Äldre personers dagliga liv
och betydelsen av dagrehabilitering

av

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Abstract

Anita Tollén (2013): Elderly persons’ every day life and the benefits of day care rehabilitation. Örebro Studies in Care Sciences 42, 71 pp.

The overall aim of this thesis was to study elderly persons’ everyday life and the benefits of community-based day care rehabilitation (DCR). Further aims were to describe everyday life as experienced by elderly persons eligible for DCR and what they expected to gain from attending DCR. Participants in study I and II were 22 prospective elderly day-care patients with physical disabilities. Interviews about their experiences of everyday life (study I) and their expectations of DCR (study II) were conducted and analysed according to a qualitative research approach called phenomenography. In study III 15 elderly persons were interviewed about changes in everyday life after having been discharged from DCR. A narrative approach was used for analysing the interviews. In Study IV occupational therapy patients’ records from 59 patients that had been discharged from DCR were analysed using deductive content analysis for describing individual treatment goals and level of goal attainment. The findings in study I, showed that cessation of activities and social contacts resulted in feelings of resignation and dejection for some participants. Participants also described how activities and social contacts continued, albeit in a different way, and that being active resulted in feelings of pleasure. In study II the findings described expectations of participating in physical training and socialisation with others at the DCR. The findings in study III, in the form of four case-stories, described positive changes in the participants’ everyday life such as improved occupational performance and heightened sense of well-being. The findings indicate that it was a combination of several events that together contributed to the changes. The findings in study IV showed that “Walking” was the category that contained the highest proportion of treatment goals. A majority of the treatment goals were either completely achieved or partially achieved. DCR could have a significant impact on elderly persons’ everyday life.

Keywords: aged, everyday life, day care, rehabilitation, community-based, outcomes, goal attainment.

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