

# eHealth

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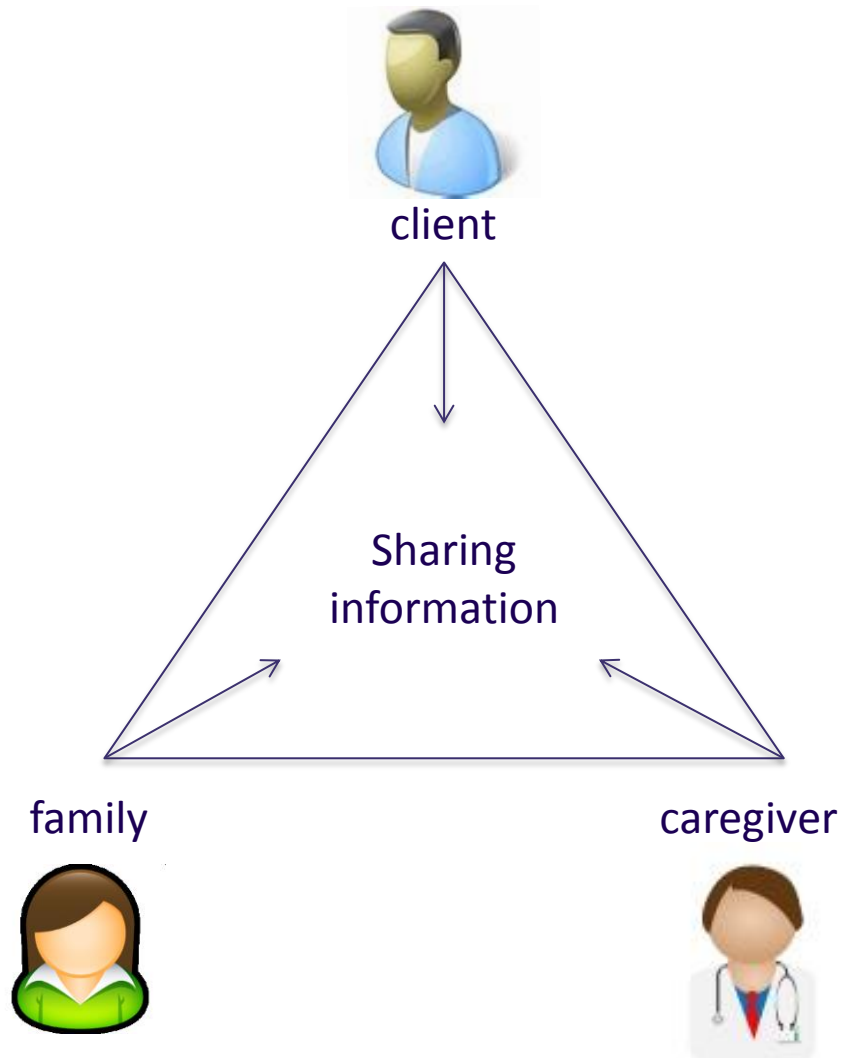


