

An aerial photograph of a dense forest of evergreen trees covered in a thick layer of snow. The trees are scattered across a light-colored, snow-covered ground, creating a textured, monochromatic scene. The perspective is from directly above, looking down on the forest canopy.

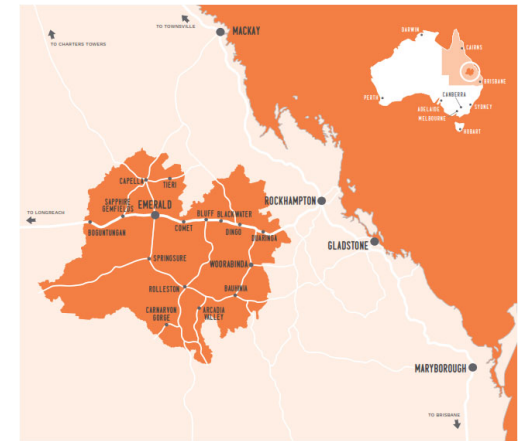
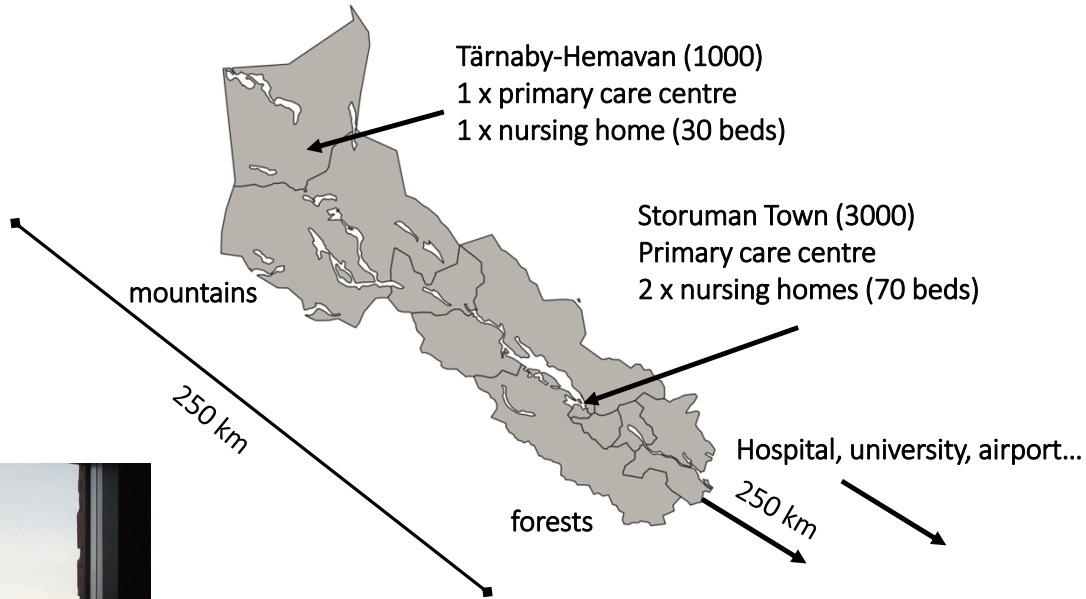
# FORGET ABOUT IT!

time for 'new' thinking about  
aged care in (small) rural  
areas

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Dean Carson  
Umeå University and Storuman Municipality  
[dean.carson@umu.se](mailto:dean.carson@umu.se)

