



INTERNATIONAL SAFE ELDERLY

Safe and Secure at Nacka Senior Centre Ektorp, Sweden

Nacka Senior Centre Ektorp was, in December 2010, the first special housing unit in the world to be certified by the WHO Collaborating Centre on Community Safety Promotion - Safe Elderly.

“We are very proud of this award which shows that our injury prevention work is systematic, goal-oriented and up to standard,” says Ulrika Andersson, occupational therapist at Nacka Senior Centre Ektorp and one of the moving spirits behind the work on injury prevention at the Senior Centre. “The aim is always to increase safety and security for the people living here”.

In Sweden, special housing is a collective term that describes several different types of housing that have been adapted for elderly people who are in great need of care. Around 60% of the elderly in special housing suffer from fall-related injuries. It is therefore of great importance that special housing units work efficiently on safety and security.

Nacka began work on injury prevention, using Safe Elderly Indicators as a reference, in 2008. The indicators were adapted to the requirements and conditions of special housing units. In 2009 Nacka Senior Centre Ektorp acted as a pilot to test and further develop the model. The work was carried out in collaboration with Dr. Tommy Rosenberg, one of the creators of Safe Elderly indicators and the founder of the Knowledge Centre for Senior Safety in Karlstad, Sweden. Other collaborative partners have been the University of Karlstad and the Swedish Civil Contingencies Agency (MSB).

The certification is of an international standard.

The purpose of the pilot project is to present a model which will provide a basis for other organizations to begin their work. Each organization can then form its own work on safety and security, adapted to its own individual conditions.

The material that has been produced in connection with the work of Nacka Senior Centre Ektorp on Safe Elderly indicators, “Safe and Secure Care of the Elderly in Special Housing” is intended to be developed and up-dated continuously and the people involved in the work can participate in the continuous improvement. The material is also translated into English.

During the award ceremony, the Head of Nacka Senior Centre Ektorp, Carin Bokegård, spoke to all the co-workers and thanked them for their commitment to progress and development. She also said that she had been sceptical at the beginning of this project but that the systematic approach has provided a totally new way of thinking and acting when it comes to safety and security for the elderly.

“We thought that we were very aware of all the risks but a new world of injury prevention opened up in front of us when we began this work. We have come a long way but this is still only the beginning,” says Carin Bokegård.



The official International Safe Elderly agreement is signed. From the left: Carin Bokegård, Head of Nacka Senior Centre Ektorp, Leif Svanström, Professor Emeritus, Chair of the WHO Collaborating Centre on Community Safety Promotion, Eva Öbom-Ekdahl, Municipal Commissioner, Dr Tommy Rosenberg, founder of the Knowledge Centre for Senior Safety, Karlstad, Sweden.

Some examples of how Nacka Senior Centre has developed the work on the prevention of injuries:

- The focal point is the systematic approach and that it is a part of the daily work
- Continuous mapping and evaluation are carried out in order to identify both risks and positive factors
- To work with many risk factors at the same time, both in the physical environment with regards behavior and treatment

To read the report click here:

http://www.nacka.se/web/omsorg_stod/aldreomsorg/aldreboende/Sidor/tryggt_sakert_aldreboende.aspx

To see the film click here:

<http://www.youtube.com/watch?v=o-ctK8RJOho>

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