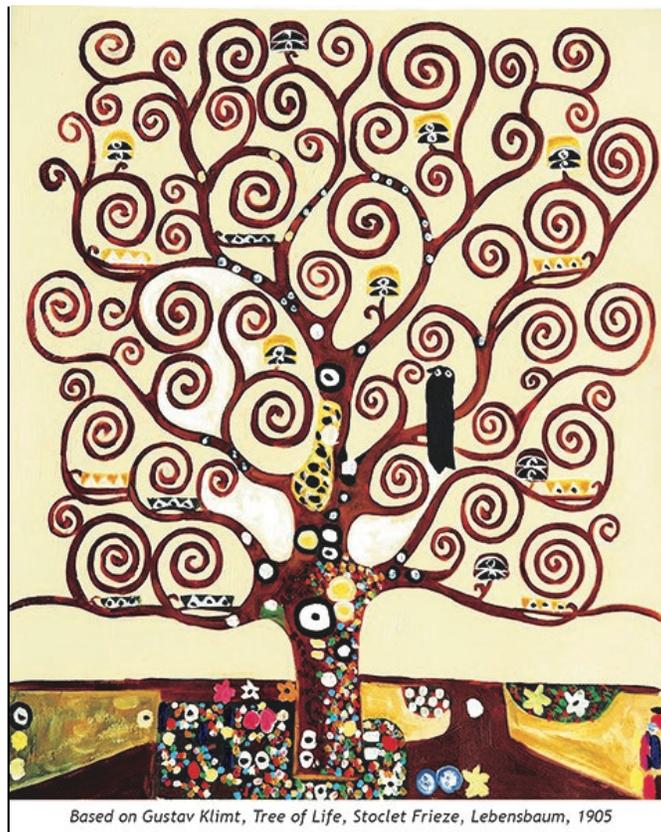




Rise Care Home

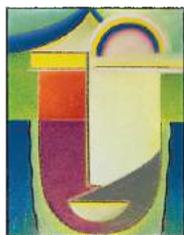
Kirsten Springborg and Mette Pawlik Olesen



By William Haseltine

ACCESS Health International

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Elder and Long Term Care

An ACCESS Health International Program Area

Introduction

As part of a series of case studies on excellence in dementia care, ACCESS Health visited Denmark to study Danish companies and organizations. This study is part of a larger research effort in dementia care in Northern Europe.

Rise Care Home (Rise Parken) strives to be at the forefront of dementia care. The home consists of eight houses, with twelve people in each house. Eighty percent of the residents at Rise Care Home live with dementia. Residents who suffer from extreme symptoms of dementia, such as aggression, and those who face challenges being part of larger groups live in separate houses in order to ensure the right environment for them. This separate house is split into two smaller units containing a maximum of six residents each.

About Kirsten Springborg



Kirsten Springborg works as coordinator for welfare technologies at Aabenraa Municipality. She has served in this position for over five years. Prior to this, Mrs. Springborg worked as project coordinator in Aabenraa Municipality for six years. Before she worked on this position, Mrs. Springborg was a district leader in the same municipality

About Mette Pawlik Olesen



Mette Pawlik Olesen works as Change and Process Consultant. Her core expertise centers on strategic communication, crisis communication, and change communication. She has worked with the municipality of Aabenraa for about two years. Prior to this, Ms. Pawlik Olesen worked as Communications Coordinator at Sygehus Sønderjylland, the hospital in Sønderjylland.

Touch and Play

The Touch and Play software program is large scale technology designed for residents of the Rise Care Home. Touch and Play was developed to support cognitive training for the elderly and people with dementia. The residents can walk up to the large dashboard and initiate an application at will. Residents can play games, watch movies, listen to songs, and access a range of other applications. Touch and Play was developed in close partnership with the private sector. This is one way Rise Care Home provides stimulation to residents through sound, music, and movement



A caretaker explains the Touch and Play technology

Gym, Exercise, and Physical Strength

Rise Care Home includes a gym for its residents. Residents may work with physiotherapists and a general practitioner to maintain physical strength and to reduce certain symptoms of dementia. The home has applied for money from TrygFonden to develop a new exercise program. Residents can sign up for the program, receive help with exercises, and develop their strength. The general practitioner measures the outcome, such as increased body strength and balance. In the gym room is a motivation tree where each resident can hang his or her nametag once they have completed an exercise routine. Each unit at Rise Care Home competes every month for a prize, which is given to the unit that exercises the most. The gym is also available to staff.

