

# Enablement and home care citizens

Visit from  
Rotterdam City Council  
19<sup>th</sup> of September 2024



# The Grant Unit, Senior Citizens & Care in Aalborg Municipality

## The Section for Granting and Coordination

- Granting home care:
  - Personal help and care
  - Practical help and support (cleaning)
  - Meal service

## The Section for Assistive Devices

- Granting assistive devices

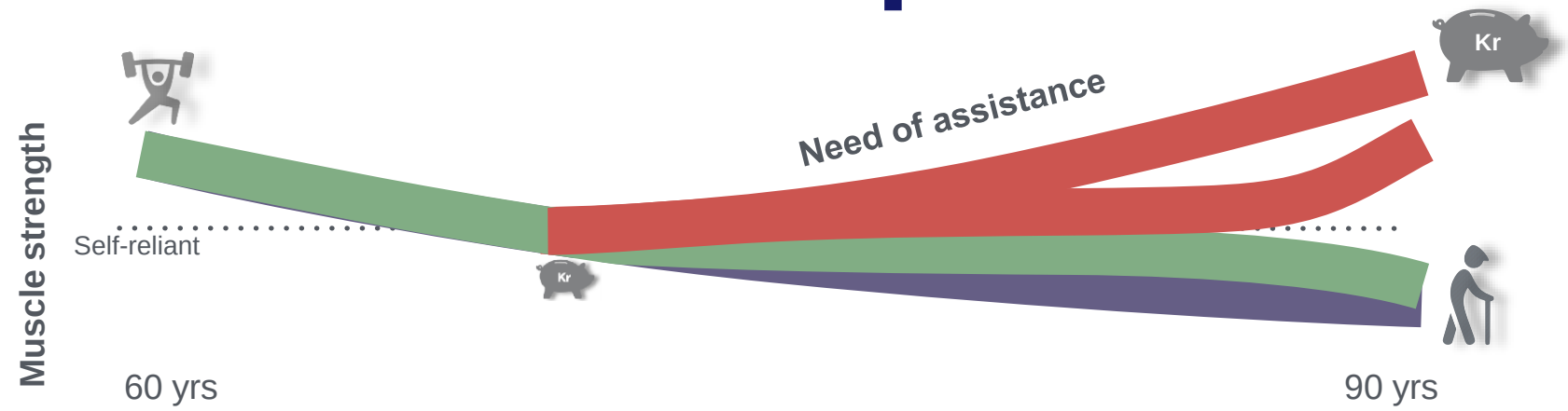
## The Section for Housing and Cars

- Granting nursing home housing, handicap cars etc.

# Our strategy in The Grant Unit



# Unless you invest in preventing it! The Gap



# The Grant Unit's way of thinking ...

- Always act
- Be proper
- Be creative
- INVEST



"Pick the tools"

Coordinator and motivator  
(GRANT UNIT EMPLOYEE)



Any new tool



Assistive  
devices

pygi  
**Rehab**  
Digital training



Trainer



Dietician



Physiotherapist



Rehabilitation Center

# DigiRehab

- Digirehab is carried out by 7 Social- and Helthcare assistants.
- They carry out the exercises in the citizen's own home twice a week for 30 minutes in a program lasting 12 weeks.
- The citizens are screened every 4 weeks, so they are always training at the current level.
- They train basic strength training towards more self-reliance / with more self-reliance as the main goal.

