From research to implementation of AAL-technologies; Norwegian experiences

- it’s much more than the technology!

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Outlook

- Strategy documents
- AAL @ SINTEF
- Safety @ Home
- Mrs Paulsen’s flat
- Lessons learned
Nordic Centre for Welfare and Social Issues

• Highly recommends to the Nordic countries to put welfare technology (AAL) on the agenda.
  • And not just on the agenda, but to establish national strategies, finances and closer Nordic cooperation within this field.

• We are in a hurry to get going
  • Big changes will not happen overnight.

• The introduction of welfare technology is a win-win situation for everybody, each citizen, society and business life.
• We cannot see any other options for the countries.
Recommendations

1. The Nordic countries must have welfare technology as a strategic focus area.
2. Learn from each other and establish Nordic cooperation in the field.
3. Provide national financing, testing and projects within the municipalities.
4. Use technology in such a way that people with chronic diseases will be able to be responsible for their own health.
   • This will lead to quality of life for the users and mean savings for society.
5. Use technology in such a way that people with disabilities will be able to function better.
   • Listen to the users and their advice when implementing the technology.
6. Be prepared to change rules and work routines in order to get maximum benefits from the new technology. Seek advice from staff when welfare technology is implemented.
7. Address the ethical problems of welfare technology with an open mind and adjust the law in order to make the new possibilities useful for the users.
Norwegian situation
Population: 5 Million
19 region – 430 municipalities
Local democracy; home care service decided by the municipality (incl use of technology)
Hospitals; public enterprise own by the Government

Technology adaption in Norway: Safety alarms
Available in 90 % of the municipalities as a health service for those who are qualified. Partly financed by the individual.

pHealth 2011
Norway - Preparing for a change

New policy needed at national level

«Active ageing is intergenerational - it is about all of our futures and not just about older people. We are all stakeholders in this endeavour.» (Walker, 2002)

Actions needed:
1. Activate the society
2. Technoplan 2015 – technology support for homecare
3. New concepts for living (future homes)
4. Innovation in homecare
5. Collaboration & business opportunities

«Co-creation changes the game of innovation from designing FOR people to designing WITH people» (Copenhagen co-creation 2009)
Some messages

Technology alone does not meet the challenges

80% of future homes are already built; solutions for tomorrow must be adaptable to existing environments - flexible, easy to install & uninstall and allow personalisation.

Start using existing technology:
1. Extended safety alarms (incl fallsensors, GPS, etc.)
2. Adapt video-communication and social media to prevent loneliness
3. Integrate solutions to help people to stimulate, activate and structure their daily life

Change the regulations to allow for use of GPS technology (look to Denmark)

Increase RTD investments in the sector from 1,6 % to 1 % of annual spending towards 2020.
Nutrition

Safe tracking (GPS)

Medication @ home

Call-centre

Safety @ home

Health monitoring @ home

Ambient assisted technology
Strategic priority area @ SINTEF

Social networks
User driven innovation in the health care sector

Guideline: 10 steps to innovation

New concepts
User needs
Technology opportunities
Safe tracking (GPS)

pHealth 2011
Municipality

Safety @ home

Innovation model

Research

Industry

Technology for a better society
"I want to stay in my home as long as I can!"

"Mrs Paulsen’s flat"
- Understand user need
- Define "the technology toolbox"
- Understand future health care service
- Test new business models
- Ethical issues

Passive support: Monitoring the person – trig alarms if needed
Active support: User support to cope with own situation
1st step:  Technology demo
- Present solutions for "users"
- Discuss & understand possibilities and implications

2nd step:  User assessment & installation of solutions for safety@home in 2-3 homes
- Video communication with call-centre
- Extended safety alarm
- Night lightening
- Reminders / calendar

3rd step:  Field trial in the Oslo-region
- Technology robustness
- New models of care
- Business models

Need for a “communication tool”
- For policy makers
- For care organisers
- For care givers
- For the elderly
- For relatives
Trykk på skjermen

Videotelefon
Nattlys
Fallalarm
Fru Paulsen

Påminnelser
Kjøleskapvakt
Komfyrpåminnelse
Om prosjektet

Familietre
Medisin-dispenser
Dørtaler

Gi din tilbakemelding
TRYKK HER!

pHealth 2011
Lessons learned

• Decision makers need to understand the possibilities and changes needed
• Technology is only one part of the innovation needed
• New knowledge needed for all actors
• Municipalities look for service & solutions, not technology alone
• Technology exists, but need to be put in the right context

• It’s time to start moving!
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Welcome to MIE 2011 in August