Green Care in Finland now and in the future

KATRIINA SOINI
PRINCIPAL RESEARCH SCIENTIST
MTT, ECONOMIC RESEARCH

KUORTANE 17.-18.9.2014

© Katriina Soini, MTT/Taloustutkimus 17.9.2014
Outline

- State of the art of GreenCare in Finland
- Potential for the future: Green Care as a part of territorial development
- Institutional environment: reform of social and health care systems
- Next steps?
State of the Art
European networks

COST 866
Green care in Agriculture

SoFar

Demand

Farming for Health
MaiE

Detachment from nature and physical excercise
Customer oriented services
Increased social and health problems (and costs)

Supply

Seek for new services

Existing resources and knowledge
Existing practices, institutions, enterprises

Finnish society

© Katriina Soini, MTT/Taloustutkimus 17.9.2014
2005-2008

- Participation in the international co-operation and networks
- First R&D projects

2009-2011

- First national seminar (Kannus 2009)
- Identification of the main interest groups in the field
- Green Care in Rural Development Programme
- Establishment of Green Care Finland –association (2010)
- New R&D development programmes

2011-2014

- National and regional networking
- New knowledge on effects and good practices
- Service typology and handbook
- Mapping of the training programme and pilot training projects
Green Care

Goal orientedness

Community - Activity

Professionality

Nature

Responsibility

GREEN CARE -service

© Katriina Soini, MTT/Taloustutkimus 17.9.2014
Nature-based activities

Animal assisted

Nature assisted

Garden assisted

Farm assisted

Kaverieläin ja muu eläinavusteinen toiminta
Sosiaalipedagoginen eläintoiminta
Eläinavusteinen terapia

Tavoitteellinen luontoliikunta
Luontomateriaalien, äänten ja kuvien terapeuttinen tai terapiakäyttö
Luontoavusteinen elämyspedagogiikka ja elämän kohde

Terapeuttinen piha
Puutarhatoiminta
Sosiaalinen ja terapeuttinen puutarhatoiminta

Elämyksellinen ruoan kasvattaminen metsänhoito
Kuntouttava ja osallistava työ ja toiminta
<table>
<thead>
<tr>
<th><strong>Rehabilitation, care, cure</strong></th>
<th><strong>Social and health care</strong></th>
<th><strong>Soc.ped. act. Education</strong></th>
<th><strong>Recreation and well-being</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Rehabilitation</td>
<td>Social learning and rehabilitation</td>
<td>Recreation Quality of life</td>
<td></td>
</tr>
<tr>
<td>Activity</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Life management</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Care</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Activation Early interventions prevention</strong></th>
<th><strong>Social and health care</strong></th>
<th><strong>Soc.ped. act. Education</strong></th>
<th><strong>Recreation and well-being</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Inclusion</td>
<td>Social learning and rehabilitation</td>
<td>Recreation Quality of life</td>
<td></td>
</tr>
<tr>
<td>Employment</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recover</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Hobbies, Learning</strong></th>
<th><strong>Social and health care</strong></th>
<th><strong>Soc.ped. act. Education</strong></th>
<th><strong>Recreation and well-being</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Well-being of the families Equal participation</td>
<td>Social learning and rehabilitation</td>
<td>Recreation Quality of life</td>
<td></td>
</tr>
</tbody>
</table>

Experiences and learning in nature

Recreation Experiences

MTT/Vehmasto 2014
## Care and empowering

### Green Care
- Responsibility of public sector: public, private or public/private partnerships (incl. NGOs)
- Vulnerable clients
- Quality standards defined by the law
- Educational requirements

=> health and social policy

### Green Empowering
- No public responsibility: private service providers and customers
- ”Normal” clients
- Voluntary quality systems
- No education requirements

=> market, other policies (educational policies, rural policies)

