



Hochschule Neubrandenburg
University of Applied Sciences

Self-determined and Activated Life and Security in Old Age (SaLSA) – a pilot study on the integration of Caring TV into the elderly support sector

Stefan Schmidt, M.Sc. Health Sciences and Nursing

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SILQUA Fachhochschulen forschen
Soziale Innovationen für Lebensqualität im Alter

GEFÖRDERT VOM



Bundesministerium
für Bildung
und Forschung



***„I`d rather do without my fridge
than give up my iPad“***



Our Study

- City: Berlin
- Rural area: Mecklenburg-West Pomerania
- October 2011 through December 2014
- Sponsored by the Federal Ministry of Education and Research





Four-Pillar Model for Elderly



- **Socialisation programmes** for the elderly (e.g. gymnastics)
- **Supervised housing** (e.g. visiting services, assistance)
- **Professional care counselling** from care support points
- **Caring TV**



Three Programmes of Caring TV

1. **Activity** (e.g. keep fit exercises, memory training, quizzes)
2. **Information programmes** (e.g. profiles of illnesses, healthy eating, dental care and problems with sleeping)
3. **Communication programmes** (e.g. current political topics)





Criteria for Participation of our Study

- People living at home alone
- Aged 65 and over who were already using services provided for the elderly
- Written consent to take part in the study



Four-Pillar Model for Elderly

Intervention study

Intervention group (n=20)

Socialisation programmes

Supervised housing

Caring TV

Professional care counselling

Control group (n=20)

Socialisation programmes

Supervised housing



Professional care counselling



Intervention: Caring TV

- **105 Caring TV shows** in 2013
- **Three times a week** (45 minutes)
- **Three different programmes:**
 - Activity programmes
 - Information programmes
 - Communication programmes





Data Collection

Randomization

**Intervention group
(n=20)**

**Control group
(n=20)**

**March –
May 2013**

Baseline
(interviews, FLQM,
Barthel index)

Baseline
(interviews, FLQM,
Barthel index)

**April –
December 2013**

Intervention Caring TV
(phone calls every three
weeks)

**October –
December 2013**

t1
(interviews, FLQM,
Barthel index)

t1
(interviews, FLQM,
Barthel index)



First Findings of Caring TV

- High user **acceptance**
- High **participation** on Caring TV sessions (three times a week, 45 minutes each)
- Participants **network** with each other, **support each other and exchange ideas** (via Caring TV and beyond both "**virtual**" and "**physical**")
- However, due to **weak regional internet network** coverage there were occasional **transmission difficulties**



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Contact

Prof. Anke S. Kampmeier, Prof. Stefanie Kraehmer, Prof. Bedriskä Bethke,
Prof. Hans-Joachim Goetze, M.A. Anke Sterz, M.Sc. Stefan Schmidt

University of Applied Sciences Neubrandenburg

Faculty of Social Work and Education

Brodaerstrasse 2

17033 Neubrandenburg, Germany

Email: sschmidt@hs-nb.de

www.SaLSA.hs-nb.de

www.hs-nb.de