

A different perspective: older adults' views on healthy living in order to optimize person-centred health promotion

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Today's presentation



Picture: Alice Mahran fotografie

Background

- Unhealthy behavior increases risks on functional decline and mortality
- Greater burden on health and social services
- Challenge for health professionals
→ promote healthy aging, how?

References: (Abellan Van Kan et al. 2008; Etman et al. 2012; Ahmed et al. 2007; Kupper et al. 2011; Steverink, 2014).

Research focus

Exploring older adults' perspectives:

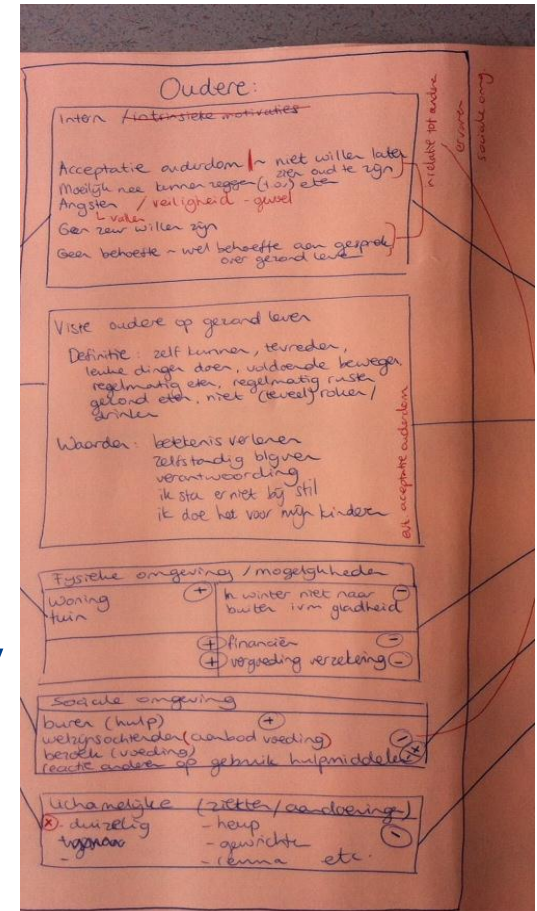
- healthy living
- interactions with professionals

These perspectives are necessary to provide **person-centred** health promotion

Methods

Qualitative study:

- In cooperation with 4 nursing students
- 18 semi-structured interviews
- Age range 55-98 (average age 77,8)
- Living in Zwolle and Hoogeveen (origin from the Netherlands, Morocco, Turkey and Iraq)
- Framework analysis



Picture: Mapping and interpreting the data

Results

Three themes emerged:

1. Daily routines and staying active;
2. Accepting and adapting;
3. Autonomy and reciprocity.

Theme 1: Healthy living, daily routines

- Rust, Reinheid en Regelmaat (Rest, Purity/Cleanliness and Routines)
- A balanced diet
- Moderate alcohol intake
- No smoking



Picture: rtvkanaal30

Quote theme 1: Healthy living, daily routines

‘Having moments of rest and eating at regular times, structure your life with fixed moments, so, going to bed in time, getting out of bed in time, having breakfast in time, and lunch and dinner... having routines in life.’ [Dutch man, 85 years]

Theme 1: Healthy living, staying active

- ‘Still being able to do things by myself’
- ‘Going out with friends’
- ‘Go to yoga or doing sports’
- ‘Taking care of others’



Picture: invoorzorg.nl

Theme 2: Accepting and adapting

- Older adults face new challenges
- Changes in their bodies
- Changes in their social network

Quote theme 2: Accepting and adapting

‘My mobility is limited, no matter how I look at it, that’s just the way it is. Given my age, I can accept it. It is more difficult when you are 25. When my leg was amputated, I was almost 80 and when I realize how many things I can still do at my age, I can only be grateful.’ [Dutch man, 85 years]

Quote theme 2: Accepting and adapting

'Then I get so angry with myself, and I think, darn! And then I see someone much older than me walking so briskly. Then I think, "Goodness me, I should still be able to do that too!"
[Dutch woman, aged 70]

Theme 3: Autonomy and reciprocity in the interaction with professionals

- Being autonomous
- Keeping things to yourself
- Equal relationships – sharing stories
- A relationship of trust

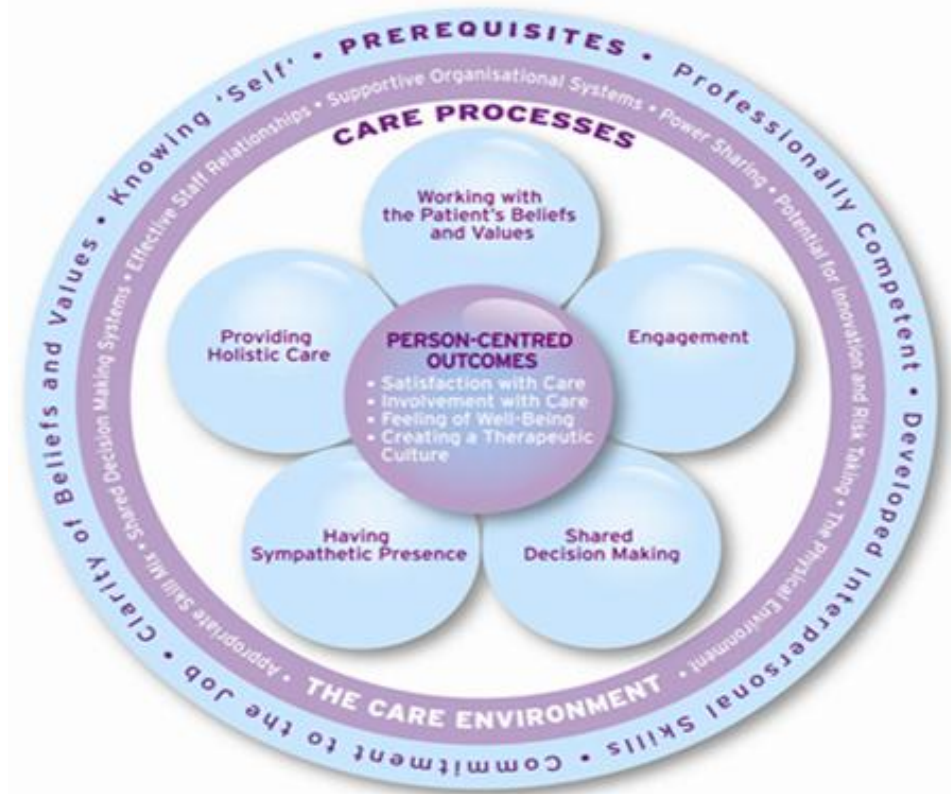
Quotes theme 3: Autonomy and reciprocity in the interaction with professionals

‘Providing help is much nicer than asking for it. ’ [Dutch man, 85 years]

‘Well... we never talk about that. We never talk about my health. There are so many other topics that are more important than my health. (...) The more you talk about it (one’s health), the worse it makes you feel (laughs). ’ [Dutch woman, aged 98]


Conclusion (1): person centred health promotion

- Older persons have a holistic perspective on health:
→ **Providing holistic care**



Conclusion (2): person centred health promotion

- Take into account their views and perspectives on healthy living → **Working with patient's beliefs and values; every one is unique**
- Older persons value equal relationships of trust, autonomy is important: → **Shared decision making; engagement; sympathetic presence**



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Thank you for your attention

Questions?

Picture: Alice Mahran fotografie