

What needs must be met for older people to be able to stay at home longer?

– preliminary results from a scoping review by multi-professional collaborators

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Background, aim and questions

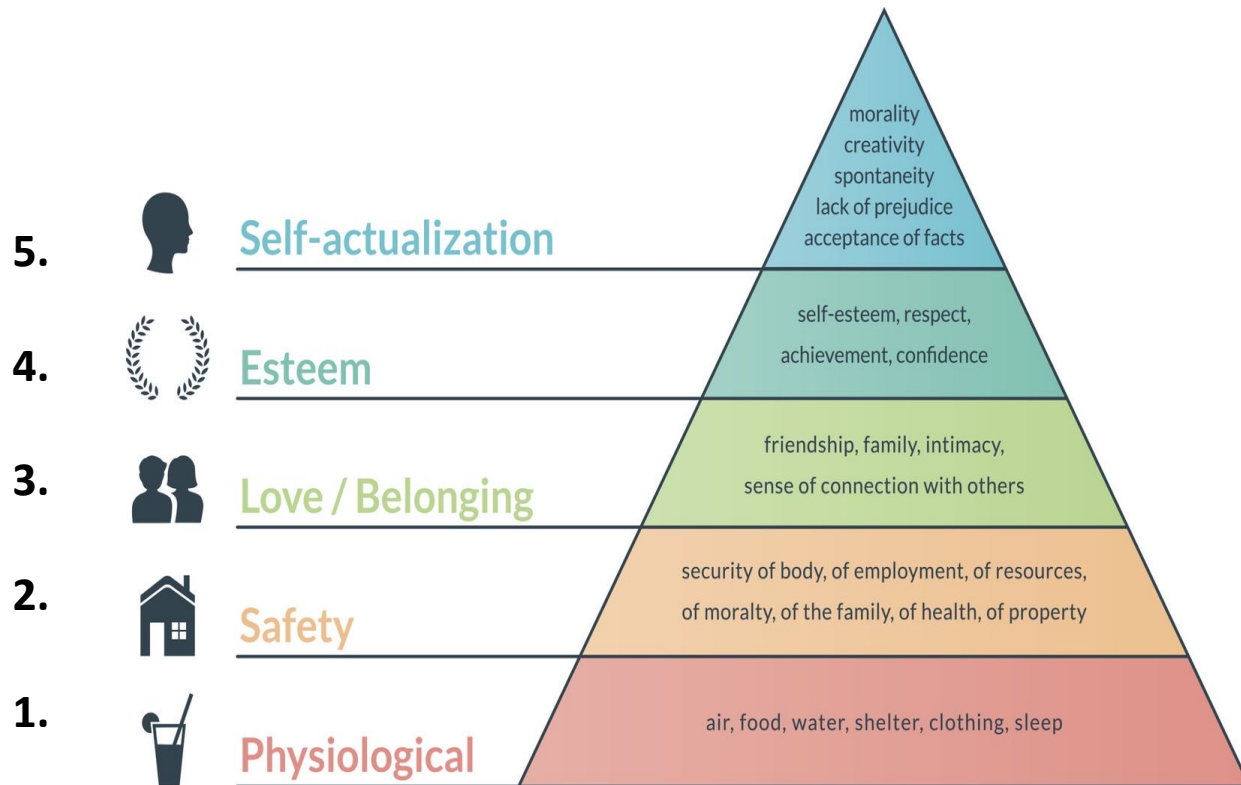
- In Sweden and in many other countries, the proportion of older people will increase dramatically over the next ten years. Resources such as residential care will not be sufficient for the needs within the target group to the same extent as today. Organizations responsible for care therefore needs to initiate new solutions to be able to assist ageing in place and provide support for older people.
- Organization developers at Umeå Municipality teamed-up with researchers at Umeå University to see how this challenge could be addressed, in a collaborative project.
- The aim of the collaboration:
 - to produce knowledge that could form the basis of Umeå municipality's development work
 - to provide a basis for continued research
- A a scoping literature review with an overarching research question was initiated: *What needs must be met for older people to be able to stay at home longer?*

Different theories gradually came into use

1. *Maslow's hierarchy of needs*, helped us reformulate Umeå municipality's requirements into research questions about preconditions enabling ageing in place for older people.
2. The concept *Aging-in-place* (AIP) helped us to specify continued literature search and analysis, as well as indicate which research area the review would relate to.
3. *Bronfenbrenner's bioecological model* helped us interpret the data and people's needs in relation to several interrelated social systems.

