

# Disrupting healthcare **Co-creating population health**

# About me

Annelene Højvang Larsen


Communications consultant

Danish Society for Patient Safety



@annelene

Safe Senior Life aims to detect and prevent depression among elder people.



10% of  
people 65+  
will have a  
depression



Being part of  
a community  
increases  
mental well-  
being by  
75%

It is estimated that 10% of elder people above the age of 65 will have a depression to some degree.

Only about half of them are discovered, and only between 10-20% are offered the relevant treatment.

Danish as well as international studies name depression as one of the most expensive illnesses on societal level.

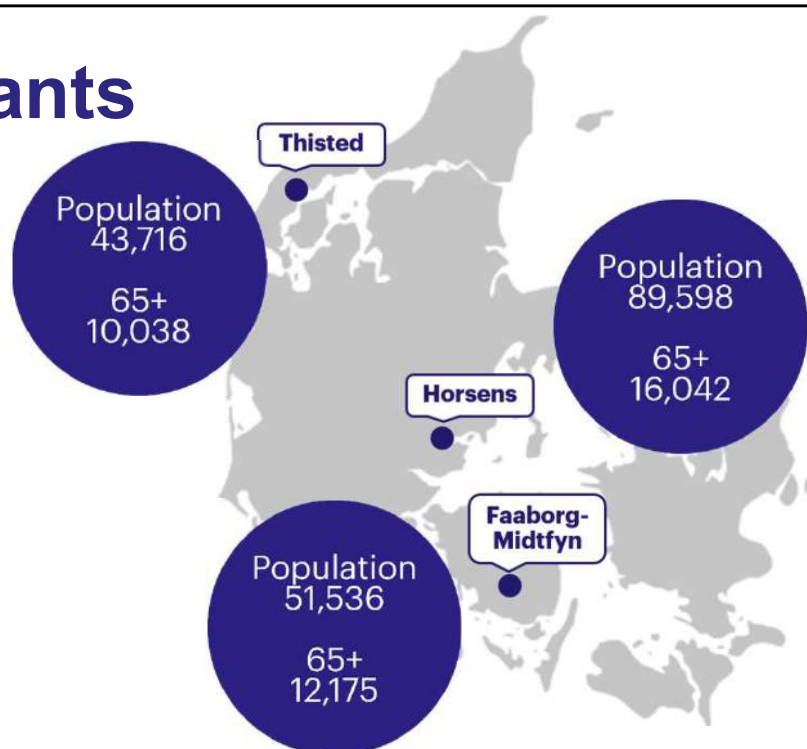
Being part of a community is likely to increase mental well-being with 75%.



According to WHO complex problems on both individual and societal levels like this need to be solved through co-creation and developed in close collaboration with the citizens in question.

We have done this through partnerships between local governments and volunteers from civil society.

# Participants



Denmark is a small country in Scandinavia with a population of 5,7 million people. There's 98 local governments. Three of them have collaborated with Danish Society for Patient Safety on this project.

In Thisted municipality 23% of the populations is 65+.

In Horsens municipality 18% of the population is 65+

In Faaborg-Midtfyn municipality 24% of the population is 65+

In Denmark we have socialized medicin; health and social care are public services, handled by community (local governments).

## Civil society



Ældre  Sagen



Volunteers come from organisations such as:

**Danish People's Aid** - <http://www.samaritan-international.eu/member/dansk-folkehjaelp-dkfh/>

**The DaneAge Association** - <https://www.aeldresagen.dk/om-aeldresagen/aeldresagen/in-english>

**Danish Red Cross** - <https://en.rodekors.dk/>

**Danish Seniors** - <https://danske-seniorer.dk/>

**Senior Citizens Councils** - <https://danske-aeldreraad.dk/english/>

## Project aims

3 existing initiatives

3 new initiatives

3 new partnerships




The projects aims of each local community have been to:

Expand 3 existing initiatives.

Create 3 new initiatives.

Make 3 new partnerships.



