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### Evaluating the mPower programme - A Formative Integrated Framework

Terje, Anna-Kaisa Tuulikki; Munoz, Sarah-Anne; MacRury, Sandra

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# Evaluating the mPower programme - A Formative Integrated Framework

## Context

Demands on health and social care services in Scotland, Ireland and Northern Ireland are increasing as the proportion of older people rises. Simultaneously, long-term conditions are becoming more prevalent, with older people often facing multiple conditions. This can lead to social isolation, increasing reliance on health and social care services.

## What is mPower?

The mPower project is funded through the European Union's INTERREG VA Programme, designed to promote greater levels of cross-border co-operation. Match funding is provided by the Northern Ireland Executive, the Irish Government and the Scottish Government. mPower aims to stimulate transformation in older people's services, enabling people to live well, safely and independently in their own homes, supported by a modernised infrastructure. mPower targets citizens aged over 65 who are living with at least one long-term condition across 7 deployment sites in Northern Ireland, Ireland and Scotland, delivering:

- A Community Navigator Service undertaking home visits, co-producing 2500 personalised Wellbeing Plans with beneficiaries, focused on prevention and self-management.
- 4500 episodes of eHealth interventions through use of Home and Mobile Health Monitoring, Digital Apps and Video Enabled Care Services.

In addition, the project will deliver an Improvement and Support Programme for project staff, community sector and primary care staff, thereby facilitating shared learning, service improvement and transformation.

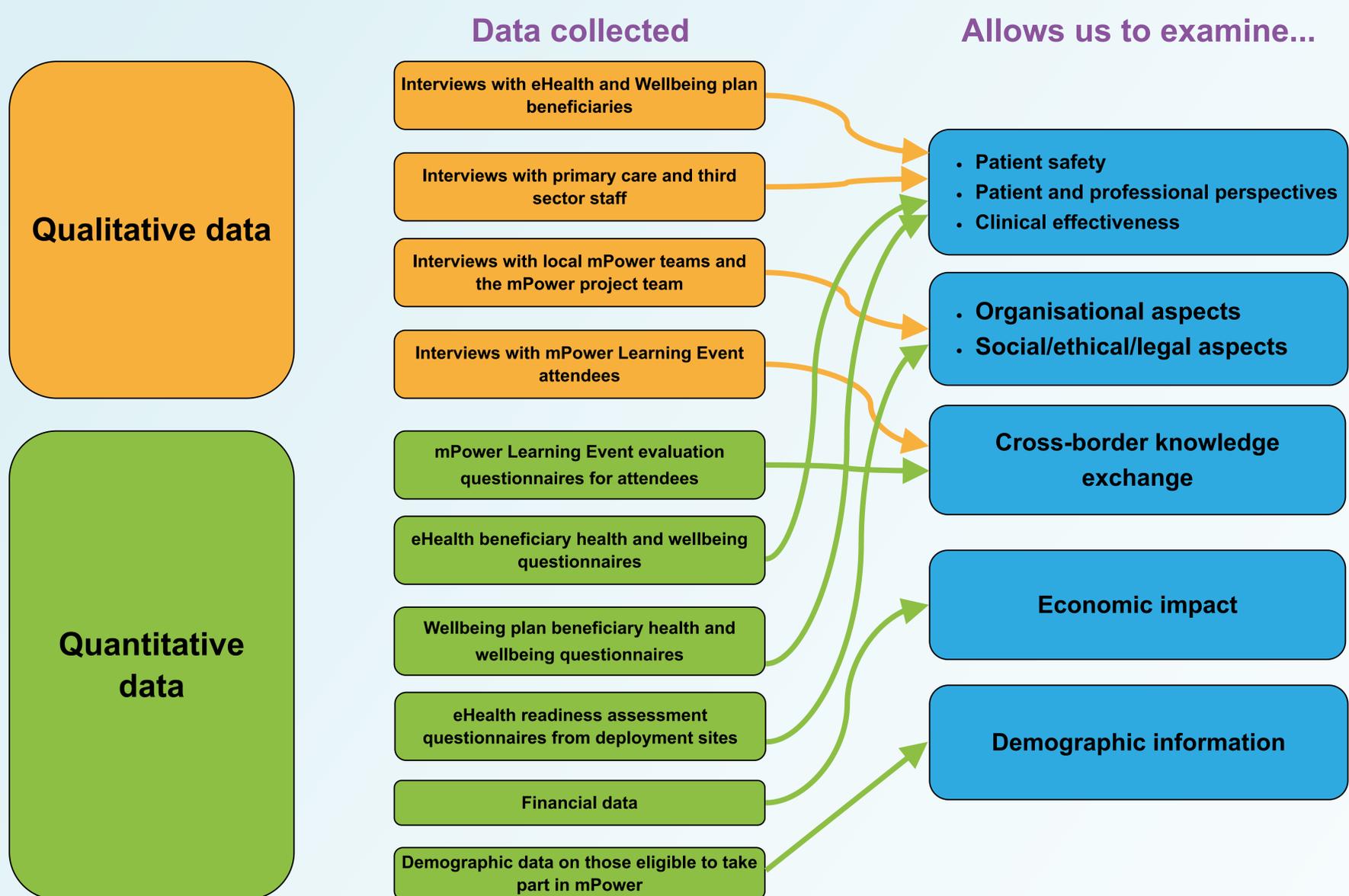
## Evaluating mPower

The aim of the evaluation, conducted by researchers based at the University of the Highlands and Islands, is to monitor and evaluate the delivery of the mPower programme against its targets, making use of both quantitative and qualitative data collected throughout the programme. In doing so, we are able to provide a formative evaluation, integrated throughout the lifespan of the project, as well as evidence for post-project mainstreaming options.

## Research questions

The evaluation framework has been designed to answer the following research questions:

- Does the mPower service support older people to live well at home for as long as possible?
- What are the positive outcomes of the mPower programme for patients, staff and service managers?
- Does mPower effectively support self-management and/or decrease pressure on primary care?
- What are the benefits of a central operational service across seven HSCPs and across borders?
- Does the mPower service meet its target numbers of Wellbeing plans and eHealth interventions?
- Can any trends be seen in terms of beneficiary characteristics and associated outcomes?



## Next steps

Data collection is ongoing and will continue until the end of the programme in 2021 when a final report on the evaluation will be made available.

**Authors:** Dr Anna Terje, Dr Sarah-Anne Munoz, Prof Sandra MacRury  
University of the Highlands and Islands, Division of Rural Health and Wellbeing