

# Tecnologias para cuidados médicos de idosos:

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



António Brandão Moniz  
CICS.NOVA

# Relatório português

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



Technologies in care for older people

EPTA report 2019

## The role and use of welfare technology in elderly care: the case of Portugal

Authors <sup>1</sup>:

**Ana Paula Gil**, FCSH Nova University of Lisbon

**António Brandão Moniz**, FCT Nova University of Lisbon

**José de São José**, University of Algarve

With the collaboration of CICS.NOVA collaborators:

**Bettina-Johanna Krings** (KIT)

**Bárbara Bäckström** (Open University)

<sup>1</sup> All authors are members of the Interdisciplinary Centre for Social Sciences (CICS.NOVA)

# Temas

1. Introduction	2
2. Some facts and figures about Portuguese demography	4
3. Digital competence among elderly	8
3.1. Current status of the use of technology and social innovations in elderly care	11
3.2. Policy initiatives	12
3.2.1. e-Health	13
3.2.2 Health and social care	15
3.2.3. <i>Social Care and Long-term care</i>	16
3.2.4. <i>Digital competences</i>	19
3.3. Best practices - the use of different technologies and innovations	20
4. Implications for elderly, staff and working places	22
4.1. Effects on organisation of care work	23
4.2. Education and further training of staff	25
4.3. Education for elderly	26
5. Challenges and risks (integrity, ethical and economical)	27
6. Societal debates, regulations, best practices	29
7. Future perspectives and reflections	30
8. Bibliography	32

# População idosa (situação e prospetiva)

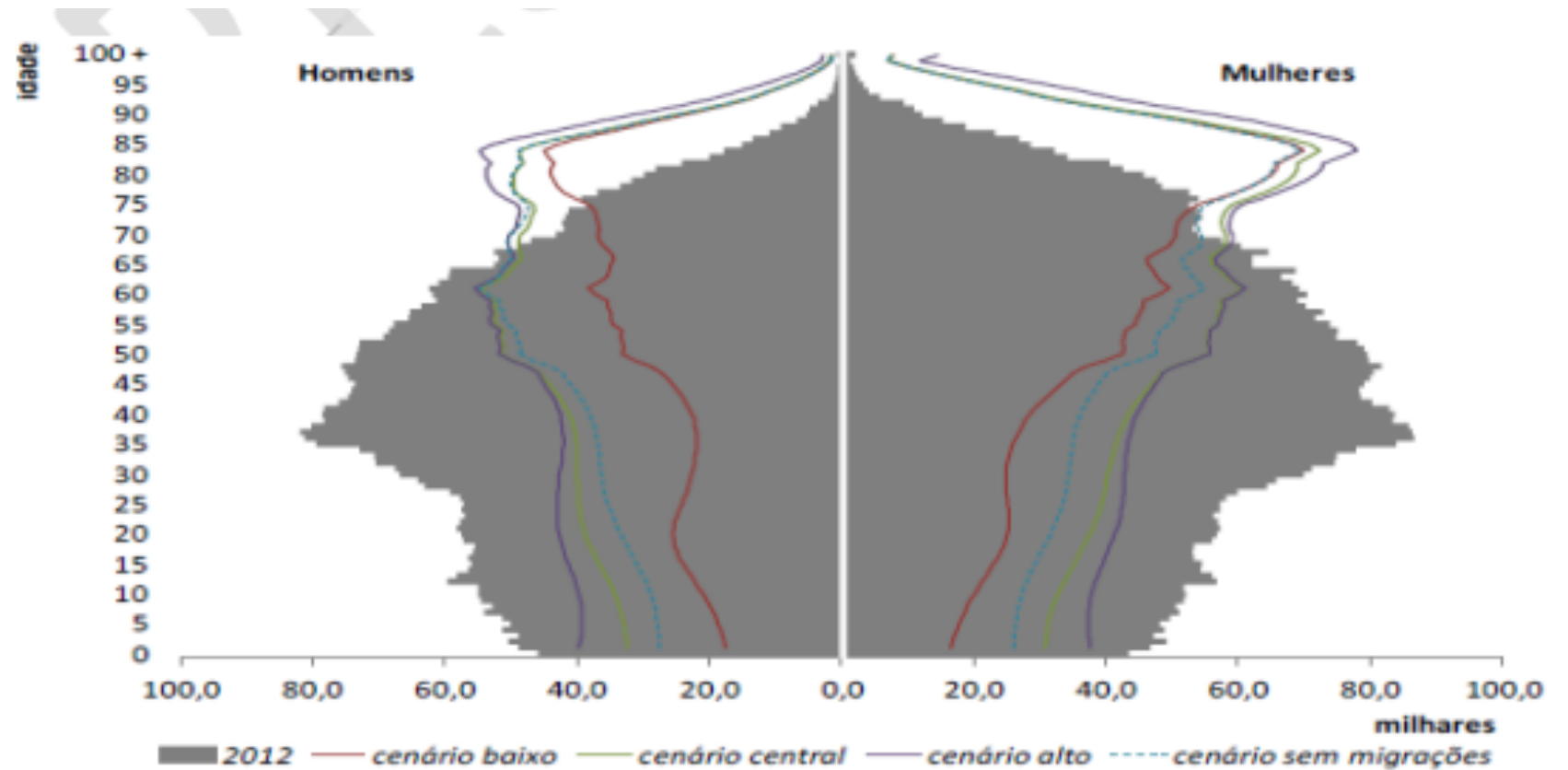
Elderly population in Portugal, 2010-15 and forecast 2030-60

