

An illustrative example from Finland

A multidomain dementia prevention training among healthcare professionals and older adults at risk of developing dementia.

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JADE Health

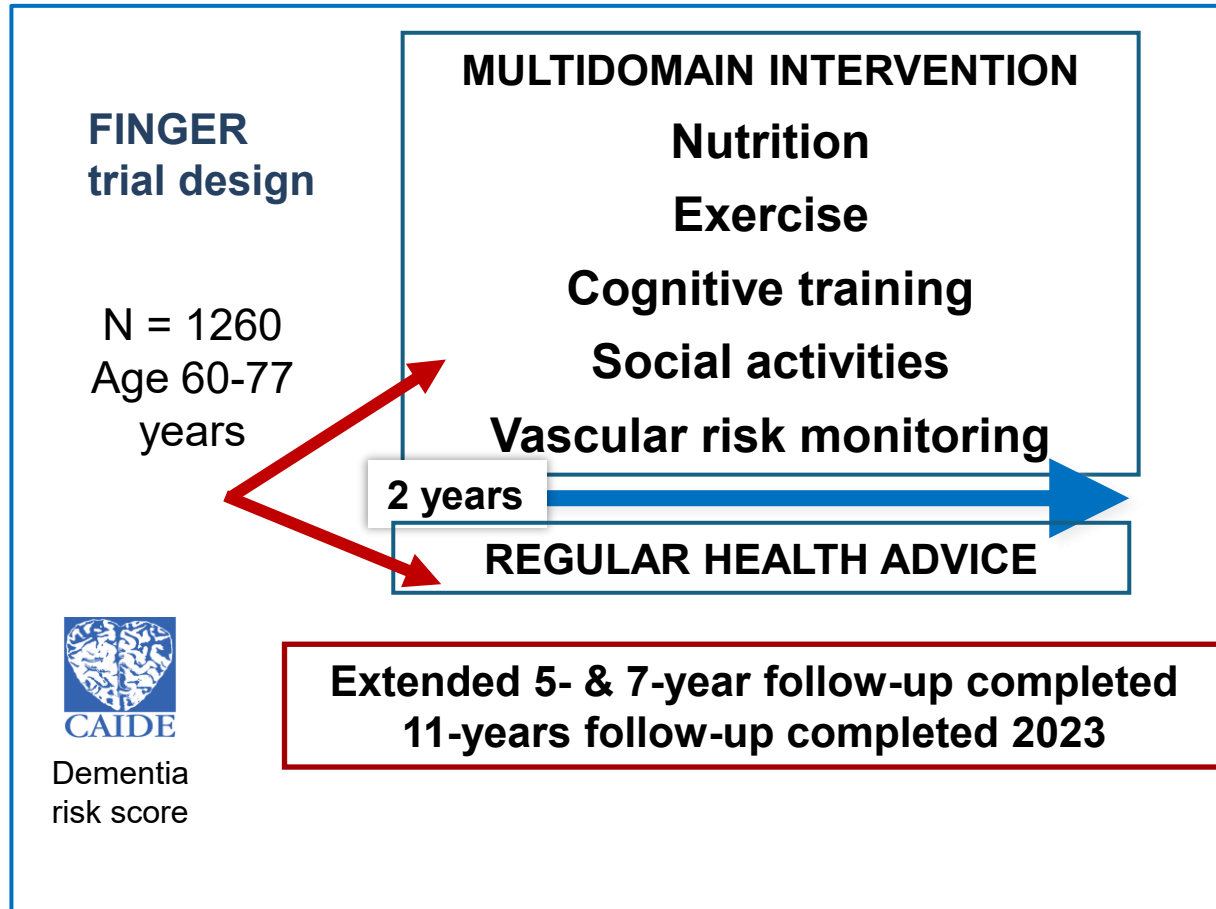
Joint Action addressing
Dementia and Health










Co-funded by
the European Union

The FINGER model for better Brain Health

FINGER



-  Cognitive benefits
-  20% lower risk cardiovascular events
-  30% lower risk for functional decline
-  60% lower risk of chronic diseases
-  Better health related quality of life
-  Reduced costs for healthcare
-  Health-economical benefits