## Agenda

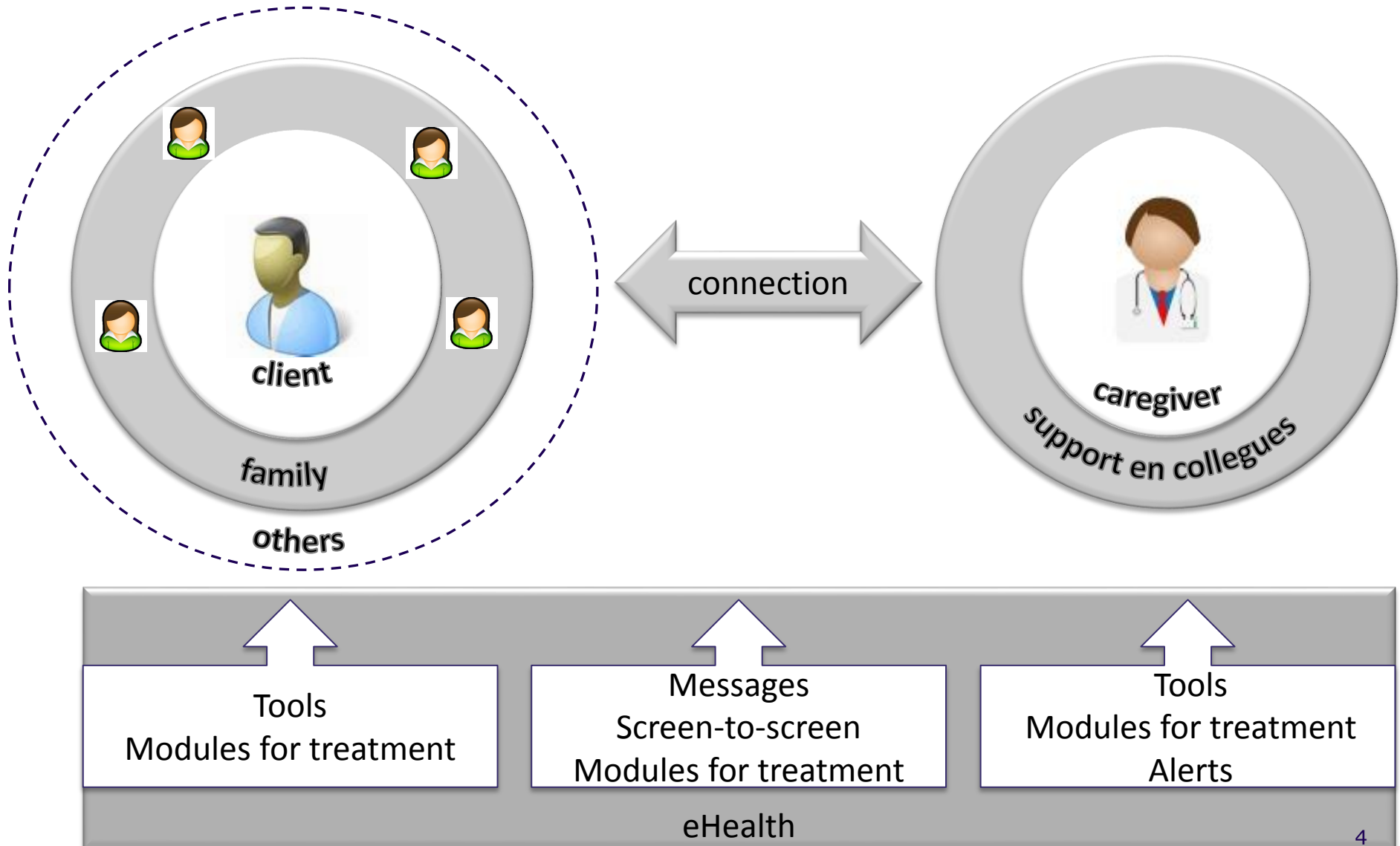
- Our vision
- The roadmap towards the vision
- The factors influencing the roadmap (the lessons learned):
  1. Clients
  2. Caregivers
  3. Creation of eHealth modules
  4. New technology



