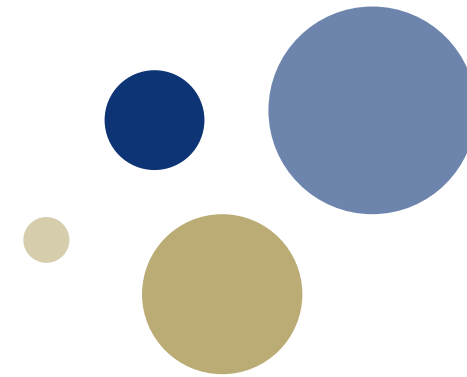


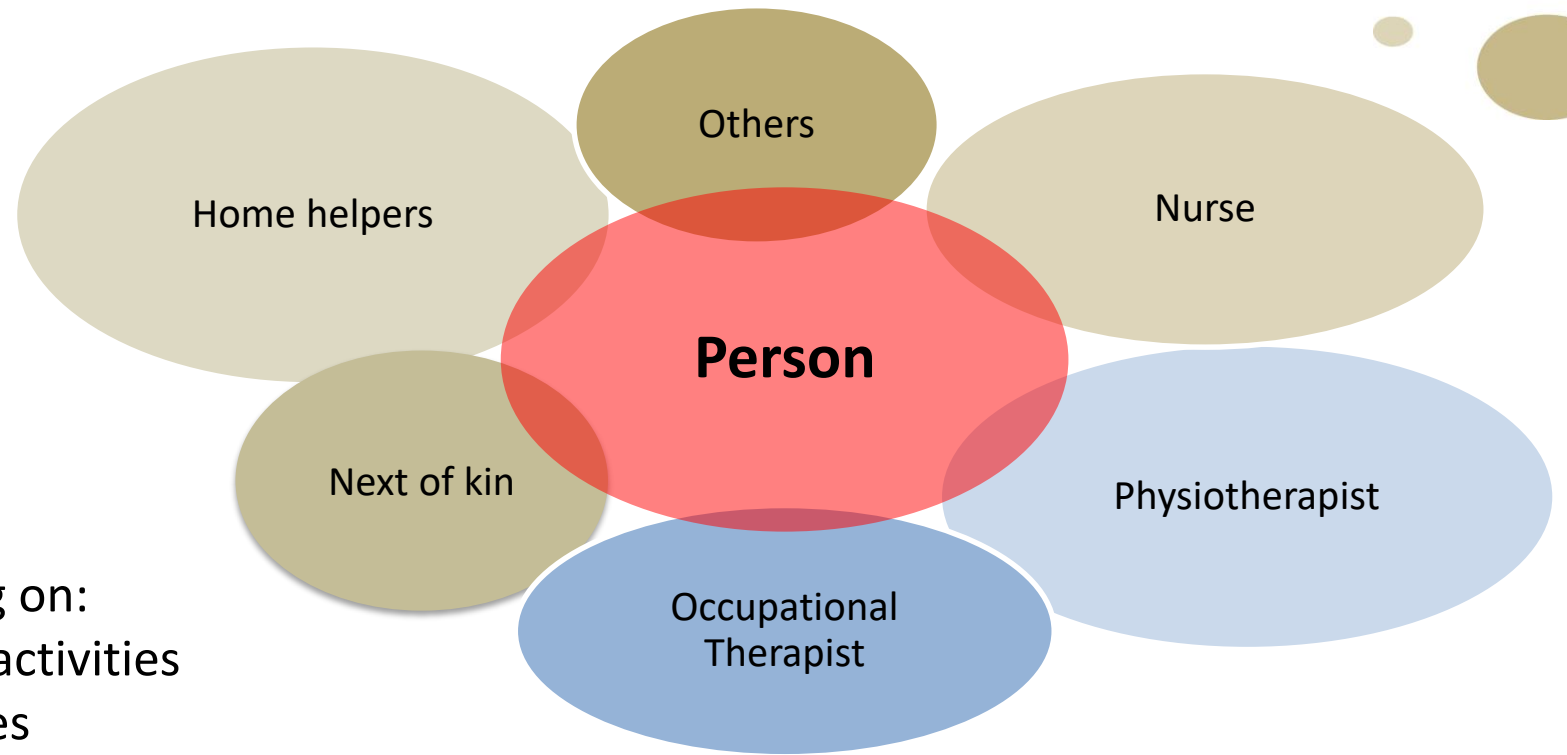
***Aiming for participation in daily
activities through reablement
- a qualitative study***

