

Aktivitetsdosetten

Stavanger, Norway
Lone Koldby



Project Stage:

Established

Website:

<http://www.aktivitetsdosetten.no/com>

 SHARE

- [Aging](#)
- [Health care](#)
- [Health education](#)
- [Wellness](#)

Project Summary

Elevator Pitch

Concise Summary: Help us pitch this solution! Provide an explanation within 3-4 short sentences.

“Aktivitetsdosetten” is changing the architecture of long-term care by positioning activity as a treatment.

About Project

Problem: What problem is this project trying to address?

Through shifting practices in nursing homes across Norway, “Aktivitetsdosetten” is enabling the individual to become the focal point of care. The system draws on the elderly’s individual assets and experience so the quality of life for both patients and nursing home staff improves. Despite consistent development of medical treatment and technical aid for the elderly, “Aktivitetsdosetten”, responds to the shortage of new thinking and practice around activity as a critical tool for a meaningful and healthy end of life. “Aktivitetsdosetten” can ensure a future in which the long term care workforce is more satisfied with their work, patients are newly empowered, and families and volunteers can more easily connect with their loved ones.

Solution: What is the proposed solution? Please be specific!

“Aktivitetsdosetten” moves responsibility for the life quality of the elderly out of the hands of the nursing staff alone. Through its systematic use of activity in treatment and the daily schedules of the elderly, it is creating new opportunities for family members, friends, and volunteers to interact with their loved ones. Simultaneously the elderly feel a new sense of control and entitlement to their own life, and the staff enjoys a more meaningful work and impact.

Impact: How does it Work

Example: Walk us through a specific example(s) of how this solution makes a difference; include its primary activities.

“Aktivitetsdosetten” is mobilizing care staff, family members, volunteers and elderly patients to incorporate diverse activities into treatment for the elderly as well as into the culture of nursing homes. Through training head and regular nurses from long term care facilities across Norway as “activity doctors,” the approach is leading a new kind of empathetic workforces who feel motivated by the power of activity to reduce the needs for

pharmaceuticals and improve life quality. In "Aktivitetsdosetten", the elderly have a central role in their own life by working with the care staff and "activity doctors" to design a plan for activities that align with their own interests and life experience. "Aktivitetsdosetten" is approaching the nursing homes with the same medical framework they are accustomed to, yet with a new purpose of using these existing structures to systematically introduce activity into treatment as they already do medicine.

Sustainability

Marketplace: Who else is addressing the problem outlined here? How does the proposed project differ from these approaches?

"Livsglede for eldre", Norwegian Foundation who sets to give good quality of life through selling certificates to the municipalities. "Noen-as", Norwegian private company, provide support to people with dementia who live at home giving activities and care. The pharmaceutical industry Center for research in care (Public body), Train Health staff in active care With an exam.

About You

About You

First Name

Lone

Last Name

Koldby

Email

post@aktivitetsdosetten.no

Implementer(s) and cooperation partners

Name

Aktivitetsdosetten

Type

Social enterprise (partly economically self-sustained through market products and services, primary mission is to solve a social problem)

Country where main implementer is located

, RL, Stavanger

How long has the main implementer been operating?

1 5 years

Please provide a short description of the main implementer.

The information you provide here will be used to fill in any parts of your profile that have been left blank, such as interests, organization information, and website. No contact information will be made public. Please uncheck here if you do not want this to happen..

Cooperation partner

Name**Type**

Please select

Website

How does this cooperation partner support the initiative? What competencies and resources does this partner bring to the initiative?

Cooperation partner

Name**Type**

Please select

Website

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Problem and solution

Which of these fields of Active and Healthy Ageing are addressed by your initiative?

Health literacy and patient empowerment, Personalized health management, Social inclusion (intergenerational practice, work and volunteering).

If none of the above, answer here:

Please describe if and how your stakeholders (cooperation partners, funders, users, etc.) have been participating in defining the problem and developing the solution.

The last couple of years there has been much more focus on active care. We see it in the norwegian legislation but not in practice. They all stress the importance of offering individual care and a meaningful life.

The Norwegian government and health administration are aware that we have to find alternative ways of solving the health care problems. We are getting older and older, there will be more elderly in the years to come and consequently more will need care. Combined with the difficulty off recruiting new health personnel new paths must be made. A report came in 2011 called Innovation in care services. Here is stressed the importance of thinking new and they mention Aktivitetsdosetten as such a new innovative measure.

Has your solution been tested in trials, experimentations, or pilot projects? If yes, please describe the process and outcome.