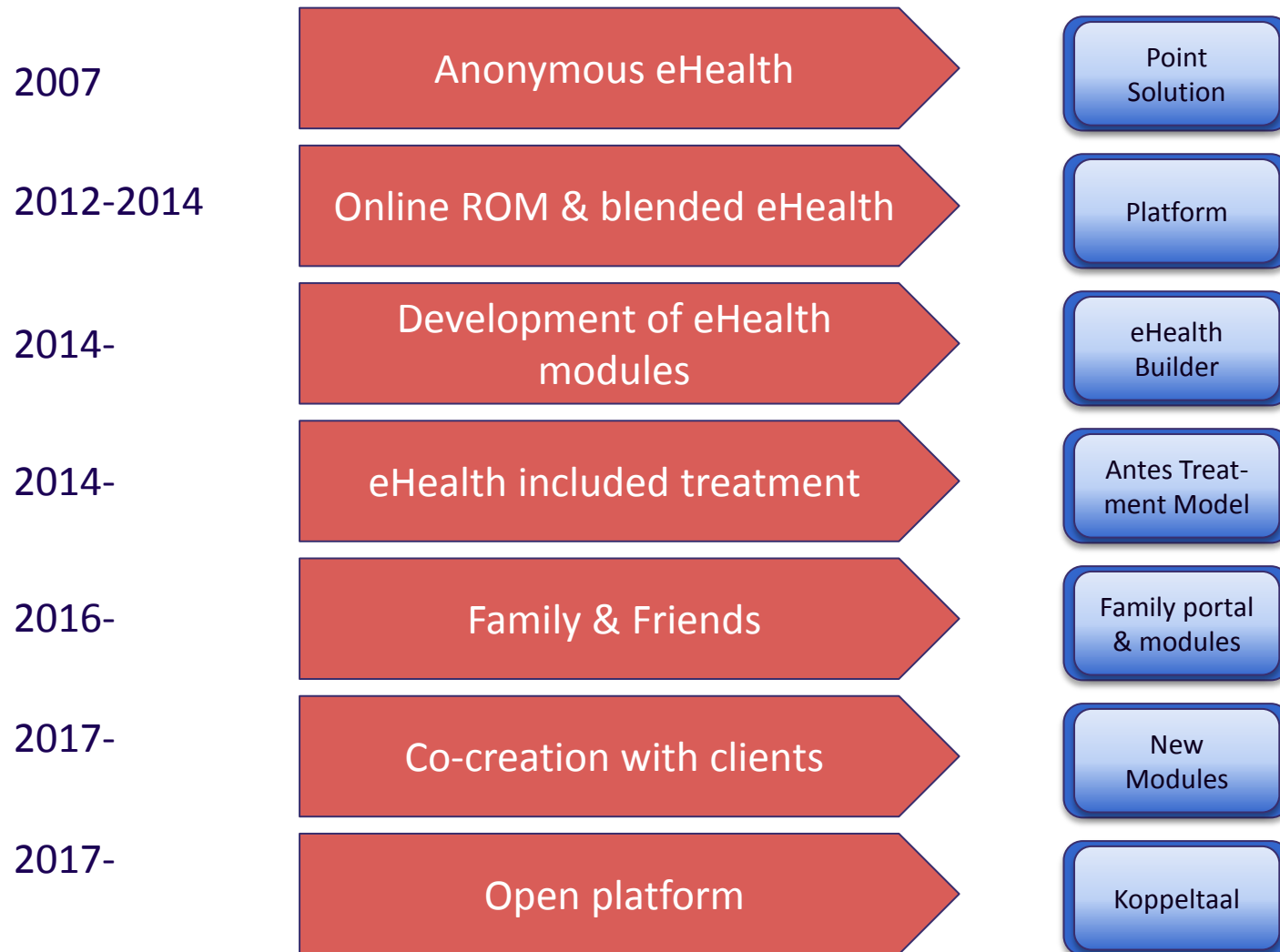
# Our vision: An environment supporting the client and family day to day



## An eHealth environment supporting the client and family day to day



## The roadmap towards this vision



# 1. Clients

*Always ask your client*

Every client is treated with blended care, unless...

...the client doesn't want to

...the caregiver has good reasons not to  
(and his/her superior approved)

