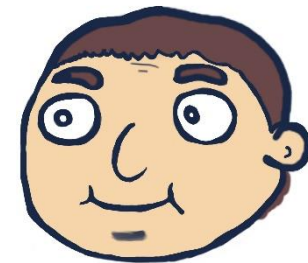
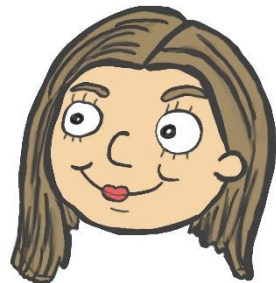


# Stories from the hidden enablers

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

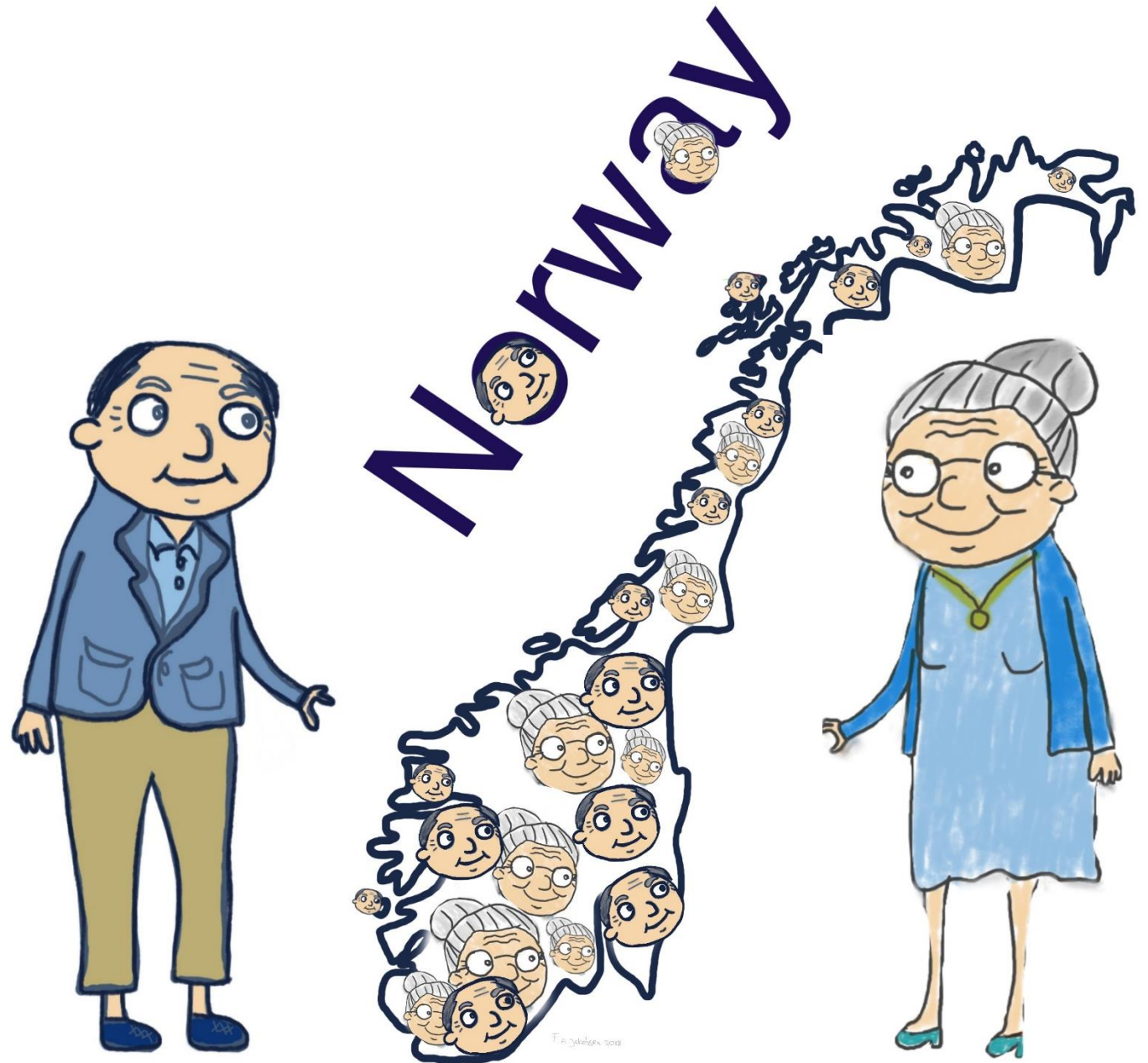
The population is getting older

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?