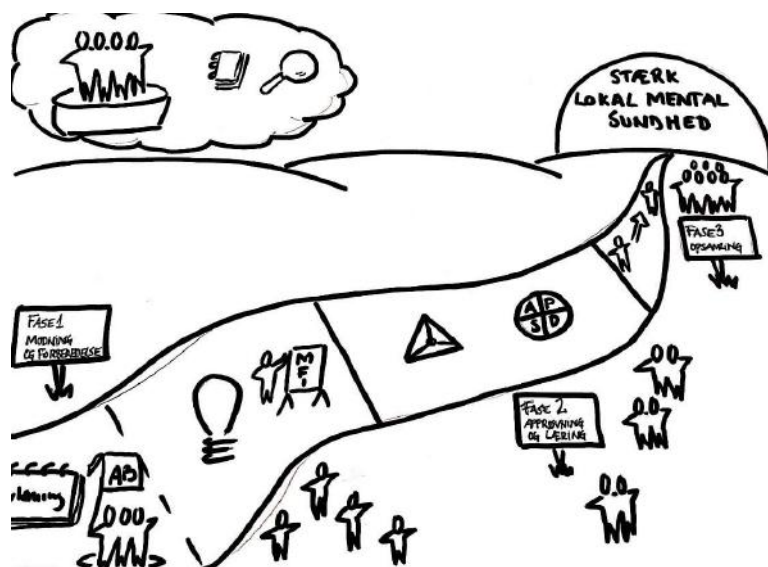
A portrait of Anne Sloth-Egholm, a woman with blonde hair, wearing a black blazer over a patterned top. She is looking slightly to the right with a serious expression. The background is dark and out of focus.

**“Healthcare professionals  
can never be a substitute  
for a close relation.  
Therefore we cannot solve  
this challenge without the  
civil society.”**

**- Anne Sloth-Egholm,  
healthcare centre leader,  
Horsens Municipality**

**Sikkert** Seniorliv

# Project plan



Phase 1: Idea generation

Phase 2: Method and interventions

Phase 3: Evaluation

Goal: Strong local mental health



The project has run for two years. During this time we've had four 2-day workshops for both employees and volunteers.





80-year old Red Cross volunteer presents driver diagram at workshop



Volunteers, healthcare workers and leadership developing interventions - doing PDSAs together



