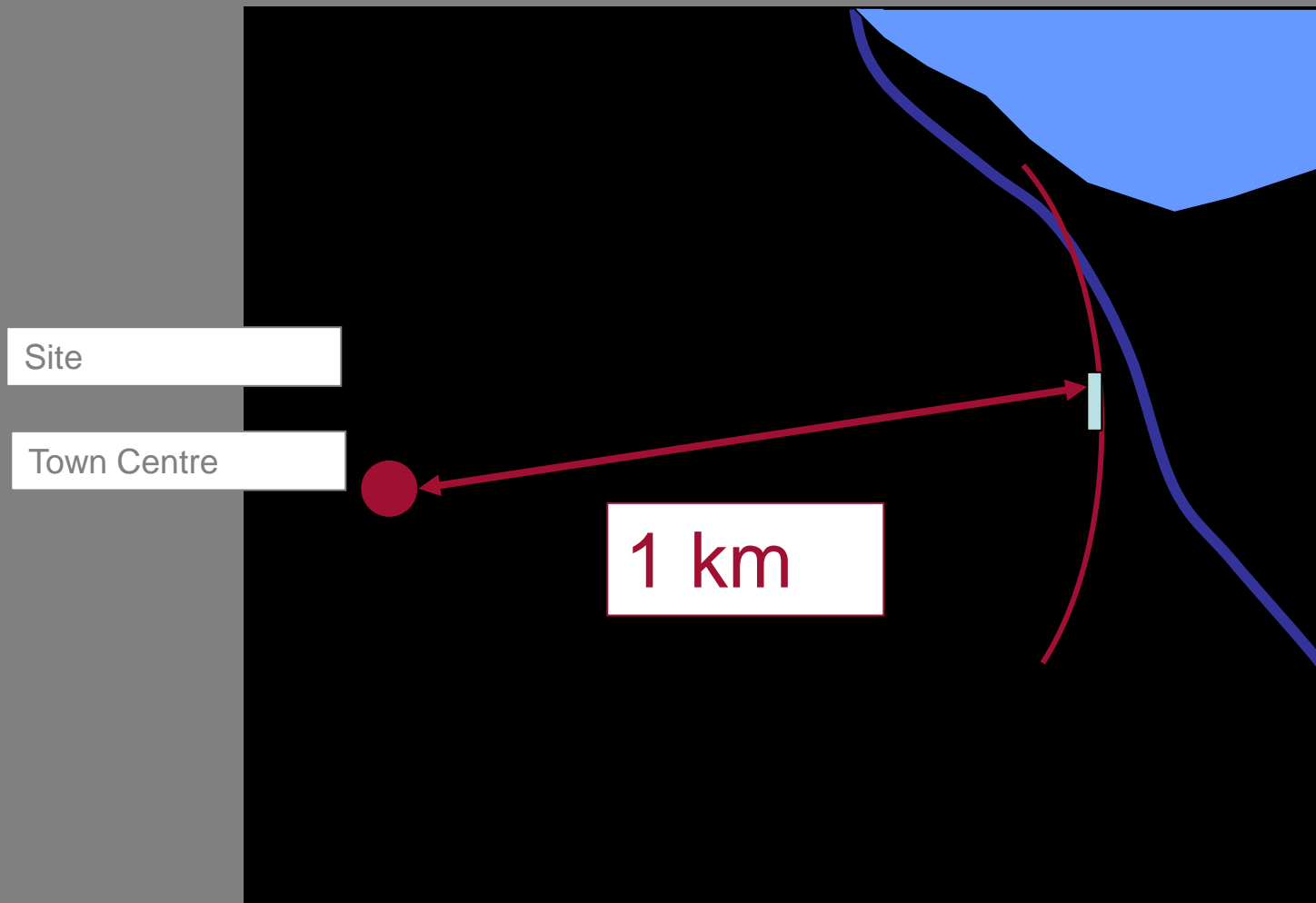
## Ageing-in-place

Demonstration project around Barrack St.,  
Multi-stakeholder collaboration  
Fusion: environment, technology, care model  
Evidence-base for growth and intensification  
Inform and accelerate policy area development  
Stimulate product/service innovation  
Foster culture of CQI in community  
Build sustainability



# Town Centre location

## Location and proximity



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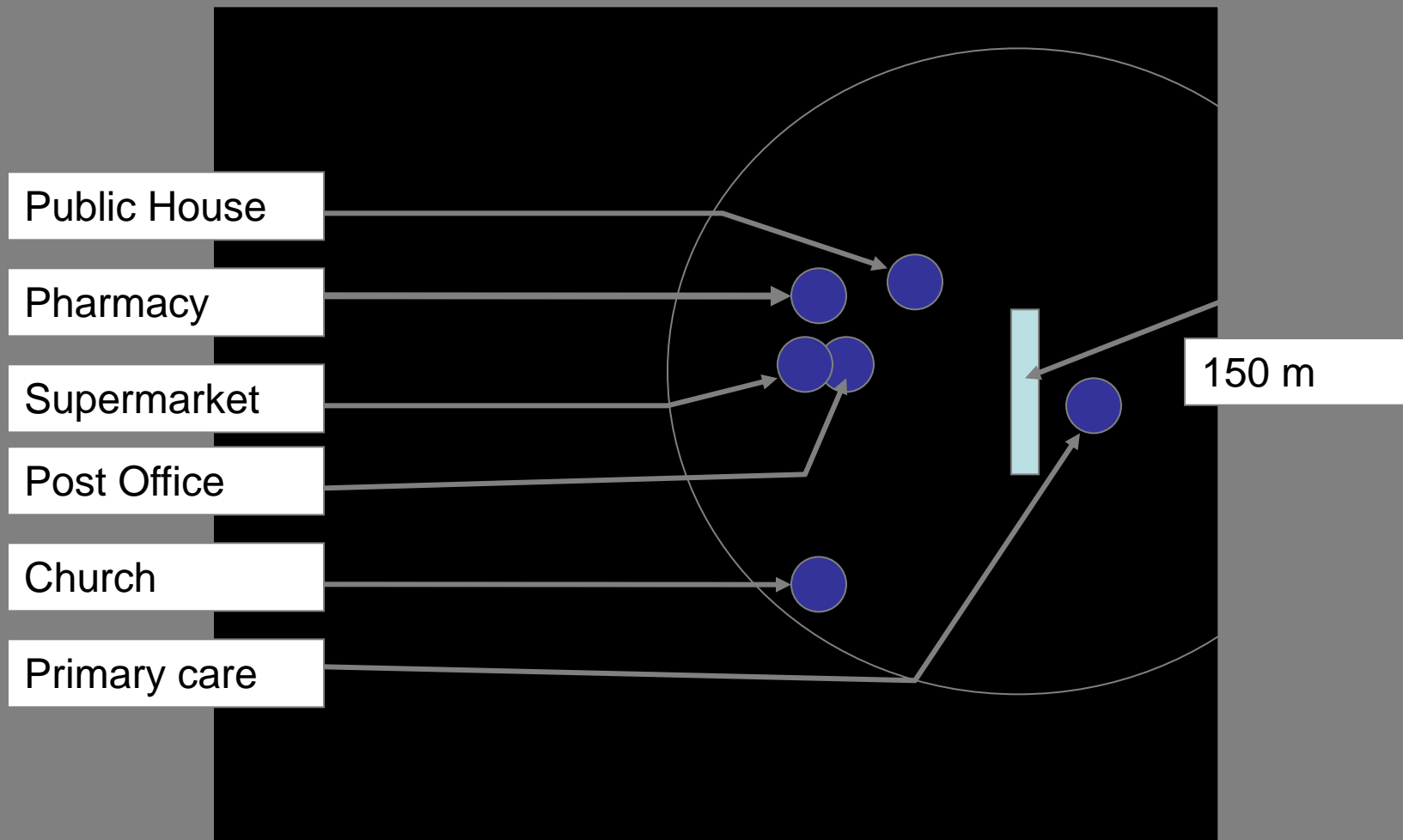


