



# Measures to build a society of healthy aging and autonomy

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including various measures to prevent loss of autonomy, fight against the isolation of elderly or disabled people, better report mistreatment and facilitate the work of home helpers. Provisions on nursing homes and inclusive housing complete the text.



# SUMMARY

1. Prevention of loss of autonomy and fight against isolation
2. Abuse and rights of people in institutions
3. Measures in favor of home help
4. Activities and regulation of nursing homes
5. Other global initiatives

According to INSEE, 21.3% of inhabitants are 65 years old or over in France on January 1, 2023. By 2030, those over 65 will outnumber those under 15.



# Prevention of loss of autonomy and fight against isolation (1)

- The law provides for the organization at least every three years of a national autonomy conference, "in order to define guidelines and debate means of the policy to prevent loss of autonomy".
- It creates a departmental public autonomy service (SPDA) for elderly and disabled people and caregivers, a sort of one-stop shop to simplify their user journey and guarantee that they are supported at home.
- In order to combat the social isolation of elderly or disabled people and better inform them, for example, in the event of a health crisis or heatwave, social and health services will be able to access the registers of vulnerable people kept by town halls.



## Prevention of loss of autonomy and fight against isolation (2)

- To act as early as possible at the first signs of loss of autonomy, the Icope program is generalized (test carried out on a mobile application allowing self-assessment of one's abilities). Prevention appointments, which will soon be offered to 60-65 year olds and 70-75 year olds, should contribute to this program.
- In order to improve access to technical aids, local support teams for technical aids (EQLAAT), made up of occupational therapists and social workers, offer local support. They are independent of any commercial activity concerning technical aids.



# Abuse and rights of people in institutions

- The prevention and fight against abuse are the subject of several measures.
- People hospitalized or cared for in a health establishment or nursing home must be asked to designate a trusted person (parent, relative or attending physician). Its role is specified.
- People housed in healthcare establishments or nursing homes are granted the right to daily visits to any person they agree to receive, without prior information from the establishment.
- The right for residents in nursing homes to welcome their pet is also guaranteed, subject to certain reservations: ability to meet the needs of the animal and compliance with hygiene and safety conditions.
- A unit for collecting and processing alerts in the event of mistreatment of vulnerable elderly or disabled people is set up at the departmental level. These cells must in particular centralize reports sent to the national alert number 3977.



# Measures in favor of home help

- A professional card will be issued by 2025 to home helpers working with the elderly and disabled.
- Financial aid from the National Solidarity Fund for Autonomy (CNSA) is created for the benefit of departments which support the travel (by car or public transport) of home helpers and promote collective times of exchange between professionals of home help.



# Activities and regulation of nursing homes (1)

- In the context of social assistance for accommodation, the law eliminates the maintenance obligation for grandchildren and their descendants.
- Nursing homes eligible for social assistance will be able to benefit from supervised flexibility in setting their accommodation rates.
- To grant a little respite to caregivers or reassure elderly people living alone, the ARS may establish a minimum quota of places reserved for night care in nursing homes and in independent residences.



## Activities and regulation of nursing homes (2)

- The rules on the evaluation of quality in nursing homes (in terms of budget and people employed) and other social and medico-social establishments are reinforced.
- The rules relating to the quantity and nutritional quality of meals offered in nursing homes will be set by specifications established by order of the ministers responsible for the elderly and food. The objective is to prevent and fight against malnutrition.
- The law contains a final section on inclusive housing (a shared lifestyle freely chosen by elderly or disabled people).





# Global initiatives put in place over the last years

- Personalised Autonomy Allowance (APA): directed at individuals aged 60 and above who require help with daily activities. The APA aims to finance either home care services or provide support for those in assisted living facilities
- Initiatives dedicated to carers, such as Carers's Cafés and Memory Bistros (where people living with memory problems and their carers can be welcomed and supported) as well as support and respite platforms.
- The house for the elderly and caregivers = dedicated spaces that offer support and resources for both older adults and those who care for them. The elderly can access health care, social activities, and informational resources about ageing and support services.  
For caregivers, these houses offer respite, guidance, and support.  
These houses play a critical role in promoting the psychological resilience and wellbeing of older

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