# Storuman Municipality (*Storumans Kommun*)



# Philosophy of care

- Storuman a 'good' place for older adults, and for the people who care for them



social inclusion and social interactions



support for informal carers



provide information



advocate and collaborate



increase functioning



recover independence



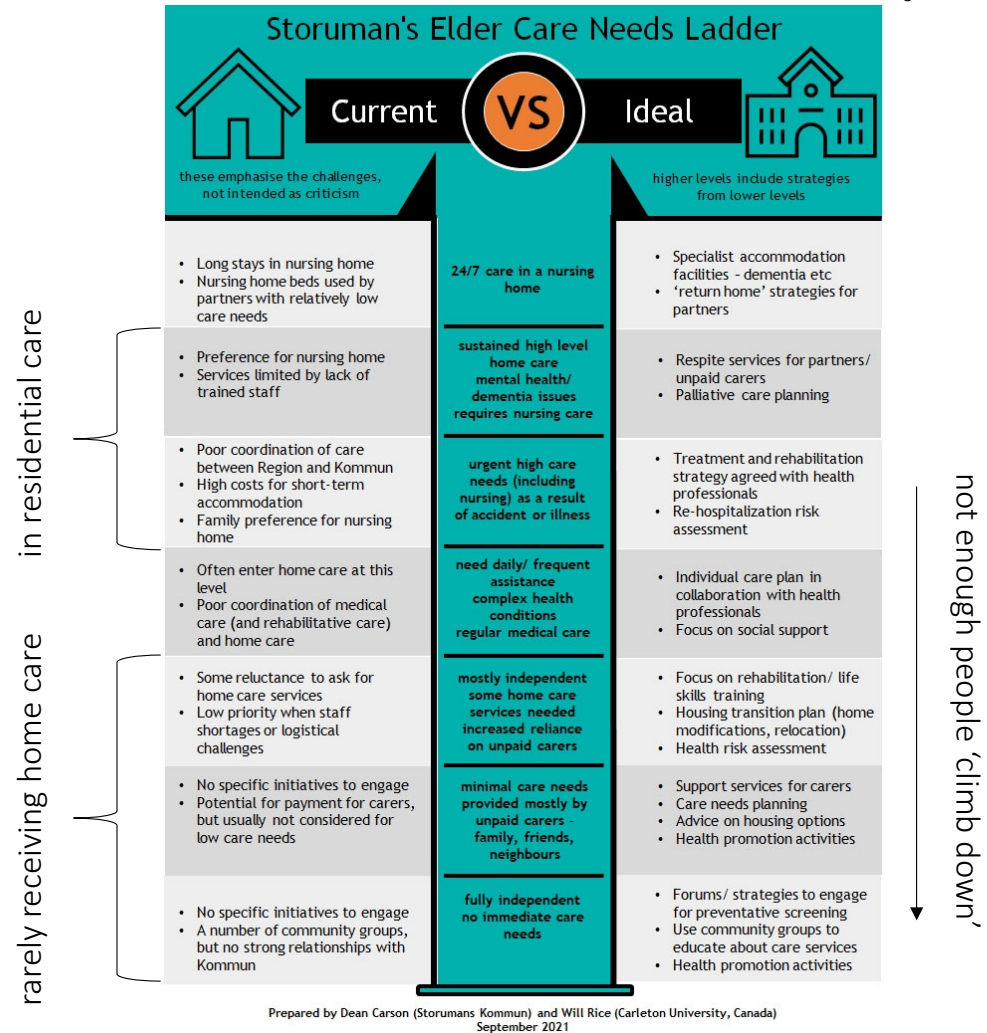
use the skills of care workers

Philosophy	Initiative	ACRA evidence
Social inclusion	ÄldreKlubben/ seniors' clubs	Day centres review (Carleton University, Canada)
Support for informal carers	Make the visit count	Review of international rural case studies (Vaughan et al., 2022)
Support for informal carers	Go to Spain	
Provide information	Roadshow	Review of rural health innovation strategies (Carson et al., 2022)
Advocate and collaborate	Toilet seats	Local study on hospital to home transfers (Carson et al., 2024)
Advocate and collaborate	Go slowly, but with purpose	Review of innovation during covid19 (Petrie et al., 2021) Review of principles of change in health systems (Petrie et al., 2019)
Increase functioning	Prehabilitation	Care needs ladder
Recover independence	Huntin' and fishin'	Survey of domestic food production in Sweden (Carson et al., 2024)
Recover independence	A bed is not a home	A toolkit for rural aged care
Use the skills of care workers	Do what we do well	A toolkit for rural aged care
Use the skills of care workers	Use the workers we have	Review of global strategies to address the workforce crisis in social care (Carson et al., 2024)

# Prehabilitation

Because we have no money, no time, and no staff. Because national funding and reporting systems constrain us...

1. People enter home care too late
  2. People rarely improve their health or recover functioning when in our care
  3. People move to nursing homes too soon
- ... and the problems just get worse.



## Workforce – ‘do what we do well’

- Recruit and retain – hundreds of years of failure
- We don't have a workforce crisis, we have a work crisis

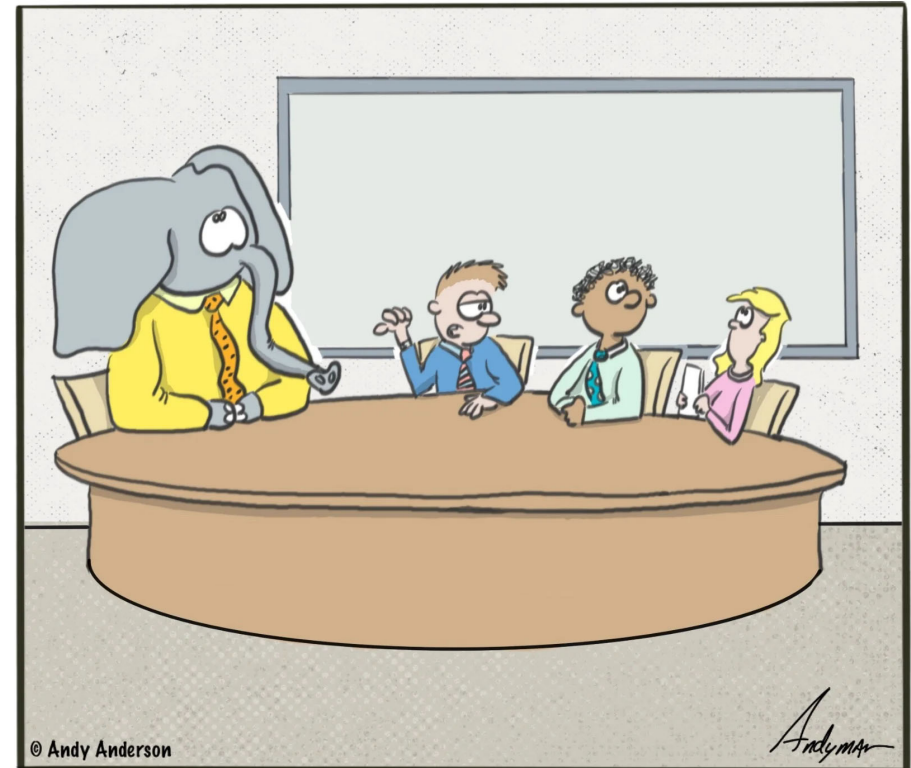
Step 1 – recruit and retain

Step 2 – value skills we do have and can have

Step 3 – alternative models – robots, technology, student workers, seasonal workers, workers at a distance, informal carers and community groups

Step 4 – don't do it. Be very good at the good stuff.

- Continuing trying to recruit people who don't exist is not the way forward.



SO WE'RE NOT GOING TO DISCUSS IT?

## Use the process, even if you don't like the ideas!

- Establish a philosophy
- Generate even crazy ideas (especially crazy ideas)
- Check the scientific evidence
- Try a few things
  - Small, slow but steady
- Always consultative



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**Thank you**

dean.carson@umu.se