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# Neighbourhood Amenities

## Natural supports



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# Housing characteristics

16 units

Out-reach centre

1 unit transition

Primary care centre

## space features

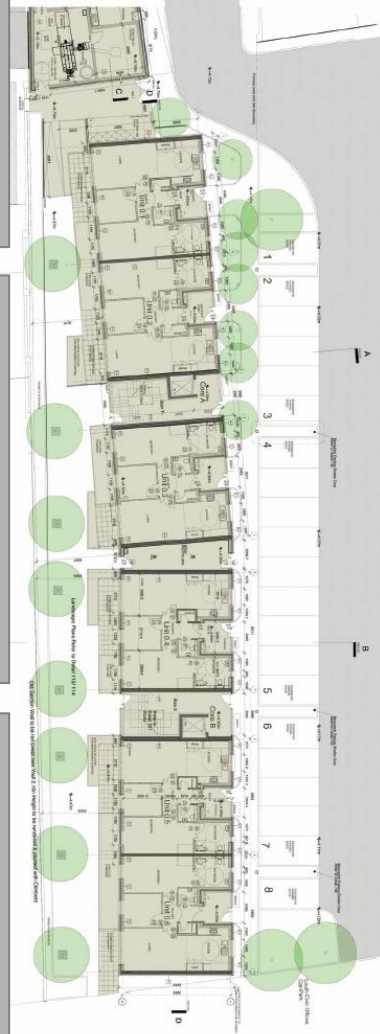
- Lifetime adaptable
- Accessibility
- Healthy (airy)

## energy features

- orientation
- fabric
- fenestration
- energy source
- management

## ICT features

- base infrastructure
- social connectivity
- tele-care/health
- home-automation



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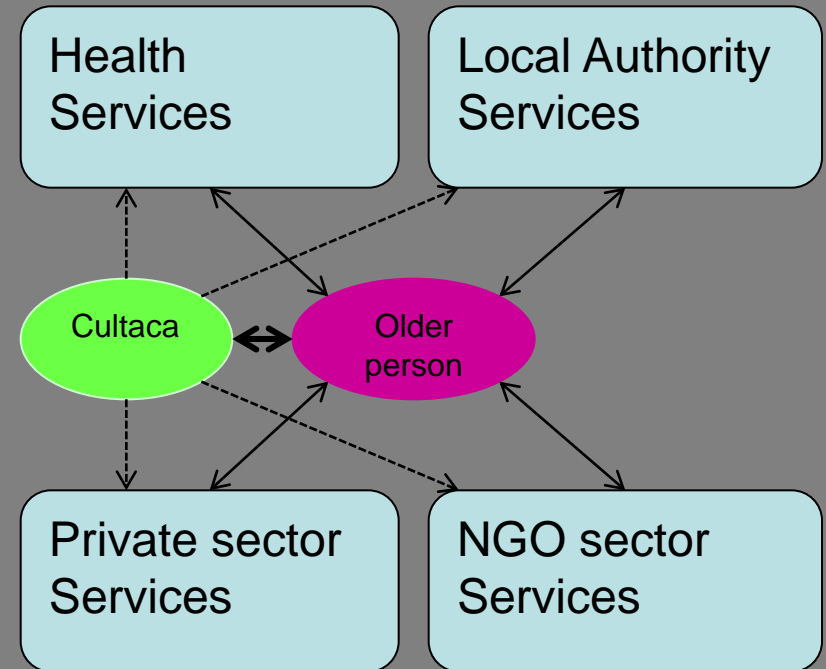






### ***Cúltaca Role***

- Helping older people to help themselves
- Working with older people to develop personal plans
- Connecting older people to groups and supports
- Broker access to range of support services where needed



# Great Northern Haven



## Community Model for Ageing in Place

Cúltaca - helping people help themselves  
Local authority & HSE working together  
Ergonomics – lifetime adaptability  
Ecology – Sustainable energy footprint  
ICT Technology – connecting for wellbeing



