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# Promoting social inclusion of older home care clients

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| **Submission date**<br>30/03/2022 | **Recruitment status**<br>No longer recruiting | [X] Prospectively registered<br>[X] Protocol<br>[_] Statistical analysis plan<br>[_] Results<br>[_] Individual participant data<br>[_] Record updated in last year |
| **Registration date**<br>03/04/2022 | **Overall study status**<br>Completed | |
| **Last Edited**<br>20/12/2023 | **Condition category**<br>Other | |

## 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

### Contact name
Mrs Hanna Ristolainen

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# Additional identifiers

### Protocol serial number
#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

## Primary study design
Interventional

## Study design
Quasi-experimental trial with intervention and comparison groups

## Study type(s)
Quality of life

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

## Key secondary outcome(s)
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

## 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

### Healthy volunteers allowed
No

### Age group
Senior

### Lower age limit
65 Years

### Sex
All

### 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

**ROR**
https://ror.org/00cyydd11

# Funder(s)

**Funder type**
University/education

**Funder Name**
Academy of Finland

**Alternative Name(s)**
Academy of Finland, Suomen Akatemia, Finlands Akademi, AKA

**Funding Body Type**
Government organisation

**Funding Body Subtype**
Research institutes and centers

**Location**
Finland

# Results and Publications

### 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 |