

Tecnologias para cuidados médicos de idosos:

a propósito do relatório nacional para a conferência da EPTA em 2019



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Relatório português

- **The role and use of welfare technology in elderly care: the case of Portugal**
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 - **José de São José**, University of Algarve
 -
- With the collaboration of CICS.NOVA collaborators:
 - **Bettina-Johanna Krings** (KIT)
 - **Bárbara Bäckström** (Open University)
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- All authors are members of the Interdisciplinary Centre for Social Sciences (CICS.NOVA)



Technologies in care for older people

EPTA report 2019

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População idosa (situação e prospetiva)

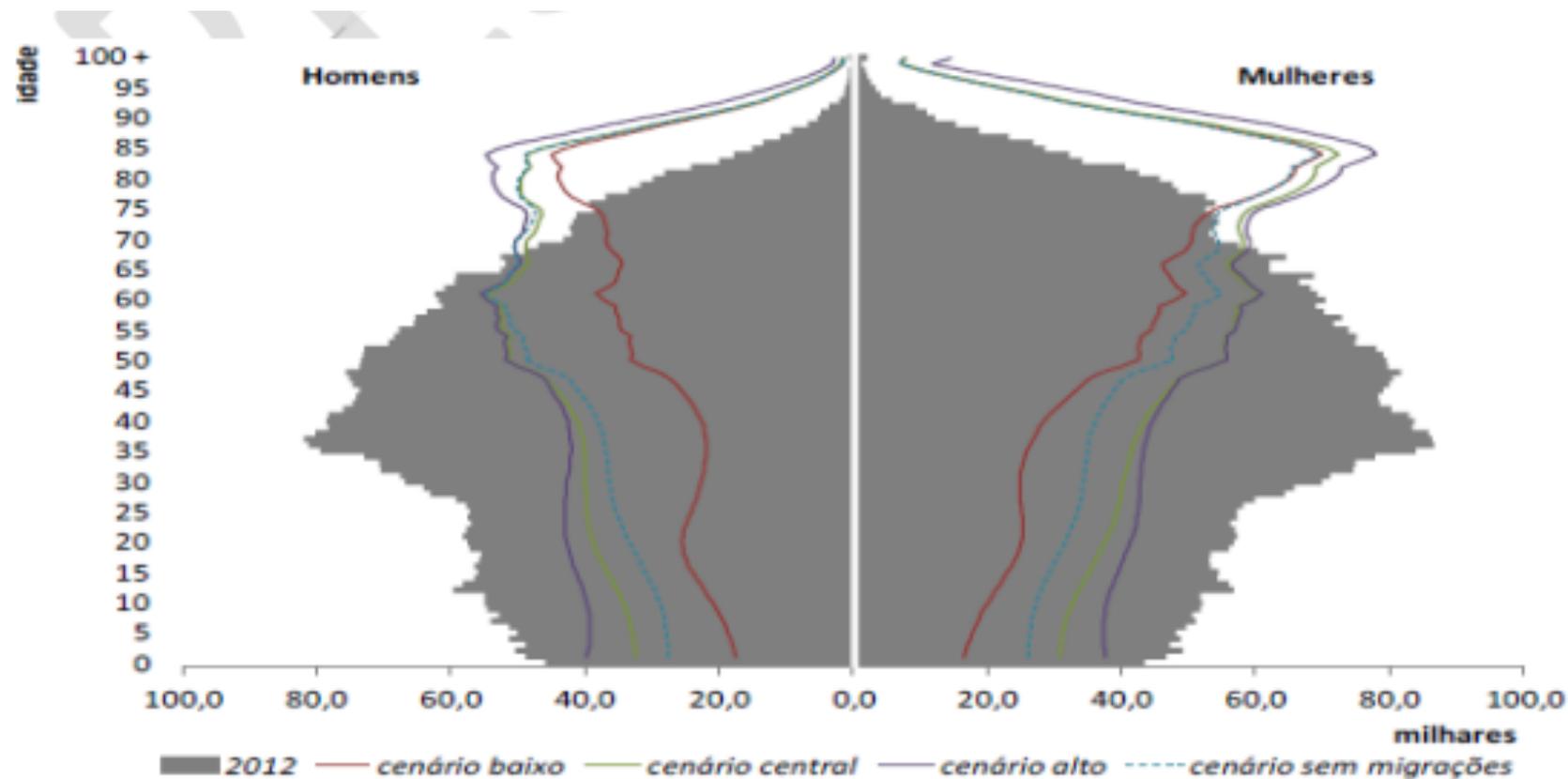
Elderly population in Portugal, 2010-15 and forecast 2030-60