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# Technology in place

## Kitchen / living



Assistive technologies  
Home automation  
Multi-sensor network connectivity



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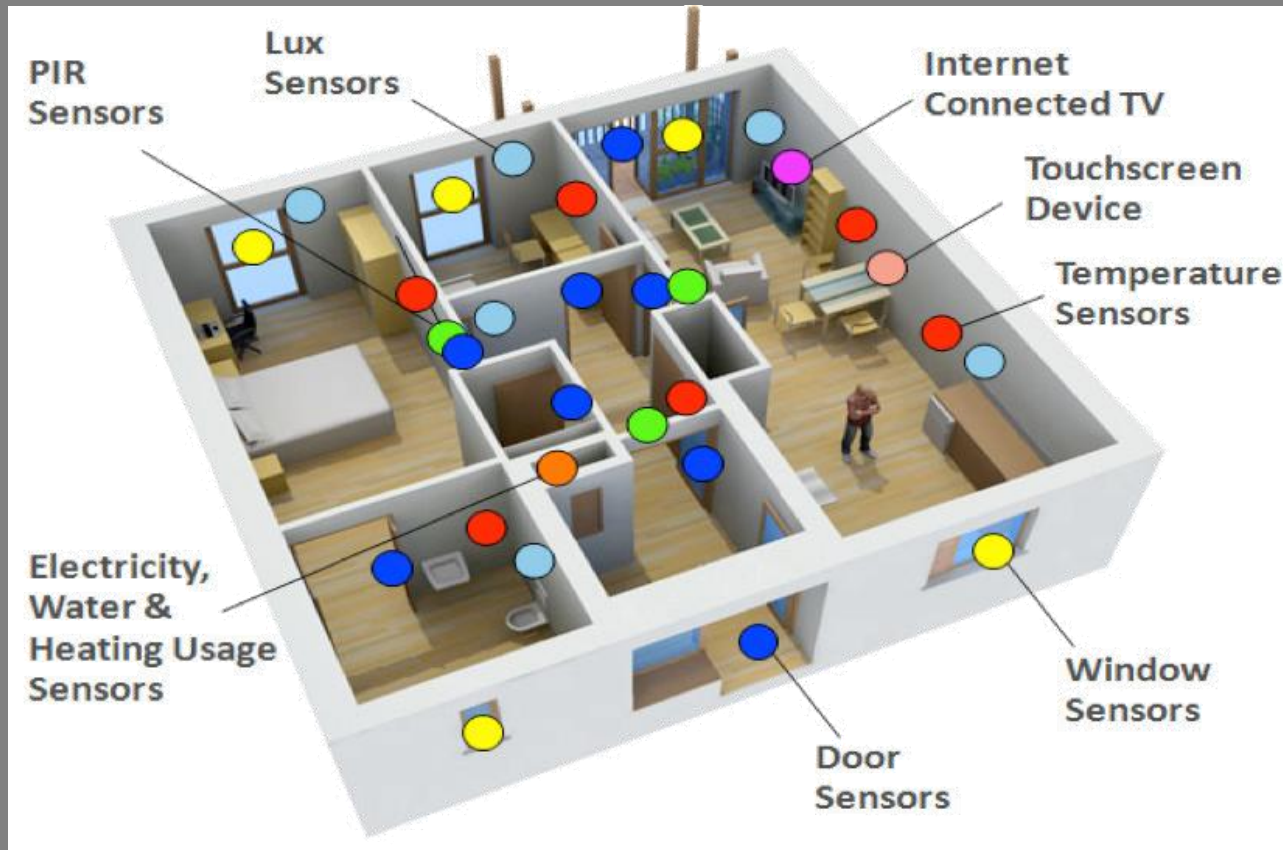
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# Context awareness

Over 2,200 Sensors and Actuators



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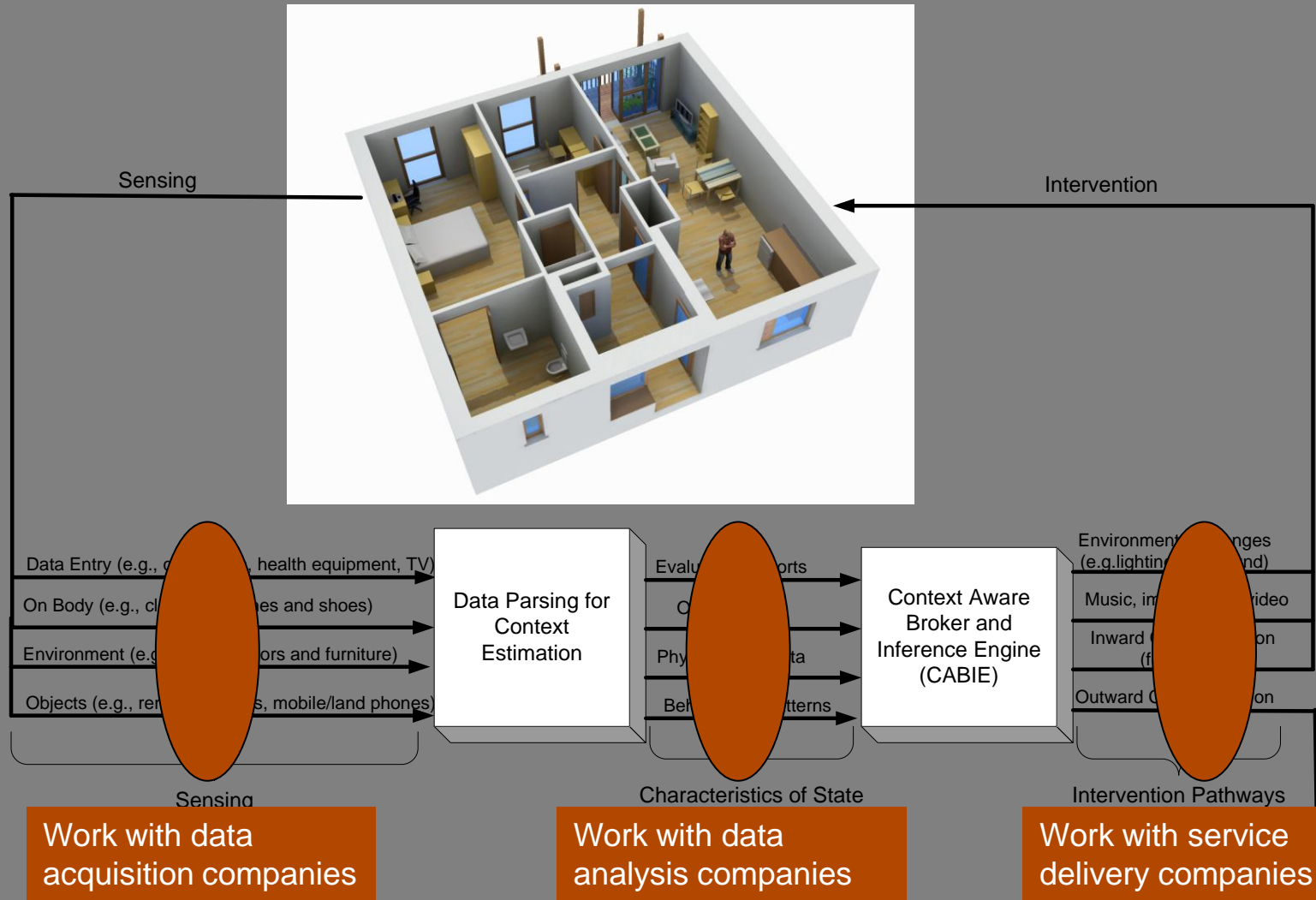
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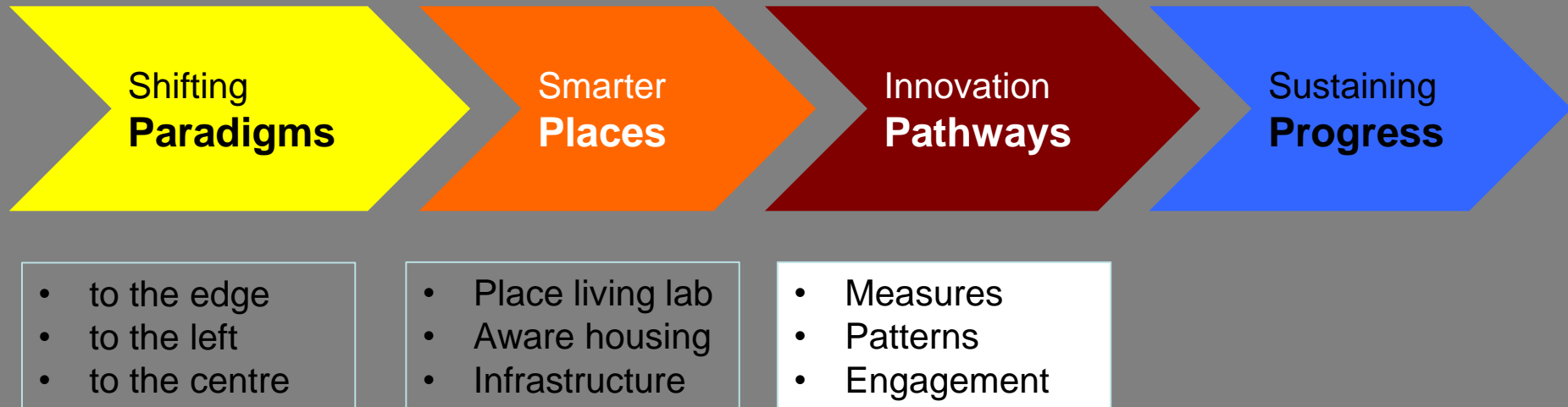
# Context awareness

