

Research, studies and experimentations Pole

Objectives

- ✓ Lead studies and experimentations on the risks of frailty and the quality of services offered
- ✓ Make accessible the use of multimedia tools and new technologies
- ✓ Participate in European Projects which collaborate with European excellency networks in research and innovation on frailty as well as active and healthy ageing.

Carried out work

▶ Study on avoidable hospitalisations

A workforce on avoidable hospitalisation admissions and readmissions was created, made of: ARS (Regional Health Body), the Health Insurance, Geriatric Professors, leaders of Autonomy methods (MAIA: “méthodes d’action pour l’intégration des services d’aide et de soins dans le champs de l’Autonomie”) of the teaching hospitals of Nimes and Montpellier and of the Carsat.

The aim of this workforce is, through following over 4 months a cohort of seniors (over 60) using the ED facility within Nimes or Montpellier hospitals, to evaluate the prevalence of seniors at risk of readmission to the hospital and identify medical and social factors predictive of early readmission.

▶ « Frailty risk star »

This research aims to evaluate the risks of frailty for seniors over time within 4 axis : somatic, cognition, psychosocial and nutrition. This enables an analysis of the multidimensional components of frailty and orientation of care according to the type of frailty identified in each case. Experimentation is currently being held with 40 people within the Concerted service window.

▶ « Risk of falls »

This research aims to identify the elderly at risk of falling and evaluate the risk degree before orienting them to the “Centre Régional Equilibre et Prévention de la Chute du CHU de Montpellier” (Balance/Equilibrium Regional Center and Fall Prevention, Teaching Hospital, Montpellier).

▶ « Identifying Seniors at risk of isolation and frailty »

The aim of this experimentation undertaken with the French postal service “La Poste” is to identify seniors at risk of frailty and isolation (through a home visit from their postman/postwoman) to be able to propose adapted support through the Carsat or partners.

Early identification of people at risk of frailty allows orientation toward the Concerted service window and analysing the impact of said early identification to enable reproduction.

This experimentation is being carried out on a sample of 1100 subjects.

▶ **SUNFRAIL European project (2015-2017), 3rd EU Health Programme**

This project aims to improve identification, prevention and management of frailty as well as multimorbidity management and support for seniors in primary and social care settings on a European scale.

This project is based on EIP-AHA (European innovation partnership for active and healthy ageing)

The contribution of the Carsat L-R and Montpellier teaching hospital (CHRU) covers the identification of the different levels of frailty (WHO definition) and the compilation of Good Practices (EIP-AHA) in order to design a reference model.

| **Prospects** |

▶ **Supporting technical innovations toward frail retirees**

Through its reflections on Social Action and the Regional Ageing Institute (IRV), the Carsat collects and funds projects and proposals to develop new solutions (i.e. products, services, tools) which would be financially accessible to seniors.

A call for projects was launched in July 2015 by the Carsat in order to encourage innovations in the fields of retirement support and delaying the loss of autonomy: home automation, new technologies within the information and communication fields, development of innovative home services.

Several project initiators are being mandated to develop a common project under the umbrella of “new technology services platform” which will aim to offer different new technology tools. These tools will assist on: enabling social prevention, connecting people, installing sensors to better identify activities of the retirees and the risks they might be exposed to.

In addition, two projects have been retained: a project on adapting senior’s housing and a project on facilitating hospital discharges.

▶ **Research projects toward supporting people at risk of frailty**

Several studies are being realised : “Experimentation Case Management for people at risk of frailty” (AGGIR GIR5 and GIR6) by a start-up company named “La Valériane”; “body oriented psychotherapy and reflections on supporting the elderly, their carers and reinforcing social links”, by a sport institute named IREPS ; “Resolution 50”, led by the Mutualité Française federation (FNMF) and the Epsilon laboratory, which evaluates health prevention programmes based on physical activity and finally “Elaboration of a cognition prevention tool adapted to migrant seniors” by the Familles Rurales 34 association.