Living and Robotic Animals

Rise Care Home believes that animals can have a calming effect on individuals. For this reason, the home keeps guinea pigs and hamsters in the care home. Residents help feed and take care of the animals. The animals live in the middle of one corridor. The care home has also invested in PARO. PARO is a robotic seal that interacts with whoever is holding it ([link](#)). A stressed person can become more tranquil by interacting with PARO. Residents are only encouraged to interact with PARO together with a trained employee. Rise Care Home also has a robotic cat.



Mrs. Springborg with the care home cat

While Rise Care Home believes in a comprehensive technology strategy, that technology is always used together with employees. Technology is used as an integrated part of daily care and is never a substitute for personal care or warm hands.

Wellness Nordic Rocking Chair

Rise Care Home also houses the Wellness Nordic Rocking Chair. Residents who lie in the chair relax, listen to music, and feel the rhythm of ocean waves. These stimulants help calm residents who experience anxiety or other symptoms of dementia. Care home professionals participate when individuals lie in the chair. A nurse is trained to deliver sensory stimulation. A staff member presses the

individual's hands, arms, and legs while the individual lies in the chair. The chair is positioned with a view of the garden.



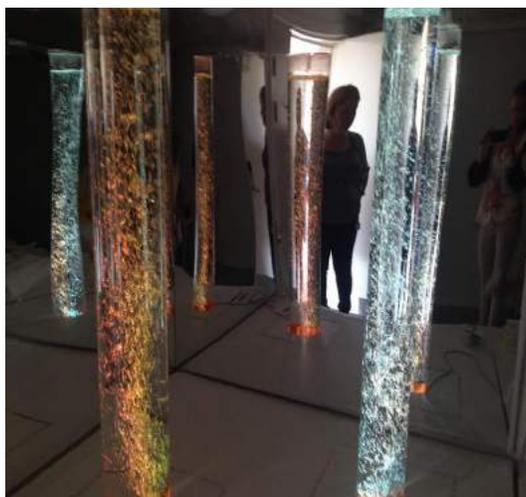
The Wellness Nordic Rocking Chair

Windows and Gardens

Rise Care Home is built with large windows that stretch from the ground to the ceiling, often two meters or wider in breadth. The rooms are large and spacious. The care home is surrounded by green areas, gardens, and grass. The doors in the home remain open. Individuals can stroll freely into the garden, but once an inhabitant exits the garden a GPS sensor alert system sends a message to the staff saying that someone is leaving the care home. In this way, dwellers can experience freedom while members of staff maintain oversight.

Snoezelen Room

Rise Care Home has a relaxation and experience room, called the Snoezelen Room. A Snoezelen Room is an environment in which individuals can experience different stimuli. In the Snoezelen Room at Rise Care Home, individuals can experience a range of activities such as sitting in a massage chair or putting their fingers into sand and shells. The residents may also choose to watch a movie with footage of beautiful scenery, observe lights of various colors, lie on mattresses, or put a knitted blanket over their body to pacify them. Even more exciting, residents can view colorful water fountains and listen to the sound of water. This experience room is another part of the Rise Care Home vision to stimulate all of one's senses and to reduce the negative symptoms of dementia.



Snoezelen Room

Wellness Room

There is a wellness room at Rise Care Home with a bubble bath, hair dressing facilities, and other related services. Next to the wellness room is a spacious garden.

Garden

There is a newly planted apple orchard at Rise Care Home. The garden overlooks the surrounding fields. The garden contains a music area where individuals can



A resident makes music in the garden

play their own music with outdoor instruments. Individuals can lie under a large tree and look up. Participants can take a stroll in the garden and sit in their own outdoor seating area. At Rise Care Home, the indoor and the outdoor environments blend and complement each other.

By design, Rise Care Home contains small units with independent doors. Yet, since there are eighty four residents in all, the care home can draw on certain benefits of larger scale operations. With support from the municipality, the staff work constantly to adopt new technology.

In short, Rise Care Home is a model for care homes in Denmark and abroad.

END