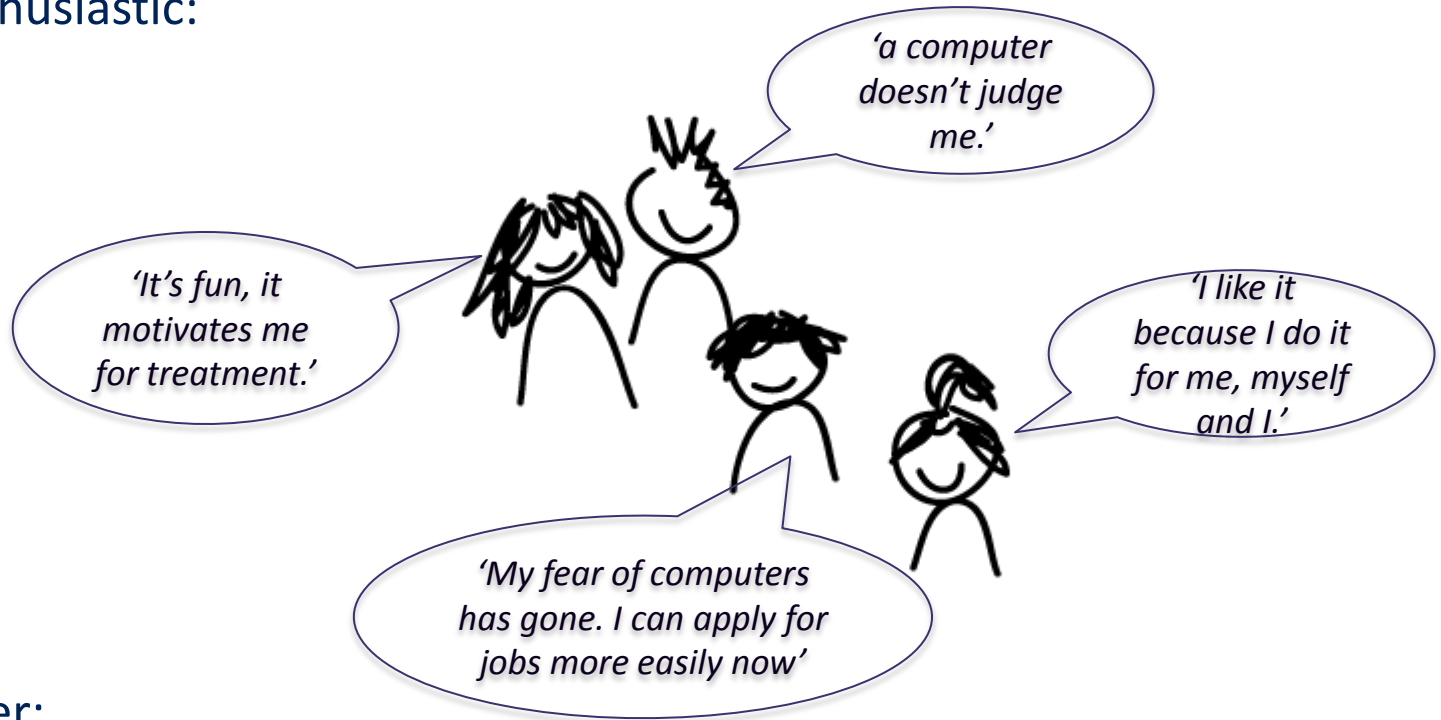
Day to day limitations:

- Dutch language
- Functional illiteracy and mental impairments
- Computer skills
- Access to computer and internet



## Feedback

Clients are enthusiastic:



Quote caregiver:

*'My patients tell each other what they did in de modules. And that's how they come to talk about their treatments together.'*

## Critical success factors

- Start eHealth modules together with caregiver
- Different groups require a different approach (young vs old, disorder, cognitive abilities)
- Blended
- Simplify – simplify - simplify
- Preferred device: smartphone
- Support

eHealth included treatment

Development of eHealth modules

Co-creation with clients

Open platform





## 2. Caregivers

First reaction is often:

- ..I'm too busy with all those programs
- Evidence based is my standard
- Unfit for my population of clients
- A lot is changing or 'change is the only constant'



## Critical success factors

- New skills needed
  - Self management client: connect and modify
  - Written Motivational interviewing
  - A-synchronous contacts with the client
- Assign 'homework' and give Feedback
- Simplify – simplify – simplify
- Support
- Required Knowledge:
  - Content of modules
  - ICT