Understanding variation - by age







$$2 + 2 = >4$$

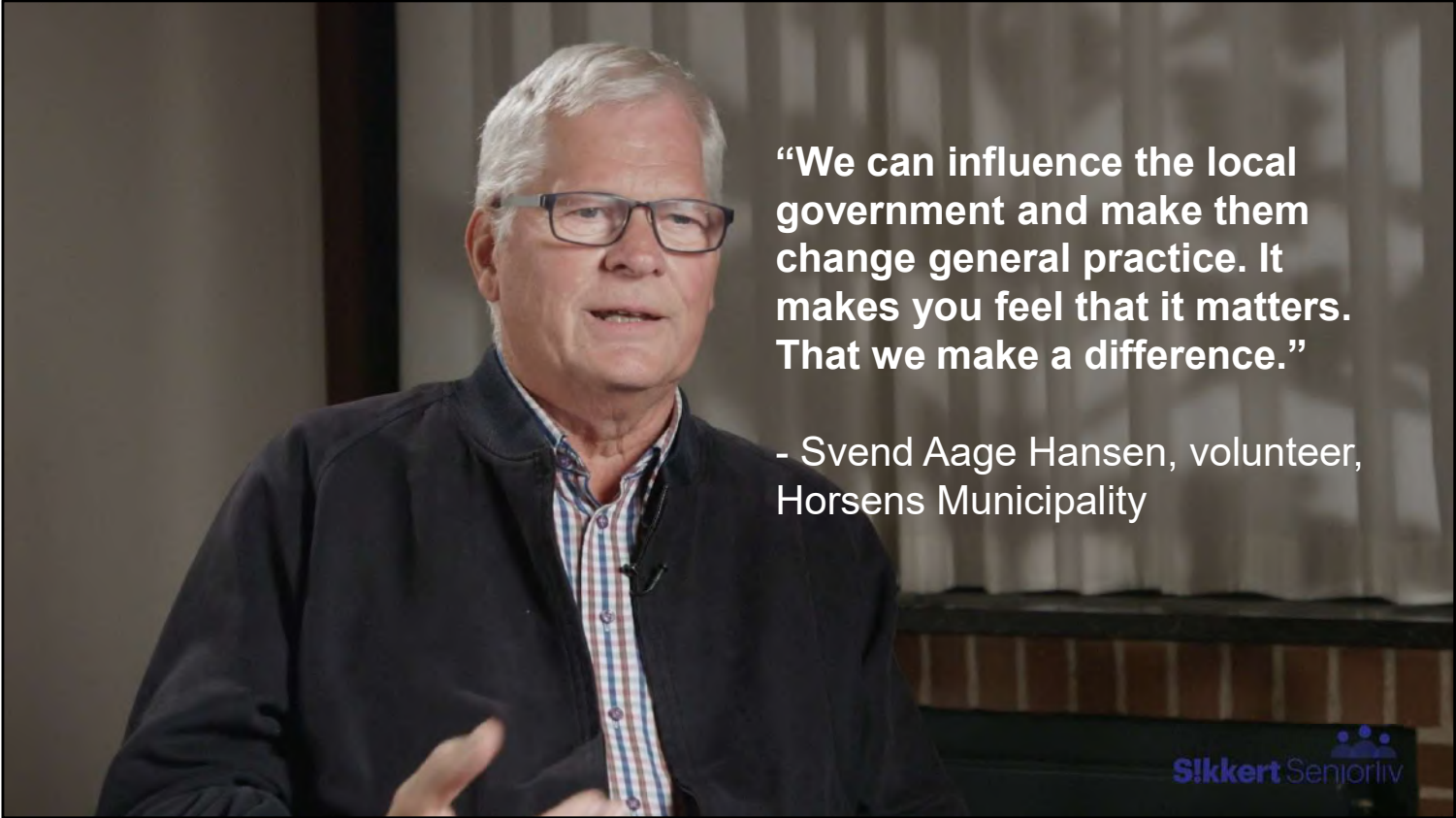
# Video



<https://vimeo.com/321268929>





A middle-aged man with short, light-colored hair and glasses is shown from the chest up. He is wearing a dark jacket over a checkered shirt. He appears to be speaking, with his mouth slightly open and his hands gesturing. The background is a blurred indoor setting with a window and some furniture.

**“We can influence the local government and make them change general practice. It makes you feel that it matters. That we make a difference.”**

**- Svend Aage Hansen, volunteer,  
Horsens Municipality**

**Sikkert** Seniorliv

# Helping others decreases depression and increases positive feelings and life satisfaction.



Volunteers  
spend 38%  
less time in  
hospitals

**S!kkert** Seniorliv 

Kim & Konrath (2016):

[https://www.researchgate.net/publication/285362638\\_Volunteering\\_is\\_Prospectively\\_Associated\\_with\\_Health\\_Care\\_Use\\_Among\\_Older\\_Adults](https://www.researchgate.net/publication/285362638_Volunteering_is_Prospectively_Associated_with_Health_Care_Use_Among_Older_Adults)

Lum & Lightfoot (2005):

[https://www.researchgate.net/publication/222100447\\_Effects\\_of\\_volunteering\\_on\\_the\\_physical\\_and\\_mental\\_health\\_of\\_older\\_people](https://www.researchgate.net/publication/222100447_Effects_of_volunteering_on_the_physical_and_mental_health_of_older_people)

Meier & Stutzer (2008): <https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1468-0335.2007.00597.x>

# To succeed with co-creation

Openness



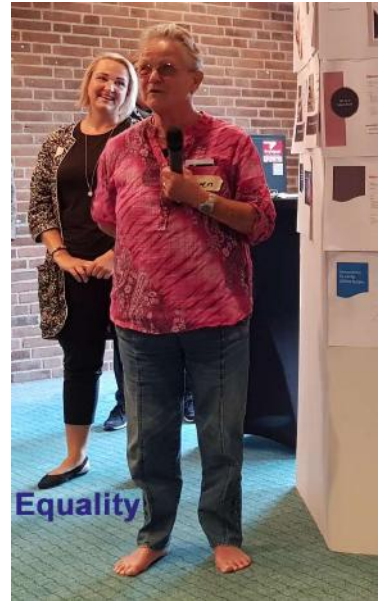
Adaptability



Humbleness



Leadership



Equality

**S!kkert** Seniorliv

Photo of dog: <https://www.flickr.com/photos/swedpix/3607804765/in/photolist-GXHGjB-9SK45Y-6uNWEr-7ySDMN-8GpAdF/>

# Co-creating population health

- There are healthcare issues that professionals cannot solve alone.
- Co-creation requires an openness about the approach.
- The synergy includes ideas and solutions that neither healthcare professionals nor volunteers could come up with by themselves.

# Can you benefit from co-creation?

- Are there any issues you have been unable to solve alone?
- Could volunteers such as Svend Aage, Ernst or Karen be part of the solution?

If yes - then in our experience the answer is yes.

patientsikkerhed.dk/sikkertseniorliv  
Twitter: @annelene  
#sikkertseniorliv

**Annelene Højvang Larsen**  
Communications consultant

M +45 2521 9593  
@ ahl@patientsikkerhed.dk

Dansk Selskab for Patientsikkerhed  
c/o Frederiksberg Hospital,  
Vej 8, indgang 1, 1. sal  
Nordre Fasanvej 57  
2000 Frederiksberg