



ErgocareBank

Trends and challenges in Home Care in Greece

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Demographic data

- The first place among the EU Member States in aging population is held by Greece, with a growth rate of 21.4%, against 17.2% of the European average. People aged over 65 years in our country today account for 14% of the population and according to forecasts in 2020 will be above 20%, while in 2030 30%.
- At the same time, Greece and Italy recorded the third lowest birth rate (9%) in the EU, after Germany (8,4 %) and Portugal (8,5%).

Overview

- Greece occupies the 79th position among 96 countries concerning the quality of life that can offer to the elderly, according to the new report of HelpAge International, that creates the Global AgeWatch Index.
- The social and elderly care system of Greece is based on certain public services (Help at home, KAPI, KIFI structures) Municipal Nursing homes and a few private structures.
- The nursing homes in our country cover small proportion of existing needs, mainly belong to church organizations in legacies and structures of local government and lack of forms of specialized care

Social services in Greece

- **The "Help at Home" National project started at 2002 serving elderly persons and disabled at their homes with 2-3 times per week visits.** The program overall has approximately 3.600 employees in its structures throughout Greece, and till a few years ago was serving approximately 110000 beneficiaries. Every structure is consisted from a nurse, a domestic assistant and a social worker, while in many of the structures there are doctors and psychologists also included. The last years because of the economical crisis in Greece to contribute along with the European resources to the funding of the project, its function is almost stopped.

Social services in Greece

- The Help at home program provides social services, mainly primary care to the elderly and persons with disabilities. More specifically:
 - Counseling and psycho-emotional support to beneficiaries and family.
 - Provision of everyday services, and social protection measures and support.
 - Nursing care, safety, and monitoring of vital functions.
 - Training of family environment for helping at the care of their relatives.
 - Facilitate communication and (where appropriate) escorting the individual in hospitals and services.
 - Household services.
 - Finally, offer human services such as companionship and conversation.

These services in no way are aimed to substitute family care (when available), but only to assist and complement.

Social services in Greece

- KIFI and KAPI are open structures for daily hosting elderly persons who cannot look after themselves or are facing serious financial or health problems and are unable to leave autonomously.
- Main objectives of KIFI is the elderly to stay active in their physical and social environment preserving that way the family integrity. These structures also seek to harmonize family and work life of family members with the elderly, to avoid institutional care and social exclusion and to maintain their autonomy, social participation and social environment.

Social services in Greece

- What services are provided at the open structures?
- **Nursing care**
Care of meeting practical needs of living
Personal Hygiene
Creative programs
Development programs and functional social skills
Who apart the staff of KIFI;
 - **Nurses**
 - **Social Workers**
 - **Psychologists, physical educators, dance educators**The elderly in order to be registered in the open structures should primarily inhabit in the area. Also they have to present the following documents:
 - Official request of the elder person or persons from his family environment
 - Medical support from authorized GP
 - A copy of the last year's tax statement.

Situation in Greece

- In Greece, the majority of older people live alone in their home or with their children. If they have special needs and health problems they receive care mainly from the family, friends and neighbors, as the family continues to play a key role in the care of the elderly. In addition, the proportion of older people living in residential care institutions is by tradition very small. One of the main reasons for this is the insufficiency and the low quality of institutionalized care but also the disdain of many people to this kind of care.

Situation in Greece

- Since 1990 where the eastern block collapsed in Balkan countries Greece has a huge number of illegal immigrants, many of them women who they work as home carers without any qualification. These women cover a huge demand for 24/7 care living as inmates in the houses of the elderly.
- Private home care still is in its first steps in Greece with uncertain future since there is not a defined and stipulated legislative framework.

Situation in Greece

- Home care profession although accredited by the new accreditation service of Greece – EKEPIS, remains a specialty someone can acquire through non formal vocational training.
- The vast majority of home carers in Greece are relatives or immigrants which are unqualified and this fact from ergonomic point of view entails significant risks for injuries.

Thank you!!