

## BACKGROUND

- As people **live longer and become frailer**, their needs become complex and the demand for services and associated costs increases<sup>1</sup>
- Most older adults **prefer to continue living at home** for as long as possible<sup>2</sup>
- Integrated care models** have been promoted as the most cost-effective to address these needs and aid in maintaining independence<sup>3</sup>
- In Canton Basel-Landschaft **21% of the population is above 65 years old**<sup>4</sup>. A new law<sup>5</sup> mandates **reorganizing of community care for older people** in eight care regions (*Figure 1*)
- INSPIRE is a project aiming to **develop and implement an integrated care model** for home-dwelling older adults in Canton Basel-Landschaft
- A key component in implementing such models is **understanding the demographic and social characteristics of the target population**<sup>6</sup>

## AIM

Understanding the needs and preferences of home-dwelling older adults to aid the implementation of the integrated care model as part of the INSPIRE project in Canton Basel-Landschaft

## METHODS

### Design and sample

- Cross-sectional population-based survey
- All home-dwelling people  $\geq 75$  years living in Canton Basel-Landschaft

### Questionnaire and variables

- Developed based on literature review, team expertise and stakeholder feedback
- 75 questions on demographics; living situation; daily support needs; physical, social and emotional well-being; health-related quality of life; healthcare utilization and lifestyle

## RESPONSE RATE

8846 questionnaires (RR:30.7%)