Connecting Maslow's hierarchy of needs and research questions

Maslow's hierarchy of needs



Main question:

5. What needs must to be met for older people to be able to stay at home longer?

Sub questions:

- 4. What enables seniors to maintain or increase their self-esteem?
- 3. What enables seniors to maintain or increase social community, participation and meaningfulness (after working life)?
- 2. What makes it possible for seniors to have their need for safety/security met?
- 1. What enables seniors to maintain or increase their physical activity?
- 1. What makes it possible for seniors to have their need for good and nutritious food met?

Ageing-In-Place (AIP)

- A policy goal for many governments as a response to an ageing population
- A personal preference and goal for the majority of older people
- A strategy and an approach to help older people remain in their homes for as long as possible, and to address and meet the needs of older people
- AIP both refer to remaining in the home and a connection and familiarity with the wider community (Zander, Johansson-Pajala & Gustafsson, 2020).

The review process in brief

Phase 1, Explorative search: resulted in 40 abstracts.

Phase 2, Systematic search: resulted in approx. 2500 abstracts of which 386 publications were selected based on relevance assessment.

Phase 3, Analysis of the data: A refined inclusion/exclusion process continued (work in progress)

A glimpse on the research area Ageing-In-Place

The research area is heterogeneous (many different disciplines, target groups, questions, designs and theories)

Identified publications cover:

- Person-related factors (60%): physical (36%) and psychological conditions (24%)
- Environment-related factors (19%)
- Social relationships (13%)
- Housing factors (8%)

Preliminary answers based on analysis of 'Housing data'
(N=33 articles/reports)

**What needs must be met for older people
to be able to age in place longer?**

Factors regarding apartment and housing

Recognizing the housing choices and housing plans older people have (Abramsson & Andersson, 2016)

- The process of 'residential reasoning' (Koss & Ekerdt, 2017)
- First choice is often a rented apartment (Abramsson & Andersson, 2016)

Older people lack knowledge of the support and service available that could contribute to AIP (Spang et al. 2023)

Self-determination and independency are frequent themes

'Older adults wish to remain independent as they age, making the choice to age in place or relocate on their own terms. Home improvements may play a role in those decisions, but more often, housing is viewed as a vehicle for continued independence, rather than an obstacle.' (Bercaw, 2020)

Assessment of safety and security at home are often limited to physical safety/security (Kivimäki et al. (2019)

Physical environment (Carnemolla & Bridge, 2019)

- Functional and safe bathroom enhances the independency
- Lack of proper lightning in the bathroom, in the stair, living room and hallway worries
- Wish to reduce amount of furniture and other objects

Factors regarding technology and ageing-in-place

Advantages

Increased safety/security and independence

- “A willingness to accept technological systems and solutions if they strengthen feelings of security” (Sallinen et.al. 2020)
- “...smart homes improved their sense of security, quality of daily life and activities”(Turjamaa et.al. 2019)

Reduced need for care

Stimulation, able to maintain social relationships:

- “...seniors want health-related ICT that gives them independence, safety, and security, allows them to socialize and manage their own health, and helps them in their daily activities” (Vassli & Farshchian 2017).
- “...older adults would be most likely to manage common age-related difficulties by using tools and technologies” (Kelly et.al 2014)

Factors regarding technology and ageing-in-place

Disadvantages/challenges

Shortcomings regarding personal integrity, data security, autonomy/self-determination

- Barriers to older people's adoption of assistive technologies: privacy, trust, functionality/added value, cost, ease of use and sustainability for daily use, perception of no need, stigma and fear of dependence (Yusif et al. 2016)
- "...potentials of these surveillance technologies simultaneously infringe upon privacy, autonomy, and self-determination" (Carver & Mackinnon 2020)

Elderly are seen as a homogenous group

Loss of human contact

Reliability of technology, lack of knowledge and information, affordability and upkeep