PART 1 – piloting FINGER training for health care professionals

Supporting Partner: Age Institute
(national expert organization)

Clinical Partner: The wellbeing services
county of Southwest Finland (VARHA)

Planned sources of recruitment:

1. Primary care, direct contacts in collaboration with Wellbeing Services County (professionals)
2. Institute (existing network of professionals working in prevention)
3. FINGERS developers network



We design inspiring solutions for good ageing by providing older adults with opportunities to



Engage in physical activity to enhance well-being

Promote mental well-being with easy-access tools

Experience inclusion and being heard

Live in age-friendly, safe and secure environments

DEVELOPMENT, TRAINING, RESEARCH, COMMUNICATION AND ADVOCACY
Collaborator | Solution-focused developer | Versatile expert | Information producer

Primary target group: professionals (a minimum of 20)

Online training content

- Moodle online platform
- Time to complete the training approx. 3 hours
 - Presentations/ videos
 - Quiz/ Do you remember
 - Materials/ ppt to be used with older adults
 - Evaluation survey

Contents of training

- 1. Instructions for studying**
 - **Introduction: Description of the FINGER operating model (justifications, why it is important)**
 - **Welcome video**
 - **General information about Finger incl. lecture recording + slide summary**
- 2. FINGER model: supporting lifestyle changes (focusing on how to implement them)**
incl. lecture recording(s) + slide summary(s) + do you remember section (e.g. statements)
 - 1. Physical activity**
 - 2. Brain Exercise**
 - 3. Social Activity**
 - 4. Healthy food**
 - 5. Management of risk factors for cardiovascular diseases**
 - 6. Identification of persons at risk incl. Lecture recording + slide summary**
- 1. Practical tips for utilising the FINGER model incl. Lecture recording+ slide summary**
- 2. Implementation idea bank**
Successful implementations of the Finger operating model in different areas
- 3. Feedback > incl. how they intend to put into practice and utilise the things learned in the training**

Learning outcomes of the online training

Student:

- Knows the key risk factors for dementia and understands their connection to brain health.
- Is able to apply the materials and tools of the training in the promotion of brain health.
- Is able to identify people with an increased risk of dementia and assess their need for support.
- Is able to bring up issues related to brain health in professional encounters and guide the client to appropriate services.

PART 2 – piloting online education for older adults (FINGER ABC)

Supporting Partners: Alzheimer Society of Finland

Clinical Partners: The wellbeing services county of Southwest Finland (VARHA)

Planned sources of recruitment:

- Primary care, direct contacts in collaboration with Wellbeing Services County (older adults)

Target group: Older adults with risk factors (aim to reach 400)

Pilot implementation content

- FINGER ABC translated in Finnish and tested with older adults (100 individuals):

[Svenska](#)

[English](#)

[Suomeksi](#)

+ evaluation questions

FINGER abc - an education for better brain health

FINGERS®
BRAIN HEALTH
INSTITUTE


Svenskt Demenscentrum

FINGER abc

Pilot evaluation(examples)

Assessing the acceptability of brochures/infographics by study participants and study partners

#	Statement
1	I find the provided material acceptable for me.
2	The provided material is suitable for my situation or environment.
3	The provided material meets my needs or those of the person I care for.
4	The provided material is consistent and easy to follow.

Assessing the feasibility of the provided material by study participants and study partners

#	Statement
1	It is easy to use the provided material or follow its instructions.
2	Integrating the information from the provided material into my life is realistic.
3	I have the necessary resources (time, help, ability) to use the provided material.
4	Using the provided material does not require excessive effort or time.

For older adults main
outcome:
Changes in lifestyle

WORK IN PROGRESS

- Pilot training for health care professionals ready for piloting in May
- Modifications based on the feedback and hopefully then available for all health care professionals
- Also piloting of FINGER ABC for older adults starts in May – already available for all also in English

Thank you for your attention!

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