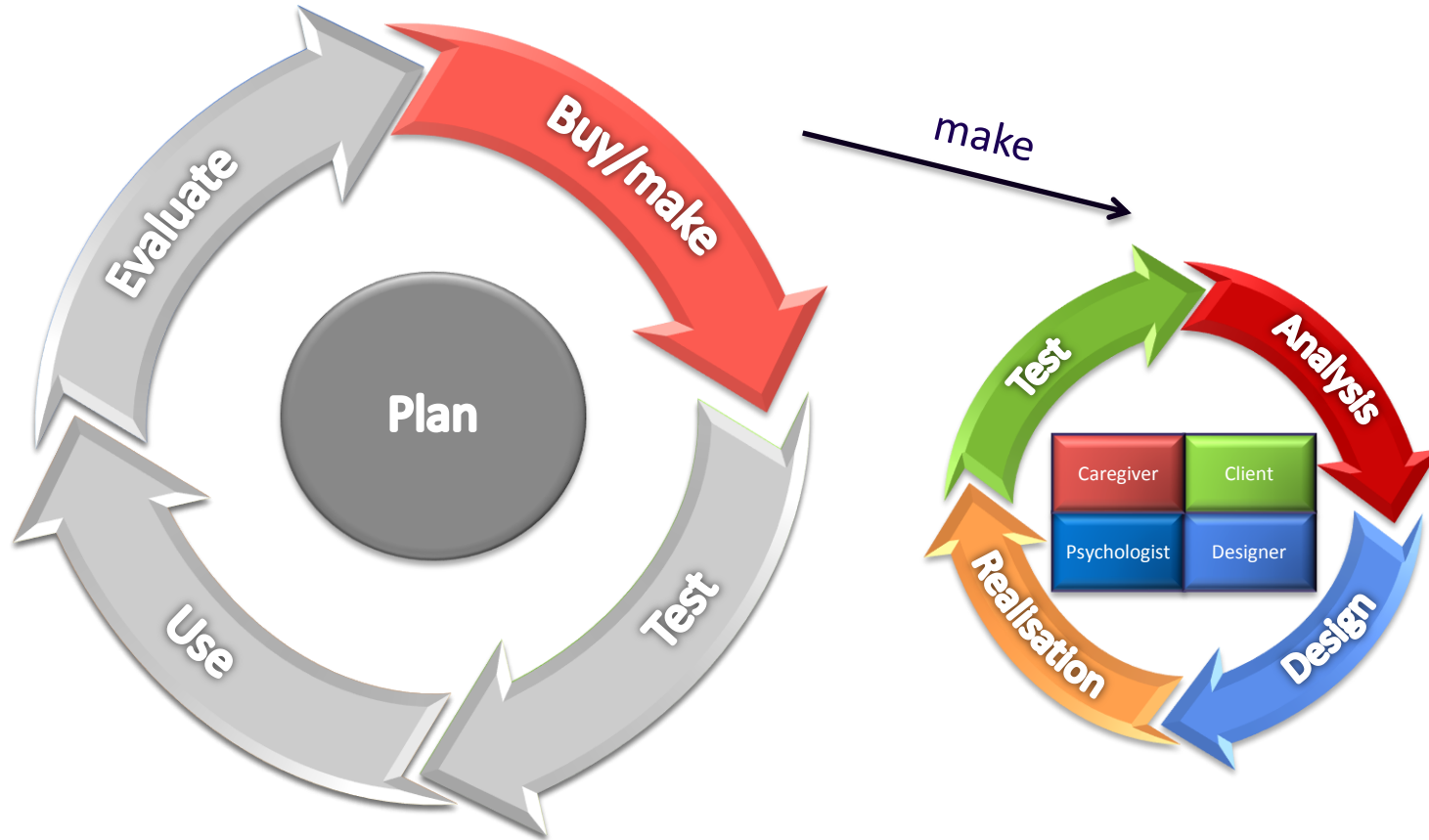
eHealth included treatment

Development of eHealth  
modules

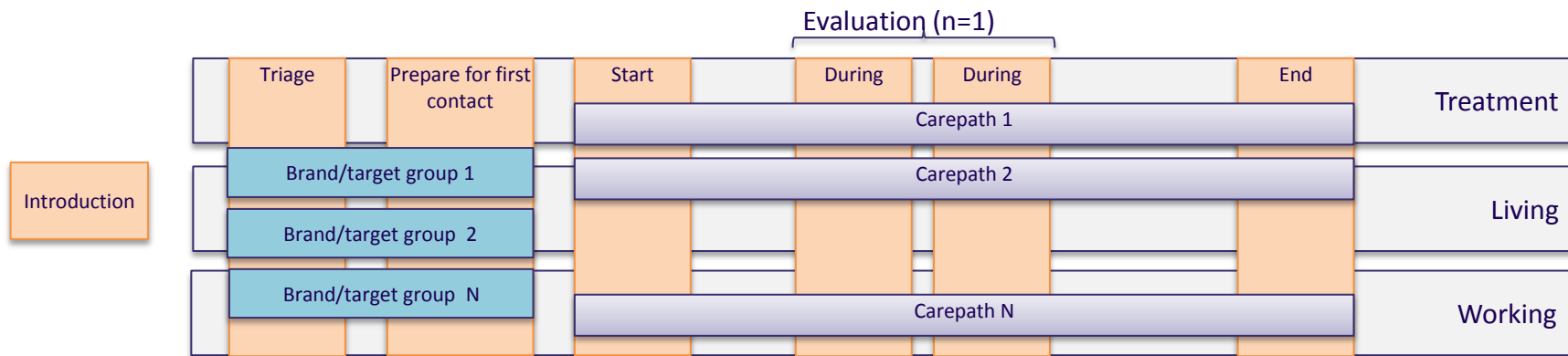
Open platform