	2010	2015	2030	2060
Resident population (in millions)	10.6	10.3	9.9	8.6
0-14	1.6	1.5	1.1	1.0
15-64	7.0	6.7	6.0	4.5
65 and over	2.0	2.1	2.7	3.0
Dependency ratio (65+/15-64)	28.6	31.3	45.5	67.0
Longevity index (80+/65+)	25.9	29.3	30.5	46.7
Ageing ratio (65+/0-14)	125.0	140.0	242.6	306.5
Life expectancy at 65	18.84	19.19		
H	16.94	17.32		
M	20.27	20.67		
Fertility rate	1.4	1.3	1.3	1.6
Net migration	3,815	-10,481	15,312	19,493

Source: INE, 2017

Pirâmide de idades (2012 e projeções para 2060)

Age pyramid, Portugal 2012 and scenario projections for 2060



Source: Instituto Nacional de Estatística, 2014

Utilização d internet, 2018

Characterization of people aged 16-74 who used the internet in the last 12 months, Portugal, 2018

Variables	%
Sex	
Man	77
Woman	74
Age Group	
16-24	99
25-34	98
35-44	93
45-54	80
55-64	55
65-74	34
Education	
Up to the 3rd cycle	55
Secondary education	97
Higher education	98
Employment Status	
Employed	87
Unemployed	70
Student	100
Other inactive	39

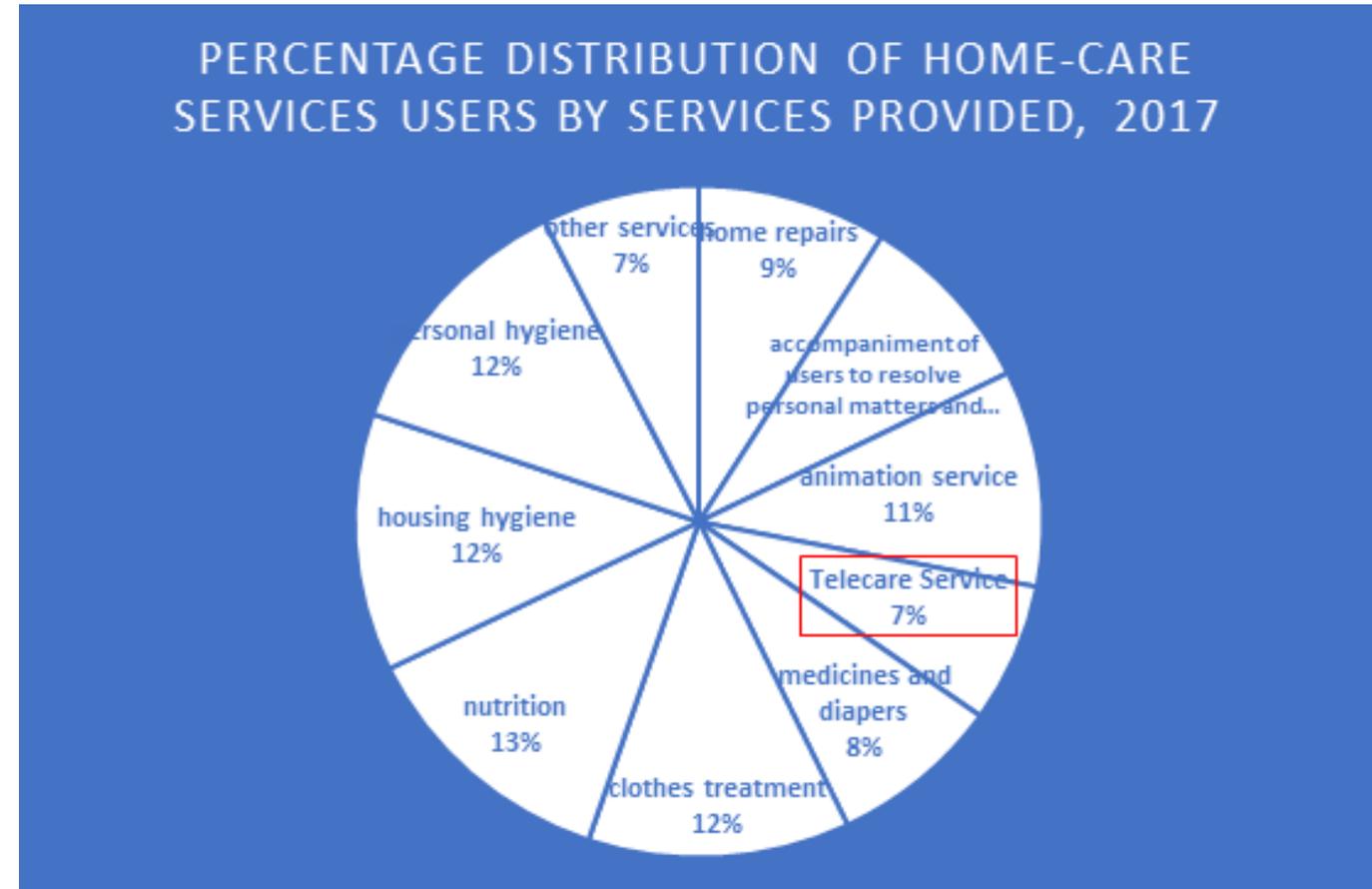
Source: INE (2018)