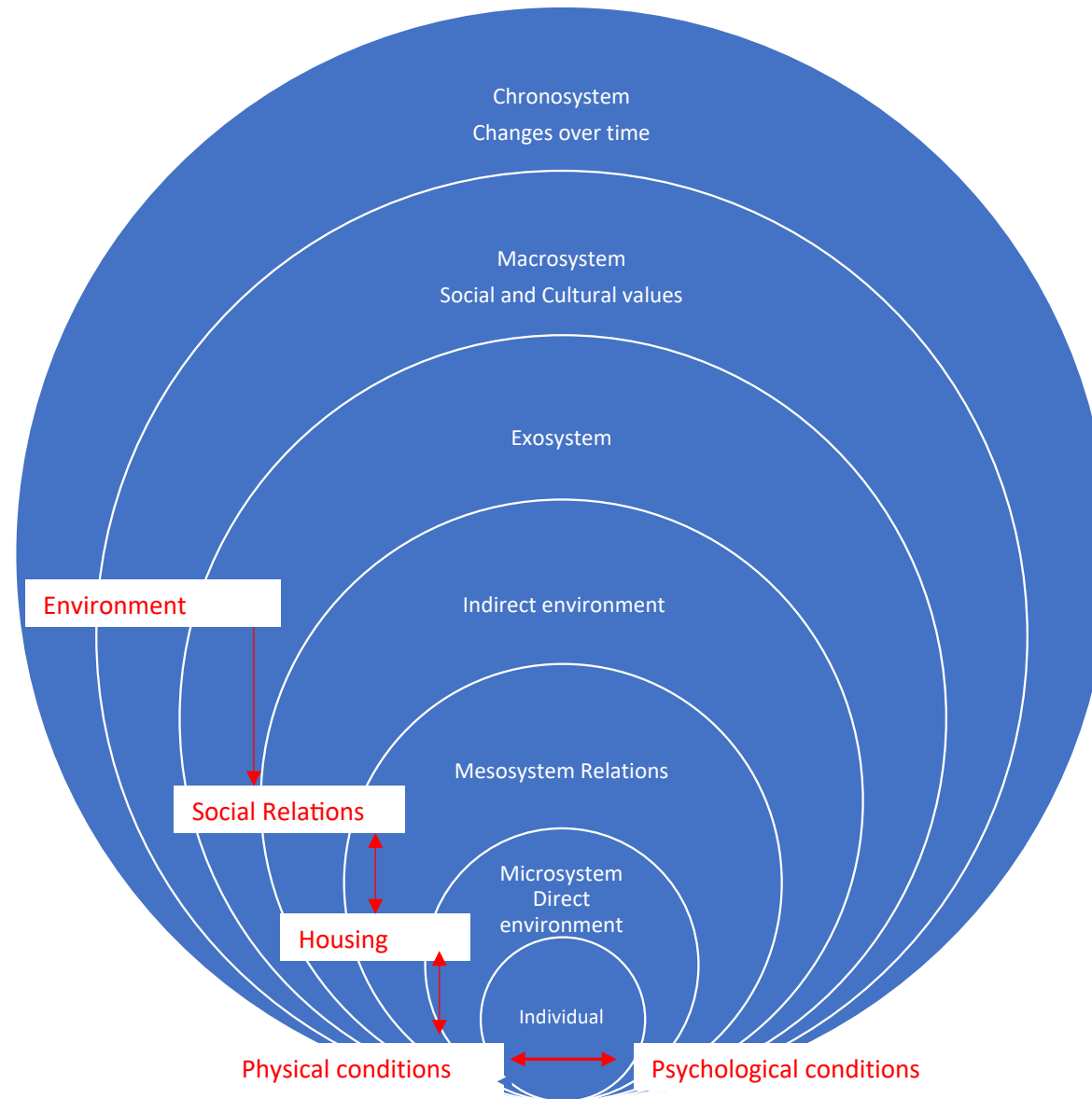
- Older people express concerns about the risk of violating autonomy and privacy, and about affordability and upkeep of the smart home system
- a lack of research that has focused on older people's experiences as the end users of this technology" (Turjamaa et.al 2019)

The review reveals critique of Ageing-in-place (AIP)

- AIP is a broad concept, with many different definitions and nuances. Recognizing this will help planning and developing adequate policies about AIP (Forsyth & Molinsky 2021; Pani-Harreman et al. 2021)
- Older people is a heterogenous group. The universality of AIP as a desire can be questioned (Fernández-Carro 2016)
- Many older people do not have an option; stuck-in-place rather than ageing-in-place (Forsyth & Molinsky 2021)
- AIP can also include risks of isolation and abandonment for frail older people living at home (Fernández-Carro 2016)
- In Sweden, residential care has declined while home-care-services have increased → "Family carers are paying a high price for ageing-in-place policies" (Starr & Szebehely 2017).

A tentative theoretical model

UMEA: The Umeå Model of Essential preconditions for Ageing-in-place



Preliminary conclusions

- The literature review shows that in order for older people to be able to stay at home longer, there are 5 groups of preconditions, divided into approx. 30 subgroups, that need to be met.
- If older people are considered as a collective, all these preconditions must be met.
- Older people who stay at home longer is not a homogeneous group, which means that there are large individual variations.
- A person-centered approach as a theme appears through the data
- The UMEA model shows that the conditions that can contribute to AIP exist at different social and cultural levels or affect different systems.
- Overall conclusion: in order to support the needs of all older people, municipalities (which in Sweden have the main responsibility for their residents) therefore need to think in new ways. Municipalities must improve community planning, support and services, for example through preventive measures in collaboration with civil society, health care systems, county councils, private companies and other partners.

**thanks for
listening!**

A report in Swedish will be available in the latter part of autumn 2023. Anyone interested in it can contact Anu-Riina Svenlin:
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