

## Summary

The purpose of this study, given by KS (The Norwegian Association of Local and Regional Authorities), was:

- to aggregate experience from different models for rehabilitation of activities of daily life (ADL),
- in order to discuss conditions the municipal authorities have to consider in the process of implementation of rehabilitation of ADL.

An important part of the mandate was to develop a model for registration and documentation of the results of such rehabilitation.

A large number of Norwegian municipalities have adopted or are in the process of implementing rehabilitation of ADL, inspired by experience mainly from Swedish and Danish municipalities. This study is based on experiences from 20 Norwegian municipalities.

The central element in this kind of rehabilitation is to increase and strengthen the patient's ability to cope to and manage daily activities. This requires a change in traditional thinking and culture in nursing and care services

**From:**  
What is the problem you  
need help with?

**To:**  
What are the important activities  
in your life that you want to cope with  
by your own?

Increased coping skills will reduce and delay the need of care – and thus to reduce the need of resources in municipal health care and nursing.

This study concludes and stresses some success factors for rehabilitation of activities of daily life:

- Both political and administrative management must support the implementation of the concept.
- The organization in the municipal health care has to be open for changing attitudes and culture.
- The concept requires an interdisciplinary approach to ensure synergies of different expertise. Meanwhile, interdisciplinarity is resource intensive – meetings, the flow of information etc. must be organized effectively.
- Municipalities have to point out the target groups for this kind of rehabilitation – and ensure that it is offered the “right users”.
- Rehabilitation of ADL consists of targeted and intensive efforts in a relatively short period. In order to justify intensive efforts, the municipalities have to document the results, e.g. by using the model for registration and documentation of input and results that was developed in this project.