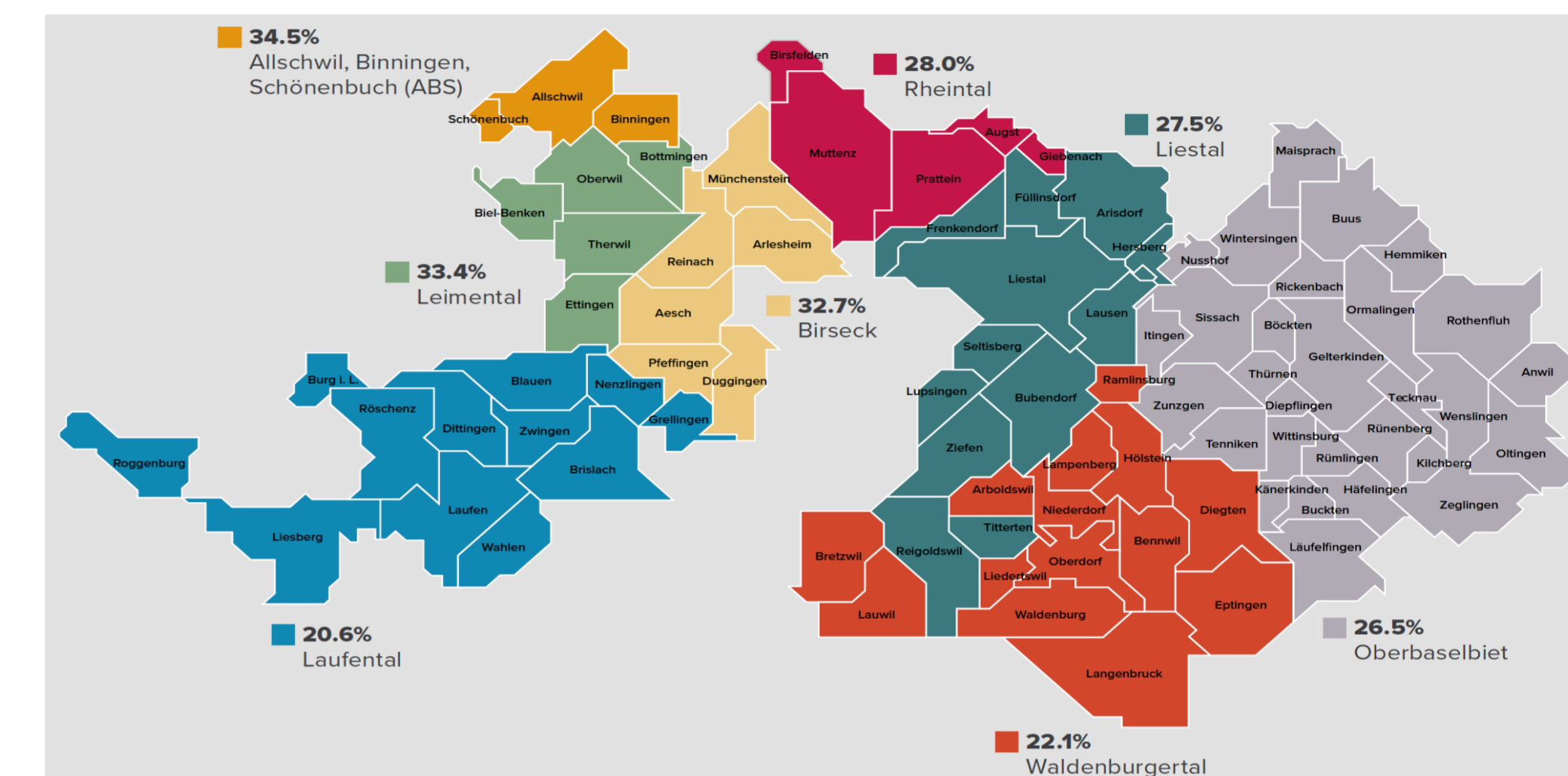


Figure 1: Response rate per care region in Canton Basel-Landschaft (Courtesy of Statistisches Amt Canton Basel-Landschaft)

## RESULTS

- Mean age of respondents: 81.8 years
- 1 in 10 has a university degree
- Almost 2/3 live with a partner or spouse
- 3 out of 4 prefer to continue living at home even if dependent
- Majority independent in daily activities (cooking, self-care, shopping, etc)
- Mean score of health-related quality of life(HRQoL<sup>7</sup>) : 7.07 (SD = 4.2)  
Mean visual analogue scale (VAS<sup>7</sup>): 75,2 (SD = 15.9)



- 1 in 4 showed signs of frailty (measured using the Groningen Frailty Indicator<sup>8</sup>)



- Highest prevalence was found for memory problems followed by hearing loss, vision problems and unwanted weight loss



- Almost half take four or more different types of medication daily (polypharmacy)



- 1 in 3 misses the company of others; 1 in 4 reports a feeling of emptiness and 1 in 10 feels abandoned



More info: [inspire-bl.unibas.ch](http://inspire-bl.unibas.ch)  
Contact: [flaka.sigecca@unibas.ch](mailto:flaka.sigecca@unibas.ch)

## NEXT STEPS

To explore:

- Association between frailty and living situation, healthcare utilization and use of technology
- Predictors of health-related quality of life
- Association between family structure and HRQoL
- Prevalence of current social support

## REFERENCES

- Divo MJ, Martinez CH, Mannino DM. Ageing and the epidemiology of multimorbidity. *Eur Respir J.* 2014;44(4):1055-68
- Wiles JL, Leibing A, Guberman N, Reeve J, Allen RES. The Meaning of "Aging in Place" to Older People. *Gerontologist.* 2011;52(3):357-66.
- Looman WM, Huijsman R, Fabbriotti IN. The (cost-)effectiveness of preventive, integrated care for community-dwelling frail older people: A systematic review. *Health & Social Care in the Community.* 2019;27(1):1-30.
- Elderly population aged 65 years and over — highest shares by NUTS level 3 region : Altersbetreuungs- und Pflegegesetz (APG) SGS 941; 2018.
- The King's Fund. Population health systems: Going beyond integrated care 2015
- EuroQol Group. EuroQol – a new facility for the measurement of health-related quality of life. *Health Policy* 1990; 16:199–208
- Braun T, Grüneberg C, Thiel C. German translation, cross-cultural adaptation and diagnostic test accuracy of three frailty screening tools: PRISMA-7, FRAIL scale and Groningen Frailty Indicator. *Deutsche Übersetzung, interkulturelle Adaptation und diagnostische Testgenauigkeit von drei Frailty Screening Fragebögen: PRISMA-7, FRAIL Skala und Groningen Frailty Indicator.* *Z Gerontol Geriatr.* 2018;51(3):282-292. doi:10.1007/s00391-017-1295-2