## From reaction to prevention





# Design for an Ageing Society



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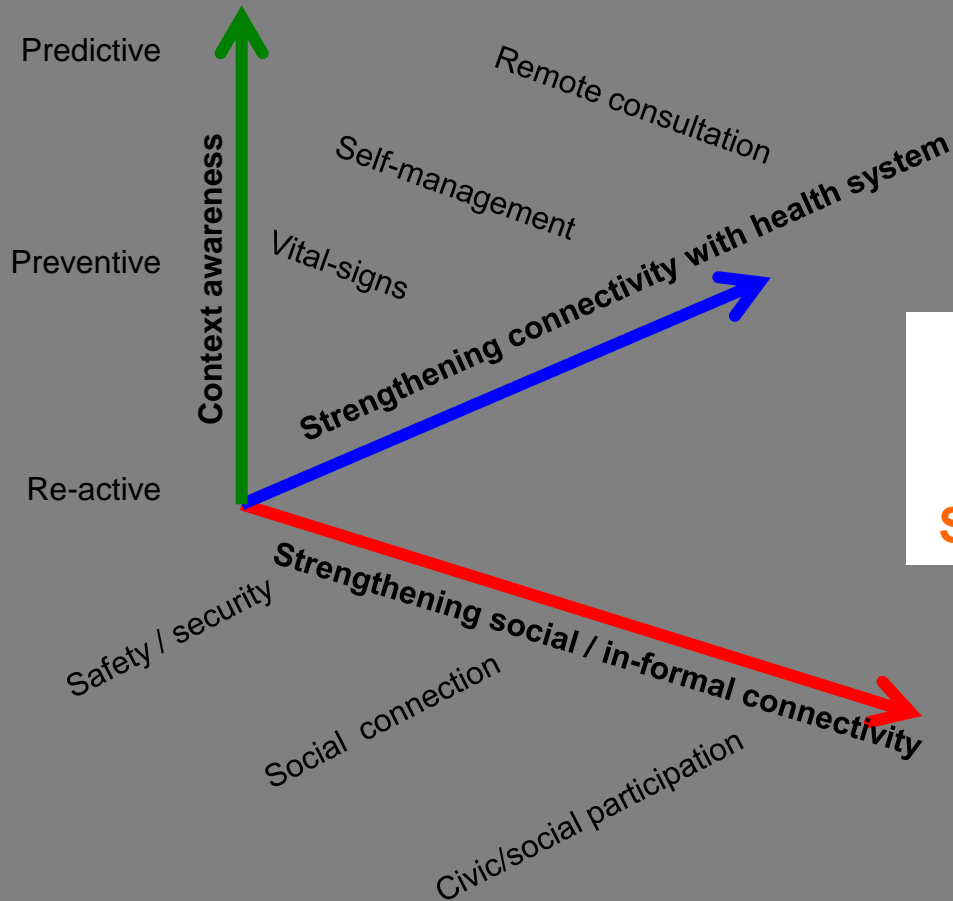
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From  
**VITAL SIGNS**  
to  
**SIGNS OF VITALITY**



# Current measures (C4FH-NY)



Vital Signs	Arthritis	Heart disease	Cancer	Diatetes	Depression	Dementia
Blood Pressure						
Temp.						
Weight						
Respirat.						
Urine						
%affected	57%	31%	20%	13%	14%	14%



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# Future measures(C4FH-NY)



Vital Signs	Arthritis	Heart disease	Cancer	Diatetes	Depression	Dementia
Exercise						
Nutrition						
Activity Patterns						
Gait						
Sleep						
%affected	57%	31%	20%	13%	14%	14%



