

Promoting social inclusion of older home care clients

Submission date 30/03/2022	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 03/04/2022	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 20/12/2023	Condition category Other	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

The day activity service is targeted at older home care clients who are unable to participate in other available activities due to poor health or functional ability. The aim of the day activity service is to support the home care client's ability to live at home and to enhance their wellbeing and social inclusion. The aim of this study is to assess the effectiveness, cost-effectiveness and the process of day activity services targeted for older home care clients.

Who can participate?

Home care clients who are 65 years or older who are starting to participate in the day activity service or would like to participate in the same type of activities.

What does the study involve?

Intervention group members participate in the day activity service which aims to support home care clients living at home by promoting their health and wellbeing, maintaining their physical, psychological, and social functional ability, and enhancing social inclusion. The day activity service is additional to the regular home care services and takes place in local day activity centres or other places once a week. The day activity service is a group-based intervention, and the duration of one meeting is 2 to 6 hours. The intervention includes rehabilitative and preventive activities such as physical exercising, outdoor activities, thematic discussions, activating memory, listening to music, having lunch and coffee together with group participants, for example. The comparison group consist of home care clients who do not participate in the day activity service, and whose functioning and health are similar to the participants of the intervention group, and who would like to participate in the same type of activities.

What are the possible benefits and risks of participating?

Possible benefits are related to the results of the study. By verifying the effectiveness and cost-effectiveness the study may show decision-makers that the intervention is useful.

Where is the study run from?

The study is run in Finland in one municipality and in one social welfare and health care joint authority consisting of seven municipalities.

When is the study starting and how long is it expected to run for?
October 2021 to December 2024

Who is funding the study?
The Academy of Finland (Finland)

Who is the main contact?
Hanna Ristolainen, hanna.ristolainen@uef.fi

Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number
Nil known

IRAS number

ClinicalTrials.gov number
Nil known

Secondary identifying numbers
#342267

Study information

Scientific Title
Evaluation of the day activity services in relation to social inclusion, loneliness and social care related quality of life of older home care clients

Study objectives

Day activity service is a cost-effective model for improving social inclusion, social care related quality of life and loneliness of home care clients.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approved 28/02/2022, University of Eastern Finland Committee on Research Ethics (Yliopistonranta 1, PO Box 1627, FI-70211 Kuopio, Finland; +358 (0)503468118; mika.saukkonen@uef.fi), ref: 9/2022

Study design

Quasi-experimental trial with intervention and comparison groups

Primary study design

Interventional

Secondary study design

Non randomised study

Study setting(s)

Community

Study type(s)

Quality of life

Participant information sheet

Not available in web format, please use contact details to request a participant information sheet

Health condition(s) or problem(s) studied

Promoting social inclusion of older home care clients

Interventions

Intervention group members participate in the day activity service which aims to support home care clients living at home by promoting their health and wellbeing, maintaining their physical, psychological, and social functional ability, and enhancing social inclusion. The day activity service is additional to the regular home care services and takes place in local day activity centres or other places once a week. The day activity service is a group-based intervention, and the duration of one meeting is 2 to 6 hours. The intervention includes rehabilitative and preventive activities such as physical exercising, outdoor activities, thematic discussions, activating memory, listening to music, having lunch and coffee together with group participants, for example. The comparison group consist of home care clients who do not participate in the day activity service, and whose functioning and health are similar to the participants of the intervention group, and who would like to participate in the same type of activities. The duration of the trial is 6 months. The intervention is in use and participants can attend as long as they are willing, but the study will end at the timepoint of 6 months.

Intervention Type

Behavioural

Primary outcome measure

Social inclusion measured using the Experiences of Social Inclusion Scale (ESIS) at baseline, 3 and 6 months

Secondary outcome measures

1. Loneliness measured using the De Jong Gierveld Loneliness Scale and a single question ("How often do you feel lonely?") at baseline, 3 and 6 months
2. Social care related quality of life measured using the Adult Social Care Outcomes Toolkit (ASCOT) at baseline, 3 and 6 months
3. Cost-effectiveness measured using primary and secondary outcomes and the administrative data of social and health care service use and the costs of the intervention at baseline, 3 and 6 months

Overall study start date

01/10/2021

Completion date

30/12/2024

Eligibility**Key inclusion criteria**

1. Home care client
2. Aged 65 years or older
3. Starting to participate in the day activity service (intervention group) or would like to participate in the same type of activity (comparison group)

Participant type(s)

Other

Age group

Senior

Lower age limit

65 Years

Sex

Both

Target number of participants

200

Key exclusion criteria

1. Severe memory disorder

Date of first enrolment

05/05/2022

Date of final enrolment

31/05/2024

Locations

Countries of recruitment

Finland

Study participating centre

Older peoples services of Kuopio

Kuopio

Finland

70100

Study participating centre

Older peoples services of Kainuu social welfare and health care joint authority

Kajaani

Finland

87100

Study participating centre

Older People's Services of Wellbeing Services County of North Savo

Kuopio

Finland

70100

Study participating centre

Older peoples services of Wellbeing Services County of Kainuu

Kajaani

Finland

87100

Sponsor information

Organisation

University of Eastern Finland

Sponsor details

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Sponsor type

University/education

Website

<http://www.uef.fi/en>

ROR

<https://ror.org/00cyydd11>

Funder(s)

Funder type

University/education

Funder Name

Academy of Finland

Alternative Name(s)

Suomen Akatemia, Finlands Akademi, Academy of Finland, AKA

Funding Body Type

Government organisation

Funding Body Subtype

Universities (academic only)

Location

Finland

Results and Publications

Publication and dissemination plan

Planned publication in high-impact peer-reviewed journals in 2024-2025. The protocol will be submitted for publication in BMC Geriatrics.

Intention to publish date

31/08/2025

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are not expected to be made available. The researchers made decisions of storing the datasets for the whole SOLDEX project taking into account resources they have. They decided to store other datasets of the project in the repository because those datasets are more interesting for more researchers and students. It is also not permitted to store administrative data in the repository.

IPD sharing plan summary

Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol article		21/10/2022	24/10/2022	Yes	No