	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)

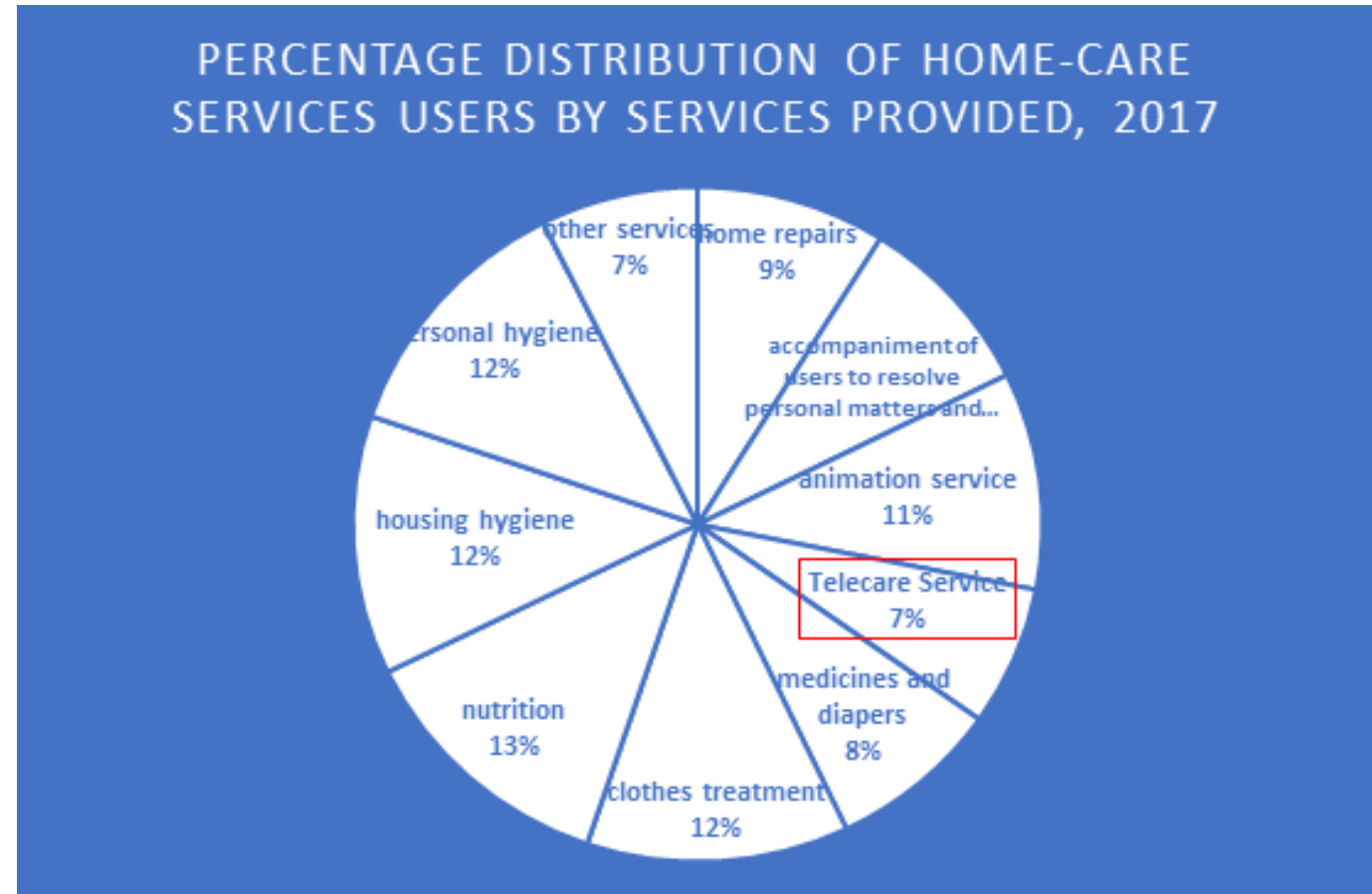
# Projetos do Ministério da Saúde

- 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.