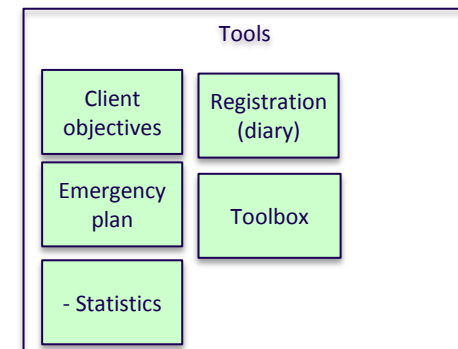
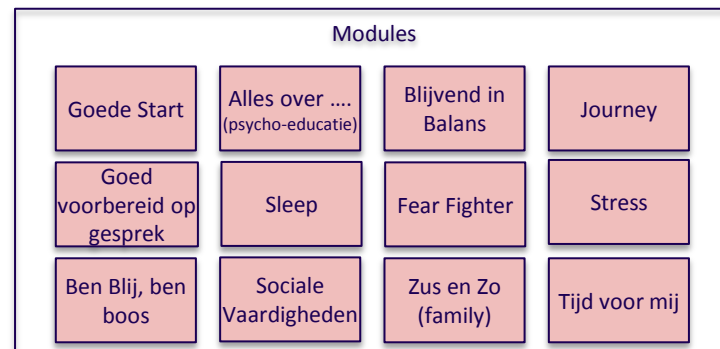
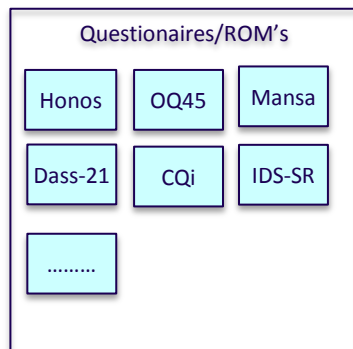
## 3. Creation of eHealth modules