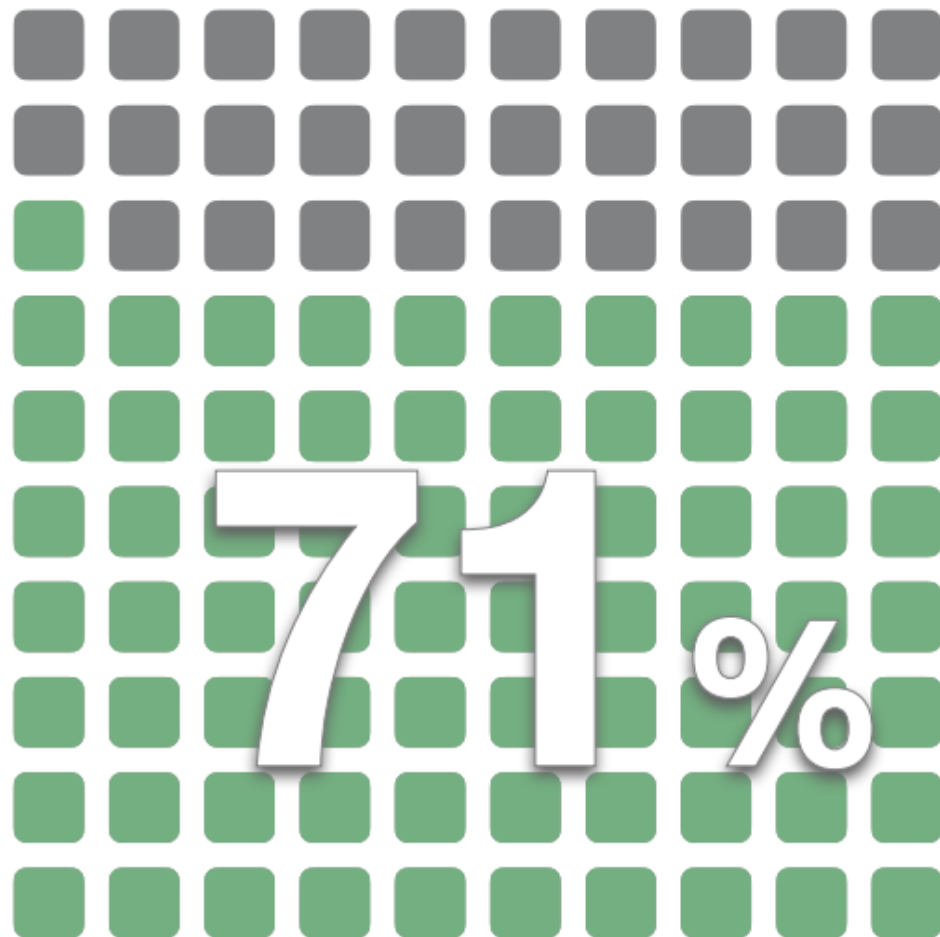


# Impact analysis

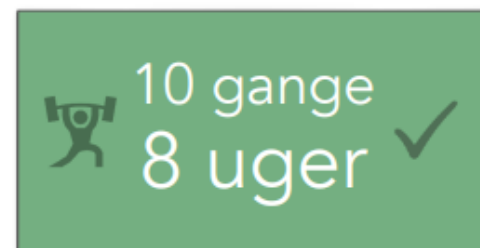
**DigiRehab**  
**Aalborg Municipality**



