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Research Skills for Social Services Mentoring Programme

PROJECT ABSTRACTS



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An Exploratory Study to Understand Elderly's Response to a Psychoeducational Intervention that Seeks to Prepare Elderly for Long-Term Care in Nursing Homes

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An Exploratory Study to Understand Elderly's Response to a Psychoeducational Intervention that Seeks to Prepare Elderly for Long-Term Care in Nursing Homes

Shayenne Tan (SingHealth Community Hospitals)

Singapore is facing an aging population with shrinking family units and dual-income families resulting in a decline of family members available to care for aging parents, leading to an anticipated increase in demand for long-term institutional care particularly nursing homes. Previous studies have shown that nursing homes are negatively perceived by elderly and the transition to a nursing home is a difficult process. In local hospital settings, the discussion of nursing home placements for the elderly often stirs up negative emotions and may result in unnecessary prolonged stay in the hospital because there are no safe discharge plans in place. Many studies included recommendations and suggestions to help the elderly cope with their transitions but there is a lack of interventions that are tested and evaluated for their success. There is however, an emphasis on education and preference components when designing an intervention. In this short study, a semi-structured face-to-face individual interview was carried out with 7 participants, 65 years old and above, to uncover their perceptions towards long-term care in nursing homes. There are similarities in this and previous studies on perceived reasons contributing to placement not limited to frailty and poor social support, as well as the negative perceptions towards nursing homes which can be categorised into four main themes – environment, economic, provision of care, and psychosocial needs. The participants were then shown a set of materials containing updated information on the facilities and services provided by nursing homes with the intention of challenging and ideally, improving their existing perceptions. In essence, participants were surprised when they flipped through the materials detailing the infrastructure and activities in nursing homes. They were intrigued by the development, activities and entertainment available to engage nursing homes' residents and they attributed the improvement of nursing homes to the government. This sense of trust in the government for progress and upkeeping standards is a unique finding from this study because it helped to set the foundation of the improvement of perception towards long-term care in nursing homes for elderly.



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