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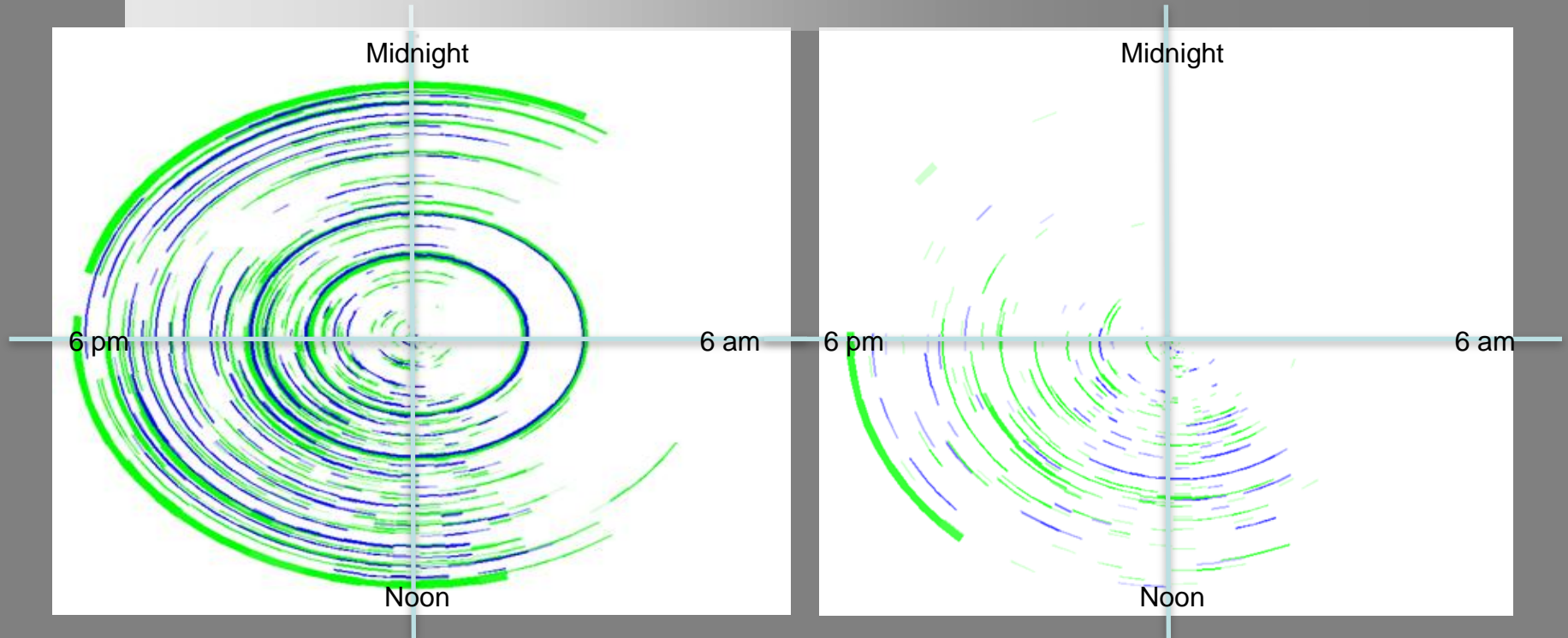
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### *Confidence in early detection – targeting early intervention*



Time spent outside the home by a healthy socially active individual

Time outside home by a individual with high depression score

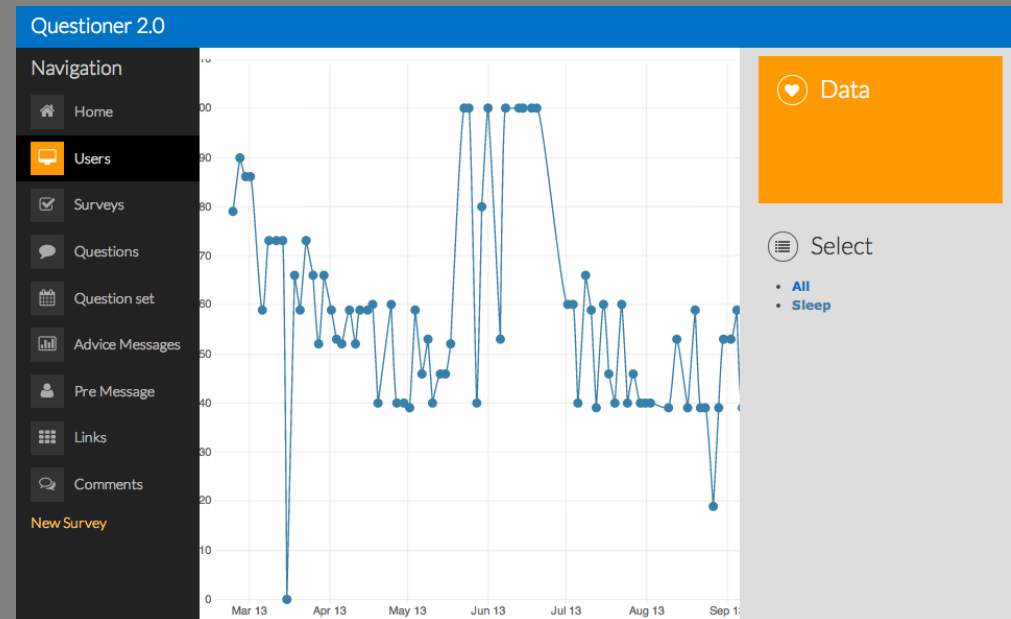
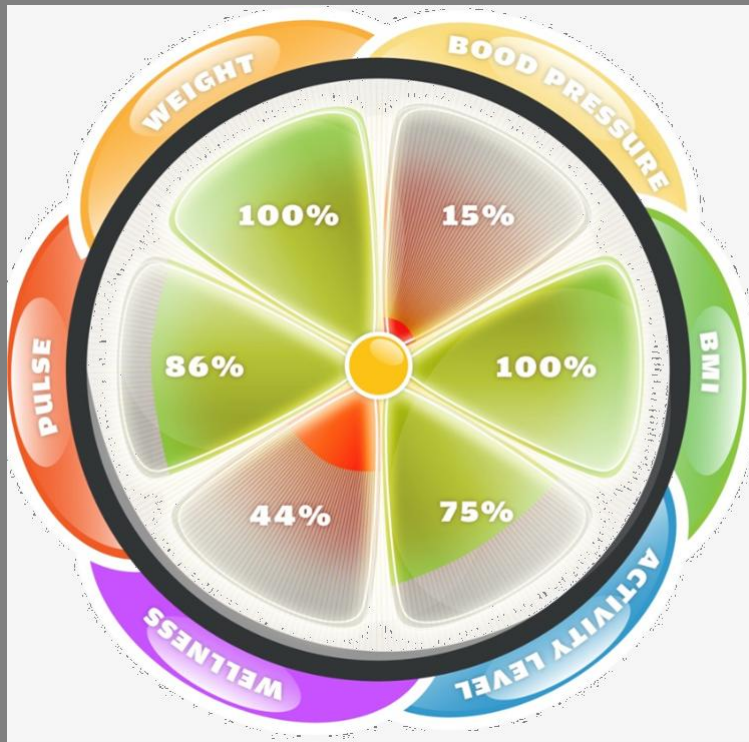