111 Have trained

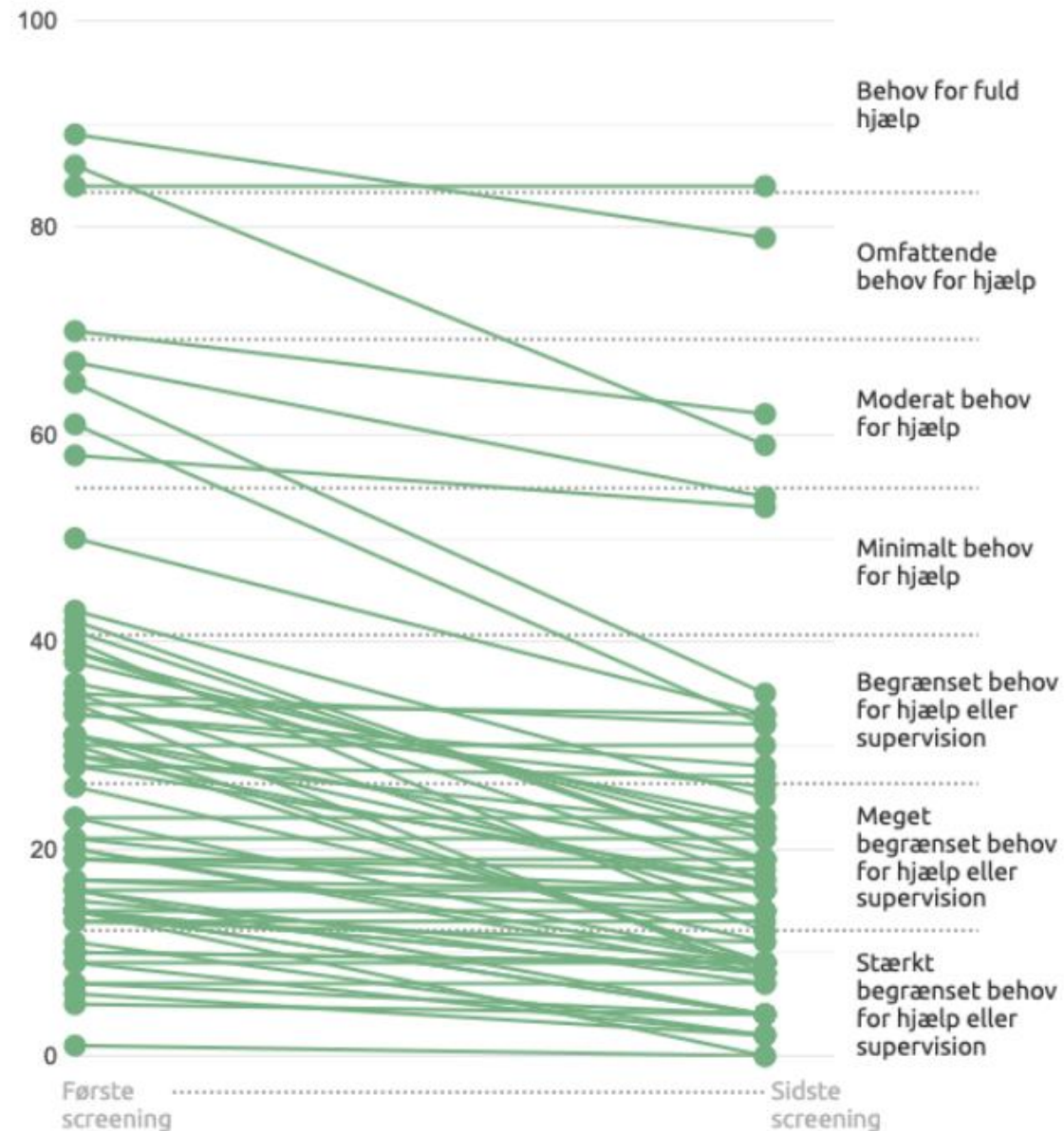


79 Have completed the training at home



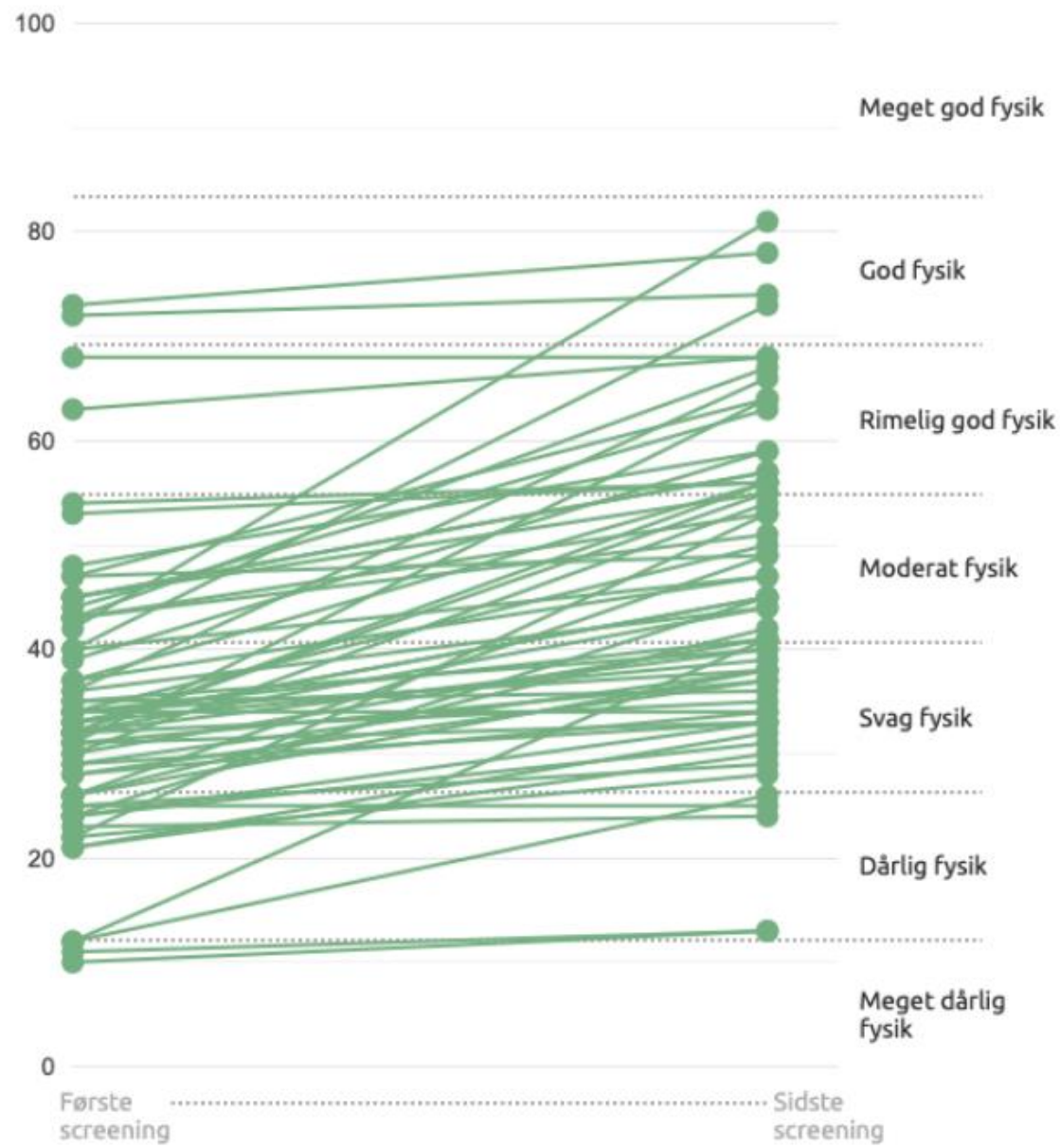
# 61 (77%) Have become more self-reliant