# Reablement

Norwegian context

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



# Next of Kin

Important support for older adults receiving rehabilitation at home

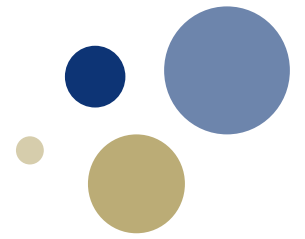
Collaboration with next of kin should be included in all health services

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

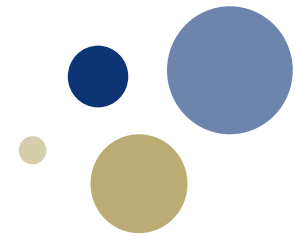
Families can be complex and, in many cases, extensive

(Bonder 2006, Bøckmann and Kjellevold 2015, Jakobsen and Vik 2018, Tamm 1999, WHO 2015)





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**

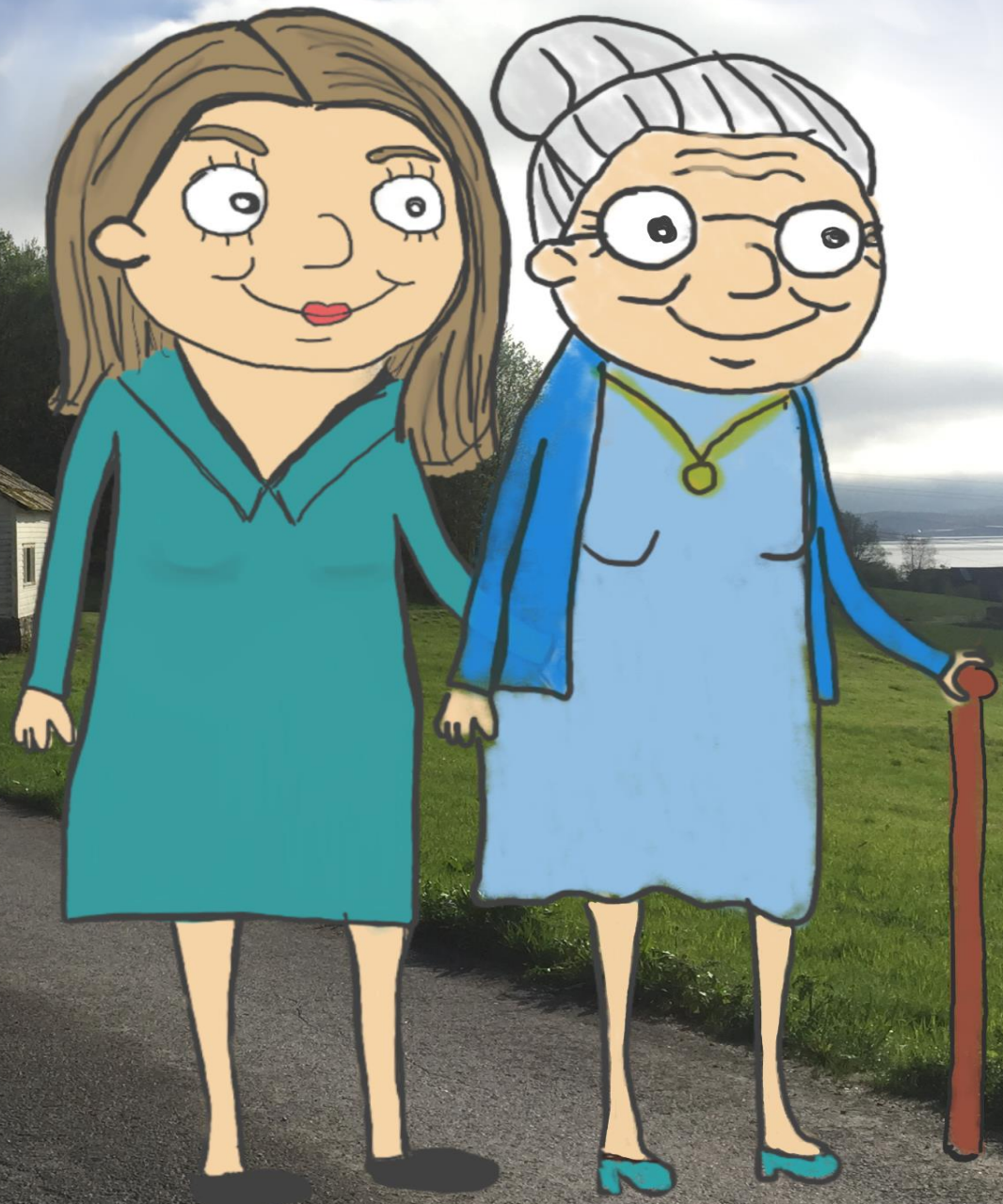
Interviews (50 -120 min)

### **Analysis**

Constructivistic grounded theory inspired by Charmaz (2014)