# The YourWellness App

Support people in managing their health and wellbeing through feedback and interventions

- Emotional wellbeing, quality of sleep, quality of social interactions, cognition, physiological measures



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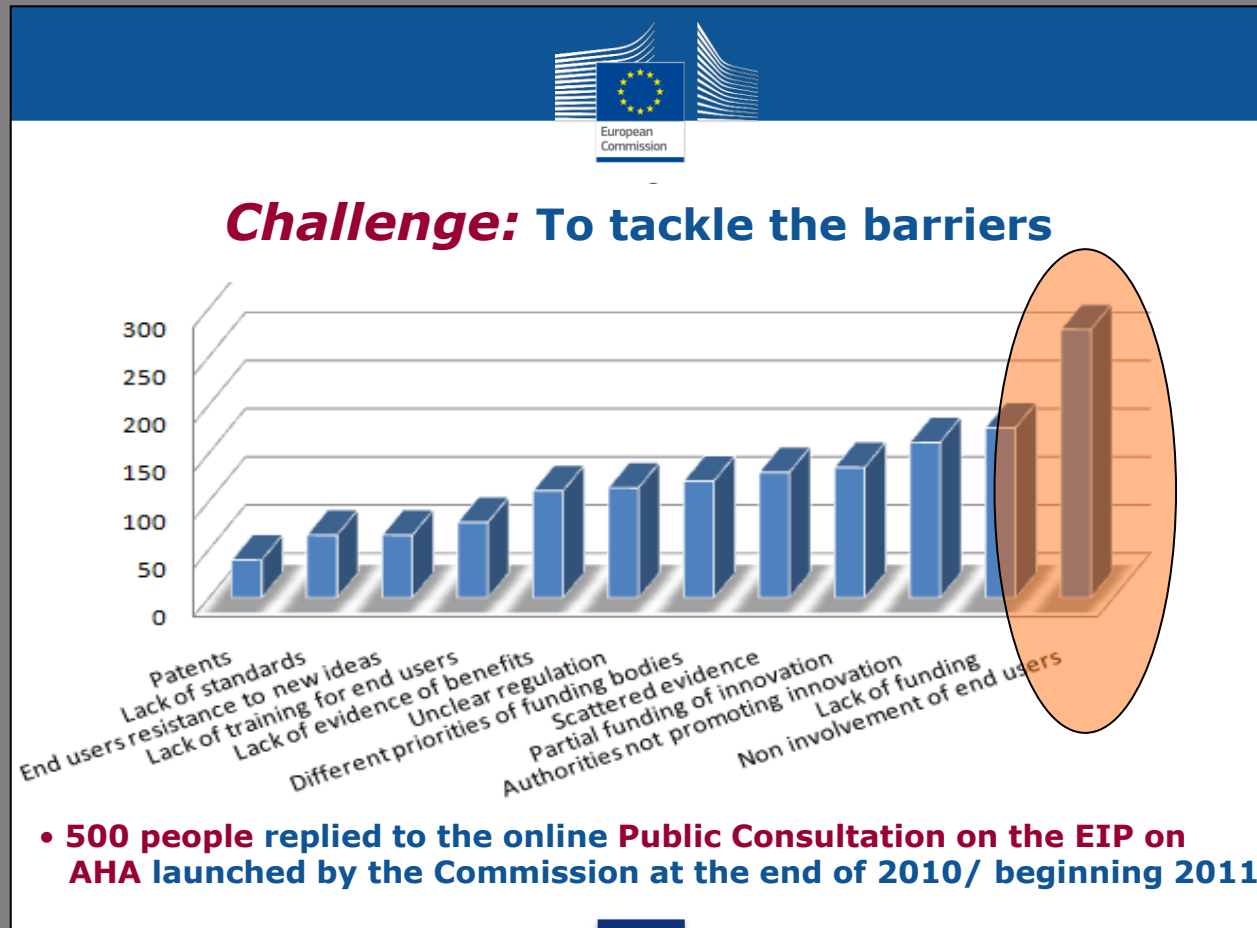
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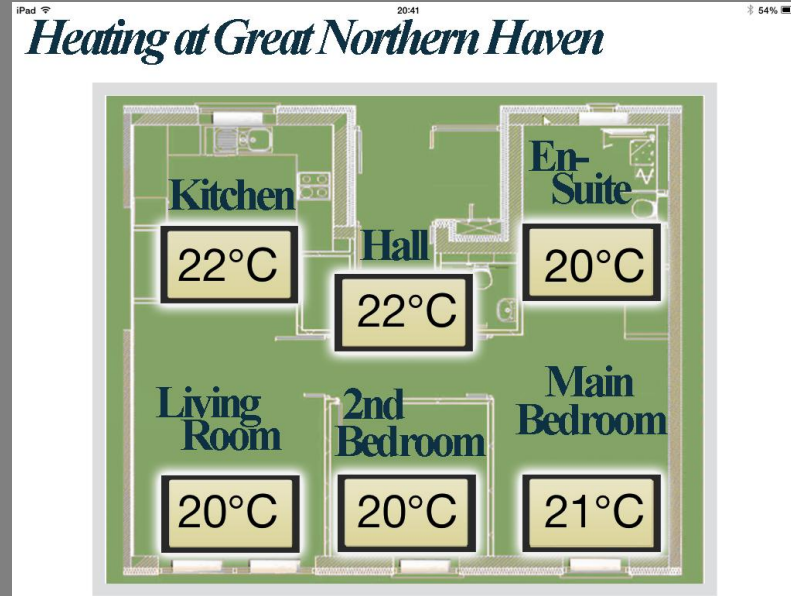
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# Co-Design Approach



