

Elderlies' reflection on care related quality of life in Nursing home

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Introduction

Quality improvement in health and care services has received significant attention in Norway with recent policies having an increased emphasis on personal preferences and quality of life as an outcome of care service delivery. Quality of life is a complex construct including objective, subjective, individually, and social aspects, that can only be assessed by subjective measures.

How does elderly people living in nursing homes reflect on care related quality of life?

Methods

Structured face to face interviews following a translated version of The Adult Social Care Outcomes Toolkit (ASCOT), measuring Care-related quality of life, focusing on those aspects most affected by long-term care (basic needs, higher order needs and dignity)(Netten et al, 2012). Notes from the interviews was analysed using content analysis.

Results

The analysis shows a process of adjusting to life in the nursing home. This adjustment related both to their current ability level and to the schedule of the everyday life in the nursing home. The preliminary results indicate three themes in the elderly's reflection around the domains important for quality of life:

- **"The feeling of being trapped, but content"** express the elderly's acceptance of the situation with decreased control over their everyday life.
- **"Adjusting to the institutional setting"** concern the process of getting used to the everyday life in the nursing home, with its schedule, restrictions, and possibilities.
- **"The importance of family"** cover the family members important role for social contact, administration of economy and other practical issues, help in understanding the nursing home routines and support the elderlies voice when needed.

Conclusion

Elderlies living in nursing home adjust their expectations and demands, especially concerning higher order needs. This could be an effective strategy for a feeling of quality of life. However, it could also be the response to institutionalized expectations hindering elderly persons in nursing homes to receive a quality of services that would stimulate and fulfill their potential.



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