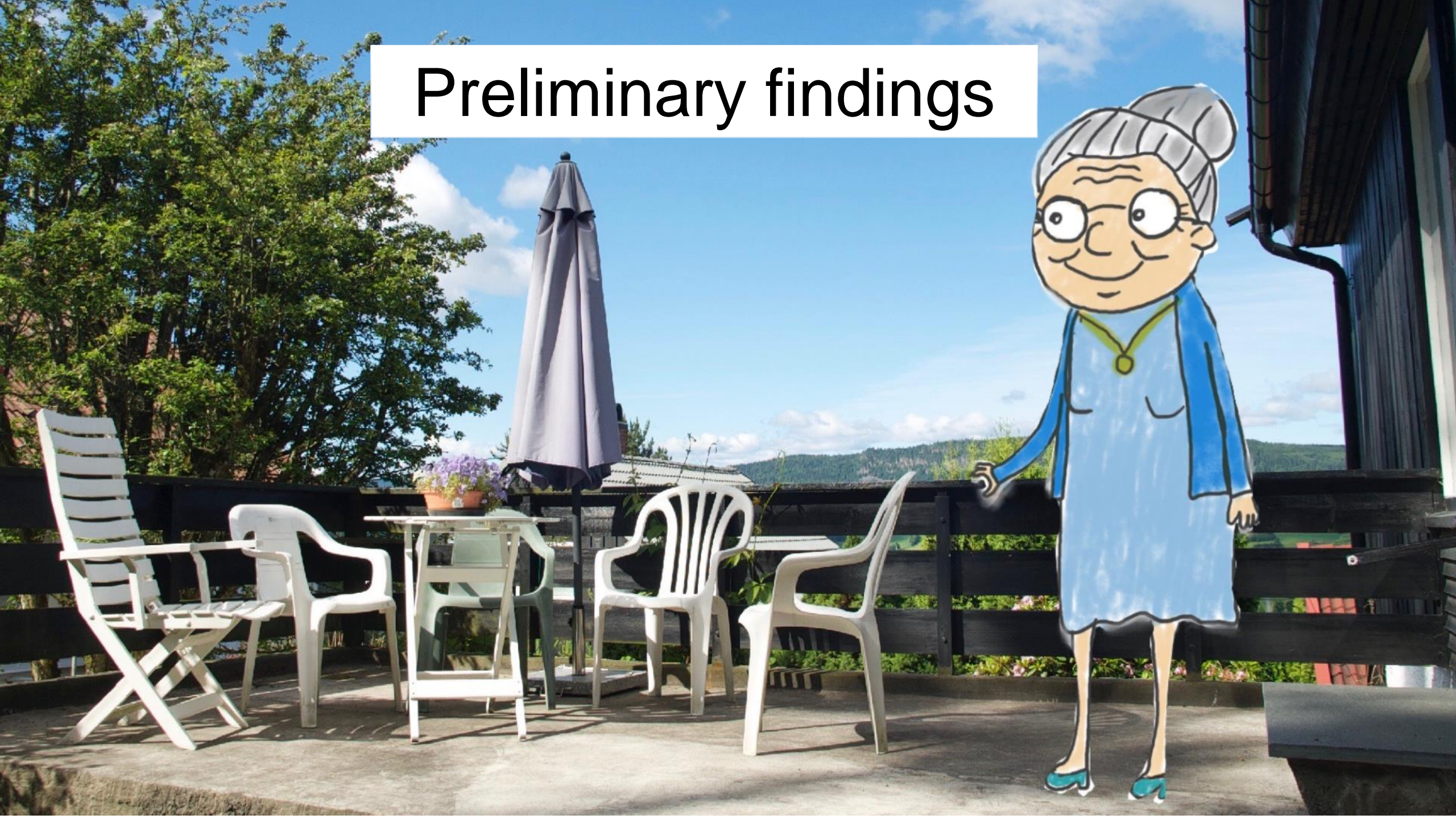
Software program Nvivo 11

Preliminary findings





# Preliminary findings



# Preliminary findings



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



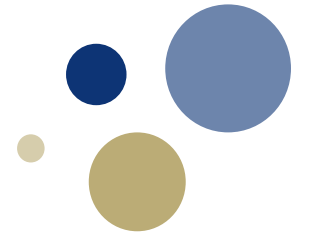
# Conclusion

Trying to maintain family occupations

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



# Literature



Bonder, B. R. (2006). Family occupations in later life. *Journal of Occupational Science*, 13(2-3), 107-116.

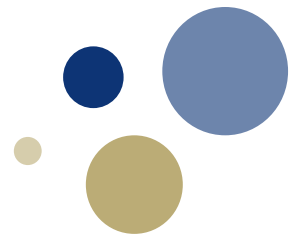
Bøckmann, K., & Kjellevold, A. (2015). *Pårørende i helse- og omsorgstjenesten : en klinisk og juridisk innføring* [Next of kin in health and care services: a clinical and legal introduction]. (2. utg. ed.). Bergen: Fagbokforl.

Jakobsen, F. A., & Vik, K. (2018). Health professionals' perspectives of next of kin in the context of reablement. *Disability and rehabilitation*, 1-8.

Sims-Gould, J., Tong, C. E., Wallis-Mayer, L., & Ashe, M. C. (2017). Reablement, Reactivation, Rehabilitation and Restorative Interventions With Older Adults In Receipt of Home Care: A Systematic Review. *Journal of the American Medical Directors Association*.

Tamm, M. (1999). Relatives as a Help or a Hindrance-A Grounded Theory Study Seen from the Perspective of the Occupational Therapist. *Scandinavian journal of occupational therapy*, 6(1), 36-45.

WHO, W. H. O. (2015). *World report on ageing and health. 2015*.



Thank you for your attention

Research group reablement



[Fanny.a.jakobsen@ntnu.no](mailto:Fanny.a.jakobsen@ntnu.no)