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Supporting the Functional Capacity of Older People with Skill and Quality (SUFUCA)

2008-1-FI1-LEO05-00451

http://www.adam-europe.eu/adam/project/view.htm?prj=4612

Project Information

Title: Supporting the Functional Capacity of Older People with Skill and Quality (SUFUCA)

Project Number: 2008-1-FI1-LEO05-00451

Year: 2008

Project Type: Transfer of Innovation

Status: completed

Country: FI-Finland

Marketing Text: On websites www.sufuca.fi are found creative methods for supporting the physical,psychosocial and spiritual functional capacity of older people.

Summary: In this SUFUCA-project was created a new “supporting tool package” for supporting the functional capacity of older people. The first aim in Supporting the Functional Capacity of Older People with Skill and Quality - SUFUCA-project was to transfer the thinking model of the supporting process written out in LdV - pilot project VATO. The second aim in SUFUCA project was to collect, test, evaluate and develop new and innovative concrete methods and activities for supporting the physical, psychosocial and spiritual functional capacity. The third aim was to transfer also previous projects’ good practises in supporting the functional capacity. The innovative outcome was that the carers and students can find concrete activities to be implemented in the supporting of functional capacity of older people from one simple source, the websites. It saves them a lot of work and time.

The innovative working method was that the partners in SUFUCA work were both vocational colleges and care units of older people developing the care of older people together. In colleges teachers worked together with students and collected and created new methods and activities. The students tested and evaluated the methods during their on-the-job-learning periods. In working units the carers collected good practises and created new and innovative methods. The partners tested and evaluated the methods transnationally. In work seminars the methods and activities were developed further and the decision was made which methods and activities were transferred to websites. In building the websites the teacher worked together with students of business and administration.
In partnership there was expertise in the care of older people and rehabilitation, in ICT and in project work and evaluation. The project’s process and the outcomes were evaluated by the evaluator.

The main outcome of the project is the websites in English, Estonian, Finnish and German. In the websites there are the model of the supporting process of the functional capacity and concrete methods and activities which were developed during the project for supporting the functional capacity of older people. The project ended with national conferences in Estonia, Finland and Germany and with an international conference in Finland. The project’s outcome was disseminated by the partners nationally and internationally. The use of the websites was actively implemented in social and health care education in educating students in basic training, adult and further education. The carers of older people can easily find concrete methods and activities by using the websites and develop their supporting methods of their clients. The websites will be updated after the project.

Description: In SUFUCA-project the partners together developed new, creative and innovative methods and activities for supporting the physical, psychosocial and spiritual functional capacity of older people. In the background there was the thinking model of the supporting process of functional capacity of older people. This process was made transparent and written open in VATO –training package (www.kam.fi/vato) which was the outcome of LdV pilot project completed in spring 2004. VATO –training package gives a structure for the educators to teach the supporting process. To be able to complete the process of supporting the functional capacity the carers and students need easily available methods and activities for supporting. SUFUCA-project offers concrete tools for supporting. This aim supports improvement in quality and innovation in social and health education and in the care of older people.

Project Information

There were six partners in the project from Estonia, Finland and Germany. From each country there were one college and one care unit and an evaluator from Finland. The co-operation between teachers, students and workers in social and health care was carried out internationally, nationally and locally. The vocational colleges co-operated intensively with nursing or residential homes of older people in their own countries. In this co-operation the partners collected, developed and evaluated the methods and activities for supporting the physical, psychosocial and spiritual functional capacity of older people according to the principals and tasks agreed in the work packages. In this co-operation were also involved the social and health care students of the vocational colleges in the partner countries. The students collected, implemented, tested and evaluated the methods / activities in different care environments of older people. This project work improved international and national co-operation between organisations.
In SUFUCA-project the new methods and activities for supporting physical, psycho-social and spiritual functional capacity of older people were worked into websites in English, Estonian, Finnish and German. By this project work the workers and students learned to be active searchers of knowledge and developers of their own work. The websites are built to be easily used. The layout is illustrative, e.g. pictures and videos are used. The idea is that any worker or student who needs information about “supporting the functional capacity of older people” by using these search words will find the “supporting tool package”. This aim supports the development of ICT-based learning and life-long learning.
The progress of the work in the project was evaluated in work seminars every six months during the project. In work seminars detailed tasks were agreed and checked. The partners kept actively contact by email.

Themes:	*** Quality *** Lifelong learning *** Open and distance learning *** Vocational guidance *** Enterprise, SME *** Continuous training
Sectors:	*** Human Health and Social Work Activities *** Education
Product Types:	website teaching material material for open learning
Product information:	websites www.sufuca.fi
Projecthomepage:	http://www.sufuca.fi

Project Contractor

Name:	Educational Municipal Federation of the Kalajoki Region, Oulainen Vocational College, Social and Health
City:	Nivala
Country/Region:	Pohjois-Suomi
Country:	FI-Finland
Organization Type:	initial training
Homepage:	http://www.kam.fi

Contact Person

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Coordinator

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Partner

Partner 1

Name: Open College of Jokihelmi
City: Haapavesi
Country/Region:
Country:
Organization Type: others
Homepage:

Partner 2

Name: Nursing Home of Tartu
City: Tartu
Country/Region:
Country:
Organization Type: others
Homepage:

Partner 3

Name: Berufskolleg Kleve
City: Kleve
Country/Region:
Country:
Organization Type: others
Homepage:

Partner 4

Name: Residential Home Kartanonväki
City: Haapavesi
Country/Region:
Country:
Organization Type: others
Homepage:

Partner

Partner 5

Name:	Tartu School of Health Care
City:	Tartu
Country/Region:	
Country:	
Organization Type:	others
Homepage:	

Products

1 Tool package for supporting the functional capacity of older people

Product 'Tool package for supporting the functional capacity of older people'

Title:	Tool package for supporting the functional capacity of older people
Product Type:	website
Marketing Text:	
Description:	On websites there is a short description of the supporting process of the functional capacity of older people. In this description there are: collecting the lifestory, assessment of the functional capacity, drawing the supporting plan, supporting methods and activities, evaluation of the supporting process and the importance of the living environment. The main contents are methods and activities for supporting the physical, psychosocial and spiritual functional capacity and also useful links.
Target group:	Carers of older people. Students and teachers in social and health care education.
Result:	
Area of application:	
Homepage:	www.sufuca.fi
Product Languages:	German

Events

Conferences in the care of older people

Date	16.09.2010
Description	
Target audience	Carers of older people Teachers and students in social and health care education
Public	Event is open to the public
Contact Information	
Time and place	National conference in Oulainen, Finland 29.4.2010 National conference in Kleve, Germany 5.5.2010 National conference in Tartu, Estonia 3.6.2010 International conference in Oulu Finland 16.9.2010