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# Studying falls

In collaboration with Fujitsu



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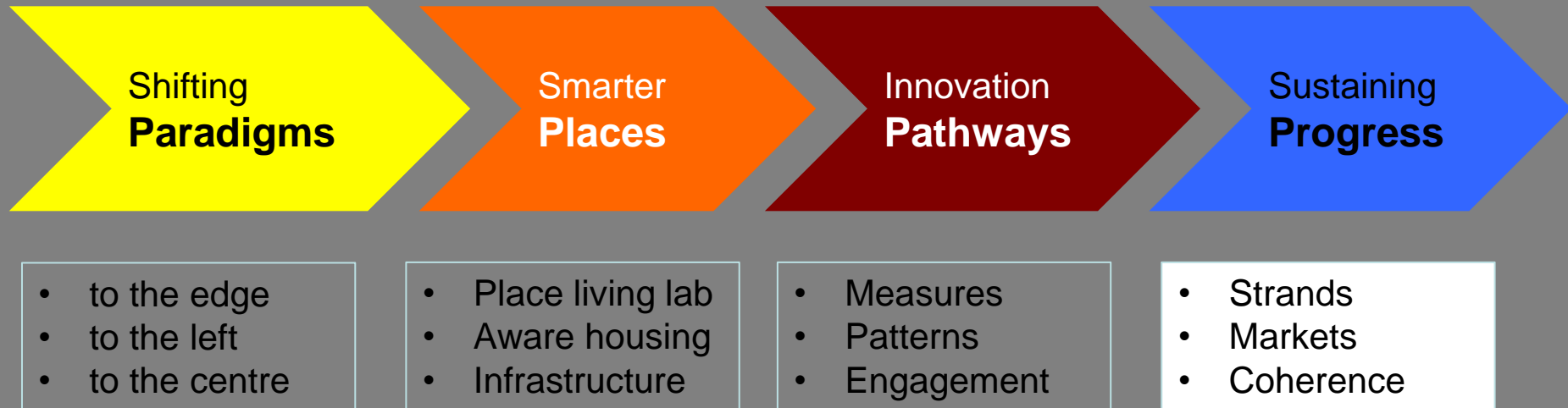


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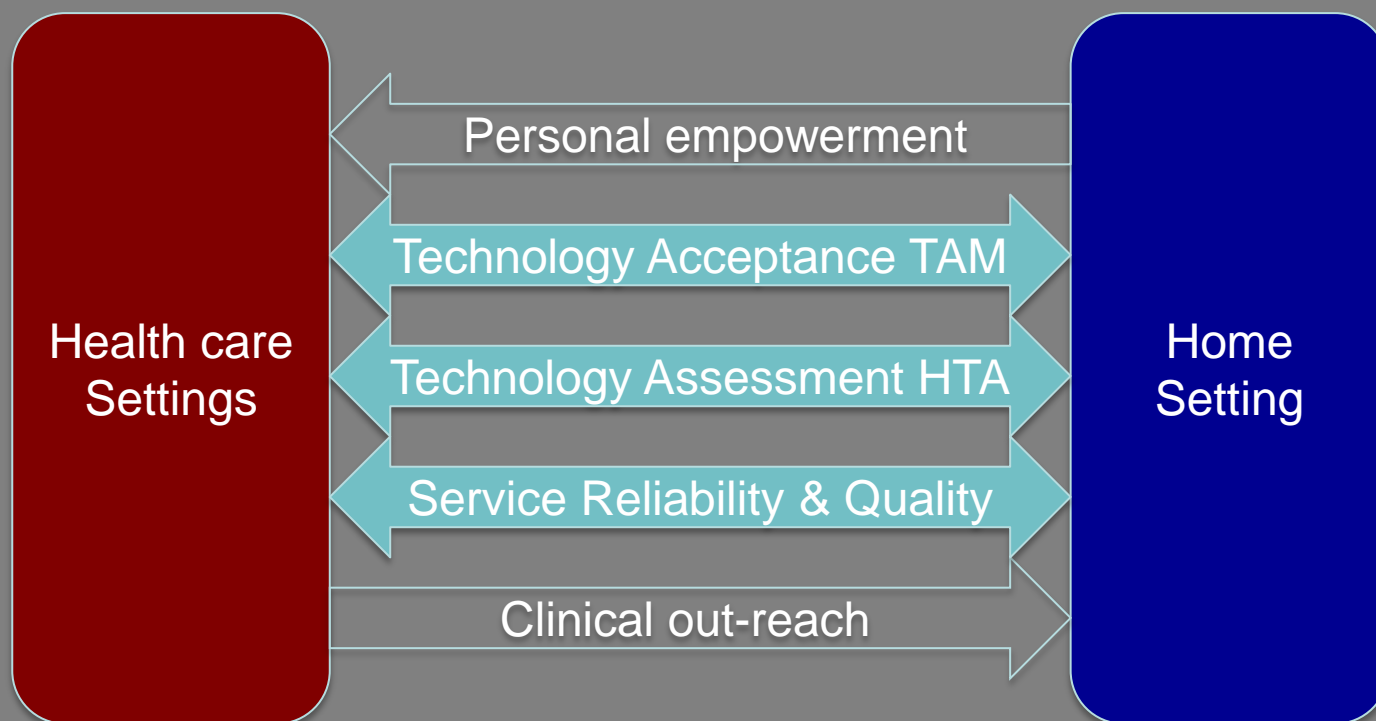
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# Progressing core strands