Average  
reduktion  
**29%**  
57 min/uge

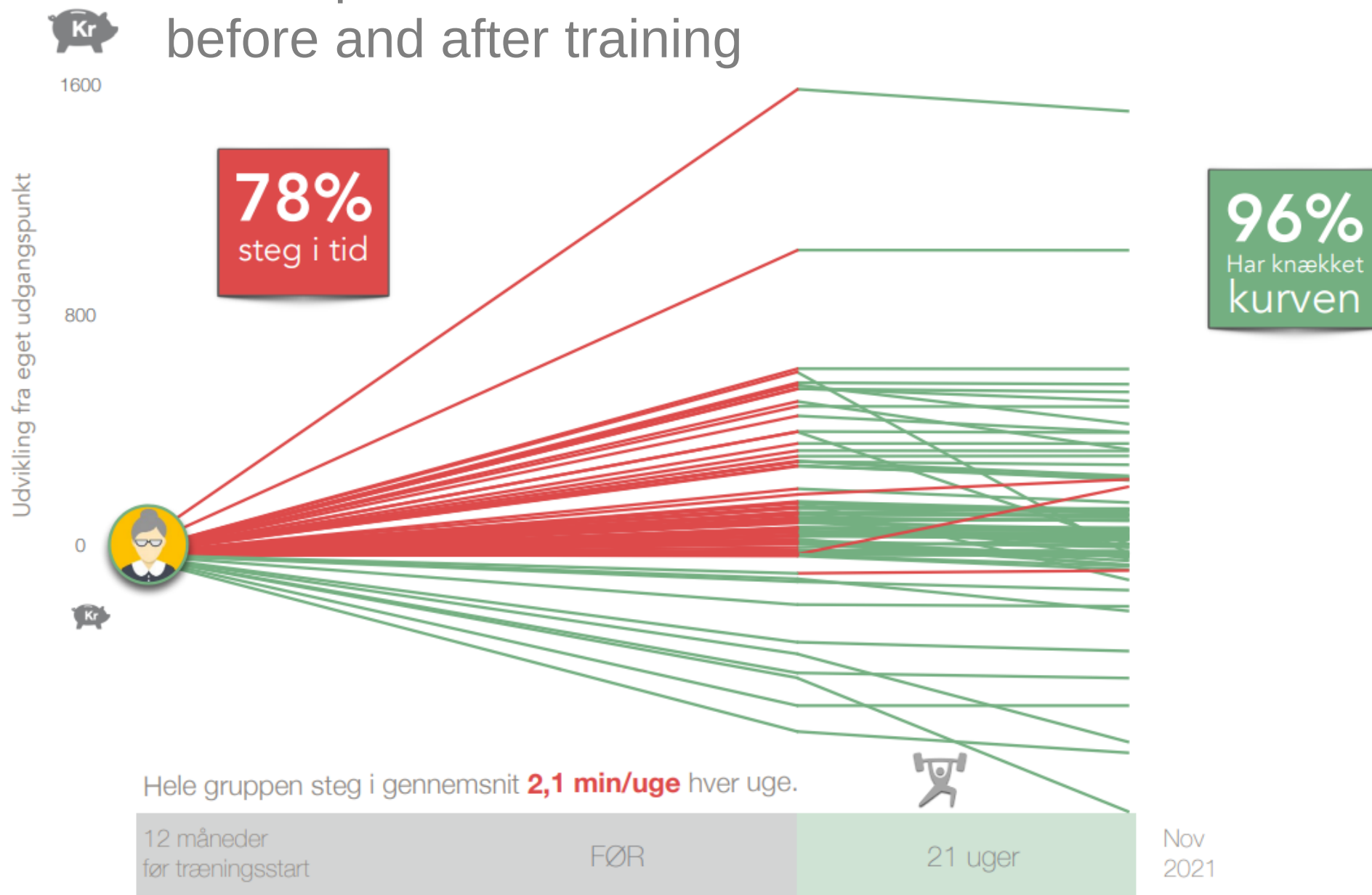


# 63 (80%) Have become stronger

The average  
improvement  
**20%**



# Development in home care services – before and after training



# All citizens