I have had the opportunity to test "Aktivitetsdosetten" out in 9 different nursing homes. In addition to implementing the method in nursing homes I have taught more than 250 health staff in day courses. I have spoken at about 60 different conferences and presentations. Although the method is developed for elderly it is not hard to imagine the impact and transfer value it could have on other groups in society.

How long has your solution been in operation?

for 15 years

Please select the relationship between your solution and related solutions currently established in our society. Is your solution...

substitutive (your solutions is substituting existing solutions because they do not meet needs or solve the problem appropriately)

What barriers might hinder the success of your initiative? How do you plan to overcome them?

The biggest obstacles would be if politicians and administration won't prioritize it. Other obstacles are competitive companies not to mention the pharmaceutical industry.

I consider "Aktivitetsdosetten" has the potential to be successful in the future. I see this as a new way of using resources (voluntaries, local environments like schools and families etc.)

Organization and funding

Regularly paid employees

0

Volunteers

Trainees

External advisers and experts

Ashoka changemakers, Aktivitetsdosetten Advisory board,

Others (please specify)

Help and guidance from the health department in Norway

What are the specific professional backgrounds and competencies your team brings to the initiative?

I am making a program for a team who can help me expand the Method. I will need to engage dedicated, skilled and creative people with a background in Health. My goal is to find people who has the same values as me, but also are different to me. I want to create an environment of new thinking and almost a movement who wants to change the care term.

Please describe your management or coordination structure in the initiative.

"Aktivitetsdosetten" is managed by Lone Koldby with the help from an advisory Board.

Please provide the total yearly budget in Euro that your initiative spends on implementing the solution.

National public funding

%

European Union public funding

%

Economic return from own products/services

%

Foundations and philanthropy capital

%

Single donations from private individuals

%

Donations from private companies

%

Crowdfunding platforms

%

Participation fees

%

Other (please specify)

%

Target group, scale and impact**Which target group(s) do you want to reach with your solution?**

Although the method is developed for elderly in long-term care it is not hard to imagine the impact and transfer value the method could have on other groups in society with passive lives and poor quality of life. Ex. elderly living at home, prisoners, mentally ill, unemployed etc.

Please estimate the number of persons within your target group (users, clients, etc.) that you currently reach directly with your solution.

800

In which local/regional/national area(s) is the solution currently implemented?

Norway, mainly Rogaland

What is the impact on your target group (users, clients) you want to generate?

My idea with "Aktivitetsdosetten" is it is a simple solution as well as an economical and sustainable method to ensure good quality of life. By involving the patient in making a plan for activities they find interesting and then conduct it systematically magical things happen.

A walk out two times a week can make wonders for a headache. A musical piece, a visit from an animal or good conversation can make a frowned forehead come at ease with a smile.

What is the wider impact on society you want to generate?

Apart from positioning activity as a treatment as an alternative to pharmaceuticals I also see the great possibility of creating new tools to solve the challenges to maintain a meaningful life. It can be physical or electronically equipment. Last year I conducted a project for the ministry of health and care services to support Active care for elderly. I put together a briefcase of 18 different activities and an App for tablets that I had made for the same Project called "Aktivitetskofferten". I believe there are many interesting paths to go on developing new innovative solutions.

What are the impacts on your target group you already achieved?

The patients show less anxiety, better sleep, less pain and more active and alert behavior. That is reported from the health staff.

As a consequence for the staff when working with "Aktivitetsdosetten", they get more joy from work, and become more empathic. When you combine this with involving the relatives and ask them what they can contribute with, you get a better corporation and the relatives suddenly get a more active role and can contribute to an even better result in life quality for their next of kin. To use volunteers is also a great way of finding new resources.

How has the impact of your initiative been assessed?

Experience-based self-assessment (you assessed the impacts based on your experiences with the target group), Feedback-based self-assessment (you assessed the impacts based on feedback from the target group without using specific methods), Self-evaluation (you used qualitative and/or quantitative methods to assess impacts), External evaluation of impacts based on qualitative methods (interviews, focus groups, etc.).

Public information and strategy**What information on your initiative is publicly available?**

Mission and strategy.

Please indicate webpage or contact for obtaining the respective information.www.aktivitetsdosetten.com**What are your milestones for further developing, implementing, and establishing your initiative in the next three years? Please describe 1-3 milestones.**

"Aktivitetsdosetten" will be a national and international recognized method where it is proven that by systematic use of individually coordinated activities will reduce the use of pharmaceuticals and give higher quality of life.

Strategy for the next years:

- 1 year: 2-3 dedicated employees besides myself.
- 3 years: solid research – Scandinavia – kit with activity tools – sister branches/schools – part of health education
- 5 years: Europe – the method is in a wider group. – new solution in long term care / new institutions -