



LISA SPANG born in 1988, is a registered occupational therapist who since 2013 has worked as a municipal occupational therapist, most toward older adults living in ordinary housing also referred as ageing in place, at day centres and as a “Discharge coordinator”, planning for further support in daily life, care and rehabilitation in connection with a discharge from hospital. In 2015 she received a degree of Master in Occupational Therapy and began her doctoral studies in 2016.

The overall aim of this dissertation was to study different perspectives of the daily life of older adults who have applied for admission to a nursing home. To answer that aim, studies focusing on nursing home applicants, studied from different perspectives, were performed in a middle size municipality in Sweden. By cluster the recurring aspects of daily life in all of the four studies results, eight aspects of daily life emerged. These aspects affected the older adult’s daily life and contributed to the nursing home application; Difficulties in performing everyday activities, Dependency in daily life, Lack of social cohesion, Being in a depressive mood, Having anxiety that affected daily life, The impact of relatives, Not having proximity to care staff, and Suffering from a life-changing event. Additionally, this dissertation results could benefit both policy makers in their future planning of old age care, but also for professionals working with older adults ageing in place, such as occupational therapists, physiotherapists and nurses, or social welfare officers who assess nursing home applications.

This dissertation was conducted within the subject of health sciences and in the context of the research school of Successful Ageing at Örebro University. Successful Ageing was an interdisciplinary research school for studies on ageing.

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LISA SPANG Perspectives on the Daily Life of Older Adults Applying for a Nursing Home

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Medical Science with a specialisation in Healthcare Sciences



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