## eHealth included treatment



### Library



## Critical success factors

- Co-creation
- Fit seamlessly in treatment
- Support of recovery (Treatment, Living, Working)
- From evidence based to practice based
- Measure, evaluate and change

eHealth included treatment

Development of eHealth  
modules

Co-creation with clients

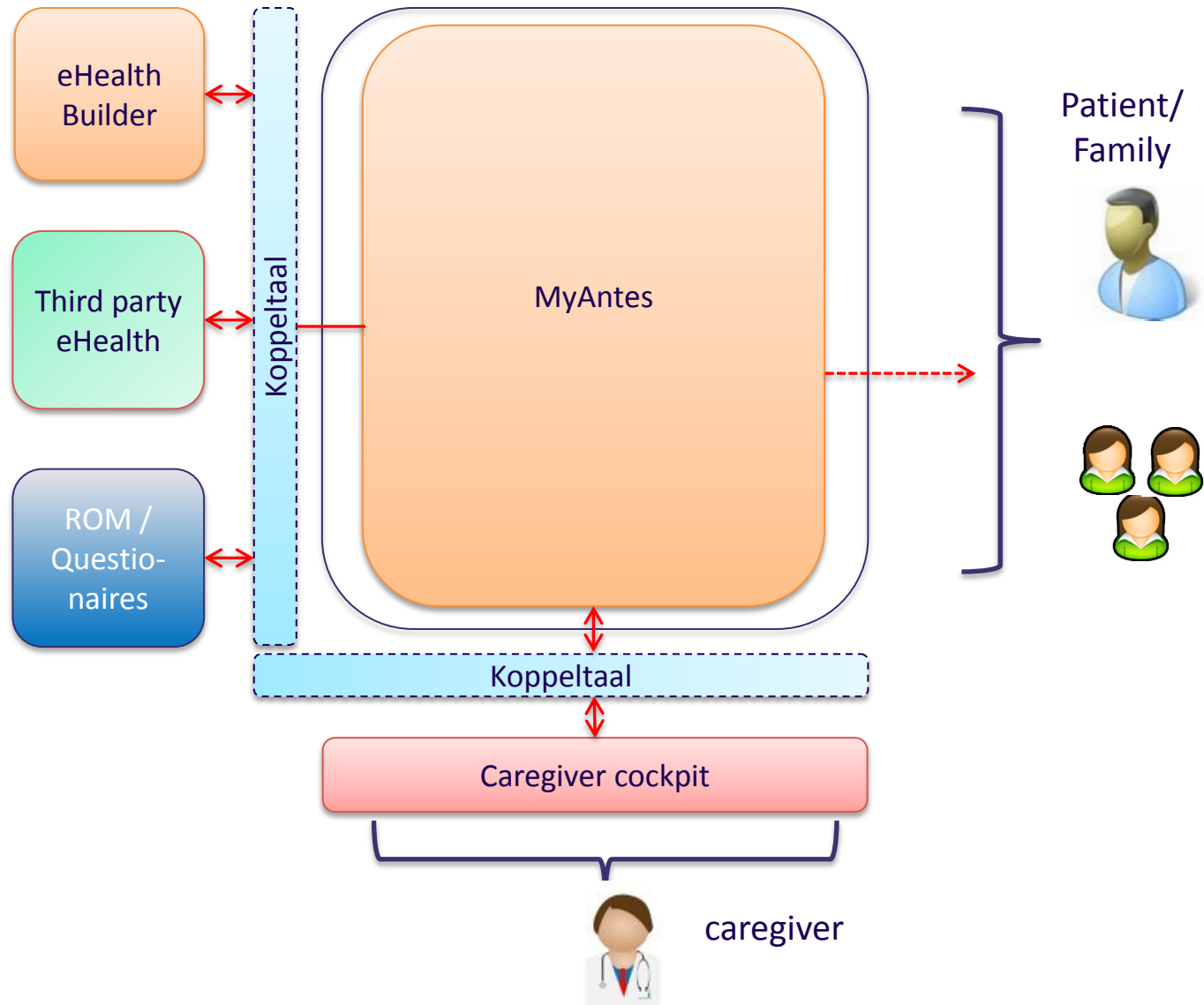
Open platform



## 4. Technology



## Technology supporting eHealth



## Critical success factors

- Caregiver
  - Cockpit with activity monitoring and alerts
  - Direct access to ROM
  - Assign modules automatically when diagnosis and treatment are determined
- Patient / family
  - All devices
  - Personal MyAntes environment
  - Support self management
- Standard interfaces

eHealth included treatment

Development of eHealth modules

Co-creation with clients

Open platform