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Background



Person centered process

Rehabilitation mindset, focusing on:

- performance of meaningful activities
- participation in daily activities

Public home-based service - multidisciplinary teams

Active aging and living an independent life

Method

Aim:

To describe the older adults
expectations and **experiences**
with the reablement

- Explorative design
- N=10 (4 M & 6 F), age 70 – 94
- City- and rural living
- In-depth interview

- Data analyzed using systematic text condensation (STC) strategies



Results



The reablement process

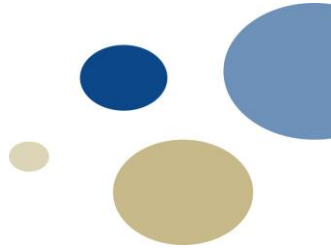
- Goals and achievements, becomes clearer during the process
- The service providers role; observer and instructor

“I have not been this physically fit if I haven’t had reablement..... I must be honest It does me well, really”

(Kristin, 70)

“...last time I was praised a little on my balance, witch I’m not so good at. I don’t know if it was only to comfort me, but at least I was praised ” *(Marie, 87)*

Results



Performing meaningful activities and using coping strategies:

- Motivation
- Sense of security
- Performing activities differently

“This (reduced physical function) is something you just have to get used to. It is nothing to do about it, that’s for sure.... I keep on trying; until I get it done....I think it is good to manage it by myself” (Karen, 87)

Results

Social network promote participation in daily activities

- Neighbors, friends and family having different roles; helpers and social contact



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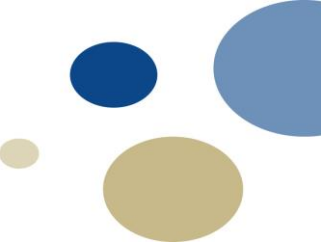
Conclusion

the older adults **expectations** and **experiences**
when aiming for participation in daily activities

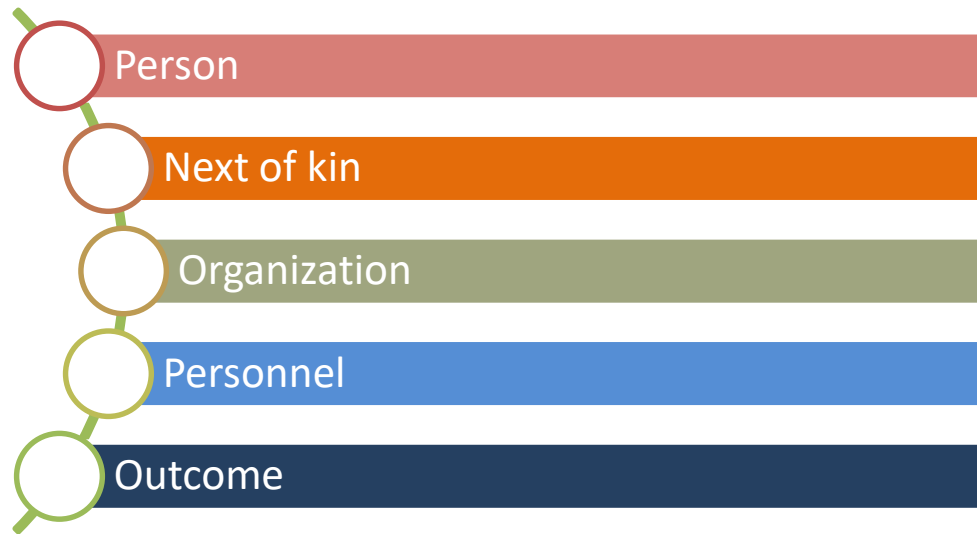
Experience activities
in a **safe setting** and feeling
sense of security

**Exploring and testing coping
strategies** with the service provider
when performing activities

Involving and strengthening
the **social network**



Reablement research areas



Thank you for your attention!



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