Projetos do Ministério da Saúde

- The Ministry of Health has put in practice, since 2010, several projects that offer several possibilities to users and health professionals:
 - **e-Agenda:** created in 2010 with the aim of making it possible to schedule medical appointments and to ask for prescriptions through the internet, telephone and other online mechanisms;
 - **Surgery Registration Management Integrated System** (Sistema Integrado de Gestão de Inscritos para Cirurgia - e-SIGIC): this offers the users with scheduled surgeries the possibility of consulting their position in the waiting lists;
 - **Electronic Health Record** (Registo de Saúde Eletrónico – RSE): this is a citizens' electronic health registry, which provides access, to both users and health professionals, to relevant clinical information;
 - **Geographic Information System based on the Web** (Sistema de Informação Geográfica baseado na Web – WEBSIG): this is a web platform based on a geographic information system, which provides performance indicators related with the National Plan of Health (Espanha, 2013).

Serviços de cuidados de saúde, 2017

Home-care services, 2017



Fonte: GEP-MTSSS, Carta Social

Problemas com os serviços de apoio doméstico

- In the social sector, the services provided still reveal many shortcomings:
 - in terms of **services provided** (home support services [or, SAD, in Portuguese], day care and residences), with occupancy rates ranging from 70% to 90%, which leads to insufficient responses to respond to the progressive ageing of the Portuguese population;
 - In terms of available **human resources**, once there has been little investment in terms of qualification of professionals, of improvement of working conditions and non-valorisation of new technologies in care practices.

Conclusões

- The **role and use of welfare technology in care** for older people is a complex issue, and therefore must be studied and discussed from an interdisciplinary perspective.
- In addition to the issue of interdisciplinarity, Greenhalgh et al (2016) argue that it is necessary to initiate a fourth generation of studies on assisted living technologies, which should have five essential characteristics:
 - it should **encompass complexity**, i.e. it should conceive of people and technologies "(...) as linked in dynamic, networked and potentially unstable systems made up of multiple interacting stakeholders" (p.). 2);
 - should **adopt recursion**, which translates into the idea that human (micro) action is simultaneously influenced by, and influences the family and organizational context (meso), as well as society as a whole (macro);
 - should take into account the **ecological paradigm**, which questions the notion that specific solutions are easily transferable to other contexts, as well as the idea of a linear link between research and the application of conclusions;
 - it **must be critical** (in the sociological sense of the term), in the sense that the complex systems in which assisted living technologies are inserted are potentially spaces of power struggle.