Stories from the hidden enablers

Doing occupations with older parents

Fanny Alexandra Jakobsen, PhD -candidate, reg. OT, Borgunn Ytterhus, Prof., Kjersti Vik, Prof., reg. OT
Norwegian University of Science and Technology
Overview

Study context

Research question

Method

Preliminary findings

Implications for Occupational therapy

Conclusion
Study context

The population is getting older

The balance between the generations is changing

National and international health policy promotes older adults living at home

Home rehabilitation (reablement) is becoming a more common intervention

(Sims-Gould, Tong et al. 2017, WHO 2015)
What matters to you?

Get a visit from my family, look after my garden and live in my own home.

Reablement
Norwegian context

Active aging
Home based
Goal-oriented
Activity-based
Multidisciplinary
Time limited
Rehabilitation
Next of Kin

Important support for older adults receiving rehabilitation at home

Collaboration with next of kin should be included in all health services

Health professionals in reablement were sometimes reluctant to include next of kin

Families can be complex and, in many cases, extensive

How do adult children describe their occupations with parents who have participated in reablement?
Method

Qualitative Design

Participants
4 municipalities
Participants: (n=15) 8 daughters, 1 daughter-in-law and 6 sons

Data Collection
Interviews (50 -120 min)

Analysis
Constructivistic grounded theory inspired by Charmaz (2014)
Software program Nvivo 11
Preliminary findings
Preliminary findings
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Preliminary findings
Implications for Occupational therapy

Adult children enable older adults to stay as long as possible in their own home.

Adult children can benefit when their parents participate in reablement.
Conclusion

Trying to maintain family occupations

Be aware that the same occupations can be performed differently and how this can interfere with family relationships


Thank you for your attention

Research group reablement

Fanny.a.jakobsen@ntnu.no