© Katriina Soini, MTT/Taloustutkimus 17.9.2014

Applied from Vehmasto, 2014
Care and empowering

Green Care

Green

Care

Social and health policy

Other policies: social

Green Empowering

Care

Green
Green Care – projects funded by Regional Work and Centres in September 2013.
Territorial capitals and Green Care

- Nature
- Physical
- Economic
- Cultural
- Social
- Human
Convertability of capitals

- Cultural
- Natural, physical, human
- Social, economic
Institutional environment: Social and health care reform

"SOTE-UUDISTUS"

© Katriina Soini, MTT/Taloustutkimus 17.9.2014
Aims of the reform

- Promote health, well-being and social security
- Equal services across the country
- Strengthening the basic services
- Cost-efficient and effective services

Note! Around 50% of the budget of the state and municipalities is addressed to social and health care services!
Five "sote-districts"

- Responsible for supervising and organising the service deliver:
  - What kind of services
  - Where
  - For whom
- Address the funding for the services
- Defining principles for buying the services
- Quality
- Common practices
Municipalities and federations of the municipalities

- Funding of the services (payments to district)
  - Number of inhabitants
  - Health
  - Demography

- Service deliver (funded and defined by the district)
  - Private
  - Public
  - Private/public
  - Service notes (=palveluseteli)
Committee for service-portfolio (STM)

- Defining services funded by public sector ("necessary care")
- Prioritising services
- Cost-efficiency of the services: health for all the citizens
- Recommendations (mm. Käypä hoito suositukset ja insurance)
Implications for Green Care

- Shift of decisions making-power from municipalities to the districts (from local to non-local)
- The need of services, effectiveness and cost efficiency are main criteria when making the decisions at the district level

=> Need to be taken seriously when developing Green Care!
Next steps

EFFECTS AND EFFECTIVENESS
QUALITY
TRAINING, EDUCATION
REGIONAL CROSS-SECTORAL NETWORKS
## Knowledge of effects and effectiveness

<table>
<thead>
<tr>
<th>What we have?</th>
<th>What is needed?</th>
</tr>
</thead>
<tbody>
<tr>
<td>- A general framework for assessing the effect and effectiveness of Green Care</td>
<td>- More comprehensive overview of the benefits for different client groups</td>
</tr>
<tr>
<td>- Wide range of literature of health and social benefits of green care for human well-being</td>
<td>- Cost-efficiency of the services recognising also benefits for society</td>
</tr>
<tr>
<td>- Single studies on use of Green Care methods for various client groups</td>
<td>- Building up a national ”data-base” of benefits based on case-studies and international benefits</td>
</tr>
</tbody>
</table>

© Katriina Soini, MTT/Taloustutkimus 17.9.2014
### Quality

#### What we have?
- General principles for quality
  - responsibility
  - Professionality
  - Goal-orientedness
- **Ethical principles** (Green Care Finland ry)
- **Green Care – workbook** (MTT, THL, RMK)

#### What is needed?
- Detailed quality requirements for each Green Care service type
- Sertification of quality and trademark(s)
### Koulu tus

<table>
<thead>
<tr>
<th>What we have?</th>
<th>What is needed?</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Overview of training/education available</td>
<td>- Developing or “modelling” new methodologies (social farming) and associated training programmes</td>
</tr>
<tr>
<td>- Pilot trainings for different target groups</td>
<td>- National co-ordination of the training!</td>
</tr>
<tr>
<td>- Existing training programmes (socio-pedagogical horse activities)</td>
<td></td>
</tr>
<tr>
<td>- New multi professional training programmes (development in progress)</td>
<td></td>
</tr>
</tbody>
</table>
Summary

- Demand for public social and health services will remain (and increase)
  - Reform will bring some challenges to introduce Green Care activities in social and health care services
- What are the choices:
  - Invest for revealing the effects and effectiveness, quality and systematic training
  - Introduce Green Care approach through strategic partnerships in new areas
  - Go beyond health and social policy to other areas (employment policy, education, rural)