NEW WAYS in Health Promotion and Health Education

An interdisciplinary development project in three phases in community-based health care to the elderly

As a basic condition we consider health as an open concept

- Living conditions and life-style
  - not only behaviour/life-style
- Wellbeing and absence of disease
  - not only absence of disease

The pedagogical approach is based on participation aiming to develop clients’ ownership and action competence related to their health

Phase 1

Period: February 2005 to February 2006
Focus:
- On which values is health promotion currently based in the local setting?
- Do there exist any conflicts related to values in health promotion practice with elderly?
- Which possibilities and barriers exist for development of practice?

Methods: Interviews and questionnaires

What do health professionals think about elderly and health?
- They have to eat correctly, drink correctly and their daily living has to be right for them
- You start a dialogue about food, alcohol, smoking or whatever problems they have which could generate physical problems
- Concerning medical problems, I always consider nutrition, fluid balance, sleep, activity etc.

Phase 2

Period: April 2006 to March 2007
Focus: Which competences do professionals need to integrate the values of the elderly in their practice?

Methods: Dialogue workshops and experiments

Results:
Collaboration with the elderly based on their understanding of health, resources and goals is crucial. This collaboration is not only important in health promotion and disease prevention, but also in health care and treatment

Phase 3

Period: May 2007 to November 2007
Focus: How can the results of phase one and two be implemented in the whole setting?

All the project partners will cooperate in developing an idea catalogue as part of an implementation strategy. A conference is scheduled and considerations are dialogue workshops and education.