A shared vision with partners



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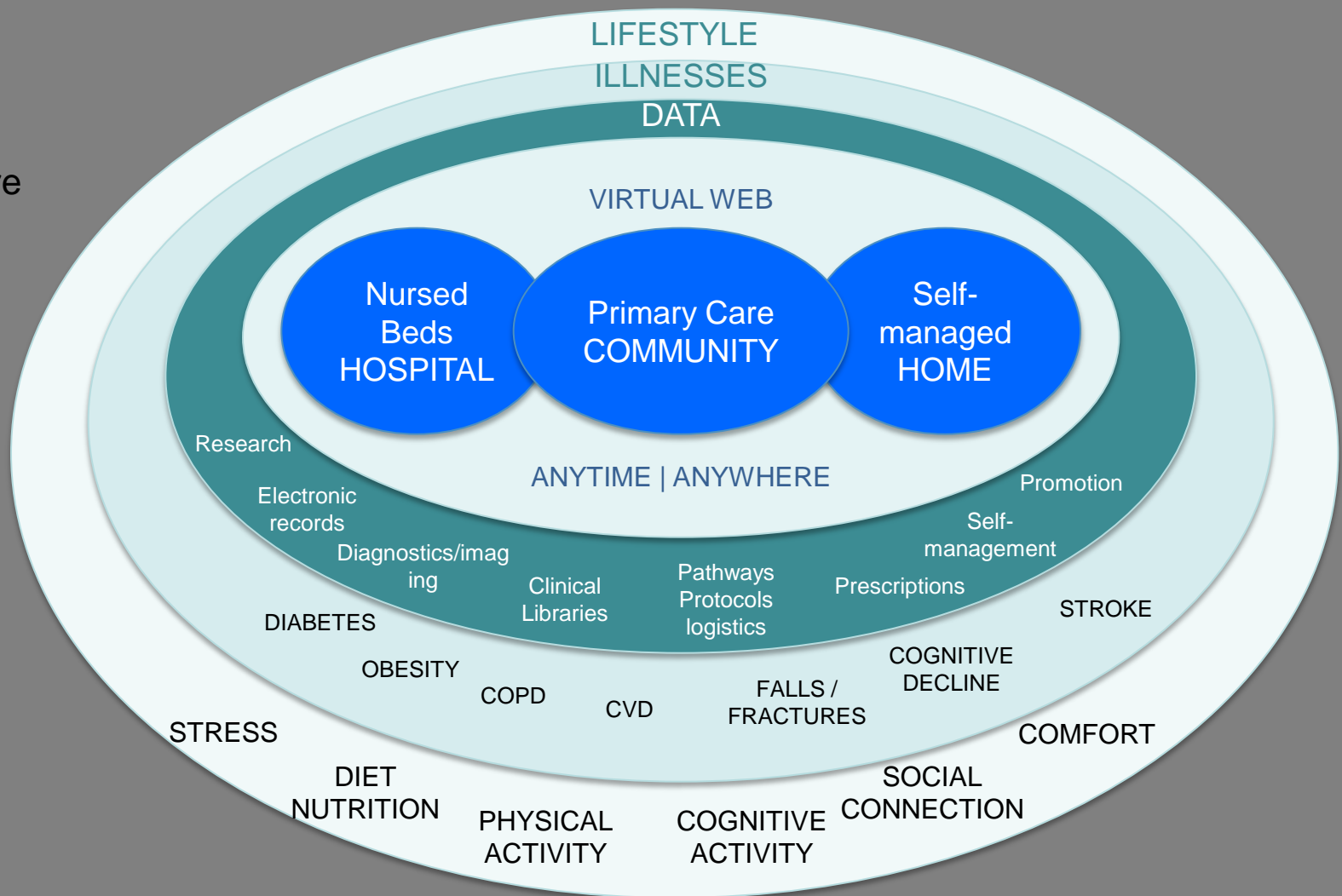


4 sites of care

Data and information

Chronic diseases

Healthy lifestyles



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+2 Healthy Life Years

Impact on  
the citizen

Effective  
Systems &  
Services

Innovation,  
economy,  
jobs

D Age-Friendly Building, Cities and Environments

A

Prevention  
Promotion  
Personalisation  
Falls/Frailty

B

Integrated  
care  
Chronic  
diseases

C

Independent  
Living  
Social  
inclusion  
Cognitive  
decline

The European Innovation Partnership on Active & Healthy Ageing.



*A 3-star reference  
site for Active &  
Healthy Ageing*



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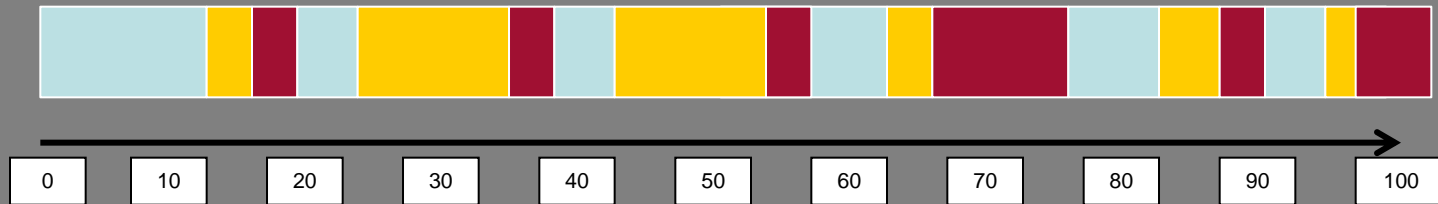
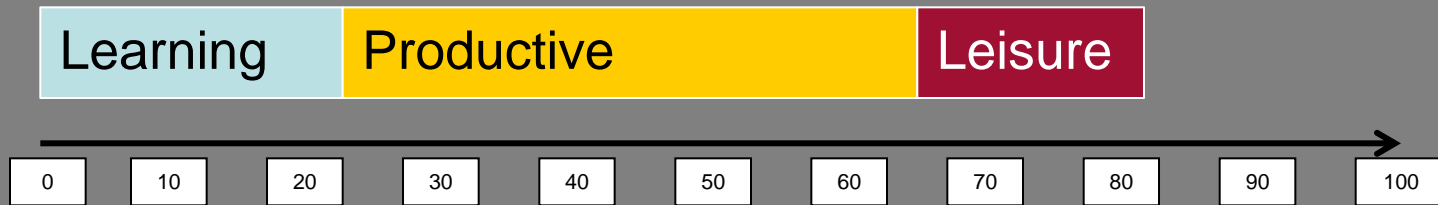
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# Economics of longer living:

## A changing life-course



*Based on presentation by Dr John Beard (WHO) and Ken Dychwald*



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Avoiding fragmentation  
and silos.

Need to weave an  
approach where the  
whole is greater than the  
sum of the parts.

- Research coherence
- Collaboration



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# Thank you



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