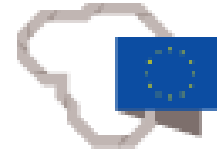


**Vilnius
University**



**Research
Council of
Lithuania**



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***“I never thought I will end up here”*: nursing home relocation decisions among Lithuanian older adults**

The presentation is part of the project *“Preconditions, motives and process of (in)formal care choices: the perspective of informal carers”*. This project has received funding from European Social Fund (project No 09.3.3-LMT-K-712-23-0192) under grant agreement with the Research Council of Lithuania (LMTLT).

Introduction

- ❑ Strong family care tradition
- ❑ 2,8 million residents, 19 per cent are older than 65
- ❑ Nursing home relocation is one of the most significant and challenging experiences in older age.



Research design and sample

- ❑ Biographical interviews with 25 older people (9 men, 16 women)
- ❑ K. Charmaz's constructivist version of grounded theory, and Ryan and Deci's self-determination theory
- ❑ Nursing homes located in Vilnius city (capital of Lithuania) and its district
- ❑ **The aim of the research** was to explore the identity continuity of older people after relocation to a nursing home.

Results

Relocation decision-making process:

- I. nursing home relocation rationalization;
- II. role in and control of the decision-making process;
- III. reflections on the relocation decision and its outcomes.

I. Nursing home relocation rationalization

Care decisions are not openly discussed – family care is expected.

- Unavailability of family members to provide care due to “*important reasons*”
- Not wanting to be a burden to one’s children
- Lack of social support in the community

II. Role in and control of the decision-making process

- ❑ Shared decision-making

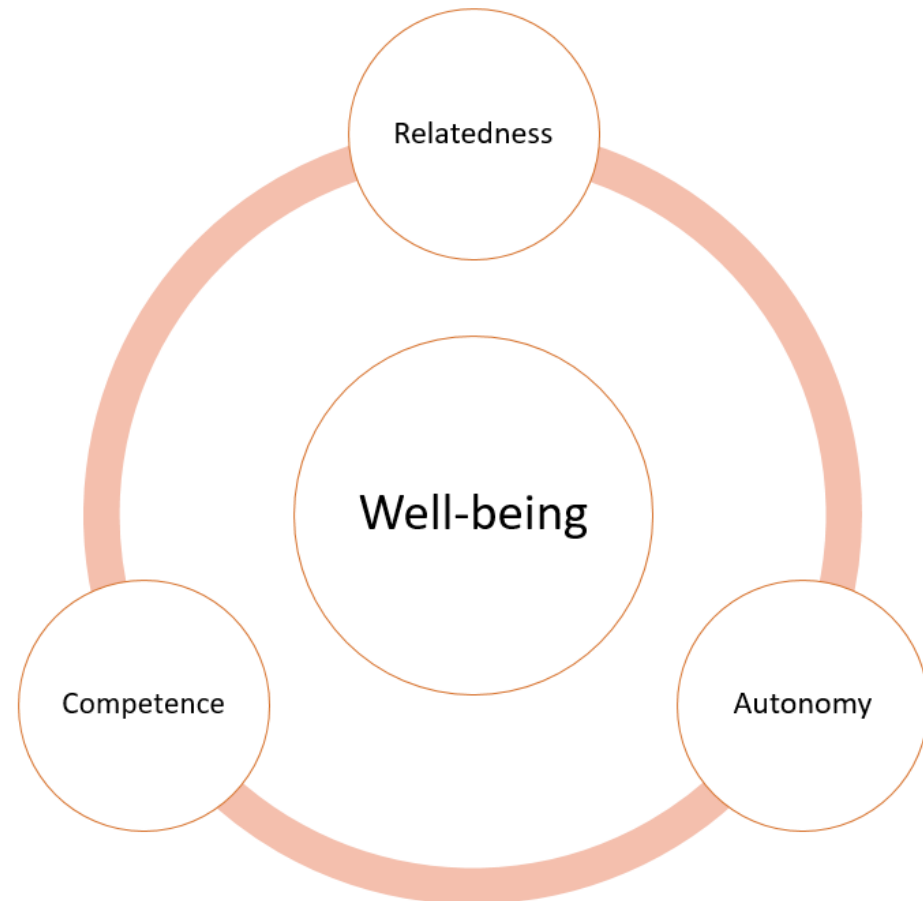
- ❑ One sided decision-making
 1. Older person vs. the family
 2. “*Behind my back*”

III. Reflections on the relocation decision and its outcomes

- ❑ Accessibility to a variety of social services and enabling physical environment
- ❑ Increased frequency of social interactions
- ❑ More opportunities to engage in meaningful leisure activities

Conclusions and implications

- Relocation to the nursing home – the end or new opportunity?
- Potential of life in a nursing home to foster the sense of wellbeing?
- Challenges to (in)formal care organization?





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Thank you!

CONTACTS

Dr. Jūratė Charenkova

Email:

jurate.charenkova@fsf.vu.lt