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## CONFERENCE ABSTRACT

### Exploratory Short Stay: Regaining Perspective on Optimal Home Care

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A beautiful old age, at home in your own environment, enjoying life. But what if an acute crisis situation arises? Fortunately, this does not always have to be the end of the dream of living at home for as long as possible. An exploratory short stay in a residential care center can then be an appropriate solution.

The Exploratory Short Stay is aimed at elderly people who find themselves in a crisis situation, for example due to a fall, the sudden death of the partner or the loss of the caregiver. This new offer focuses on the future and a safe return home.

The elderly can count on the years of experience of experts here. A team of nurses, healthcare professionals, occupational therapists, physiotherapists, psychologists, general practitioners and social workers will set out the right trajectory in a multidisciplinary consultation. Offering the psychological component is precisely this added value compared to the classic short stay. Furthermore, the strength of this team is that it can respond flexibly to specific needs of the client.

On the basis of personalized and tailor-made advice, they offer the person perspective to return to their own environment. Even during that temporary stay in the residential care center, the home care services will examine how the necessary care and support can be organized at home. At the end of the stay, all possible future plans are discussed with the resident, family, informal carers and primary care staff.

An exploratory short stay opens up new perspectives for family and carers. Combined 'care' forms are possible without the client losing independence. If a return home is not the best option, the possibility of a long term stay is also open.

The Exploratory Short Stay was regulated by the Flemish government in 2020, building on years of experience in the elderly care sector. Crucial are the involvement of a multidisciplinary team in the residential care center on the one hand, and close cooperation with primary care actors and family/caregivers on the other.

Together we choose quality of life:

Comfort and social relationships, care and support in a trusted environment.