

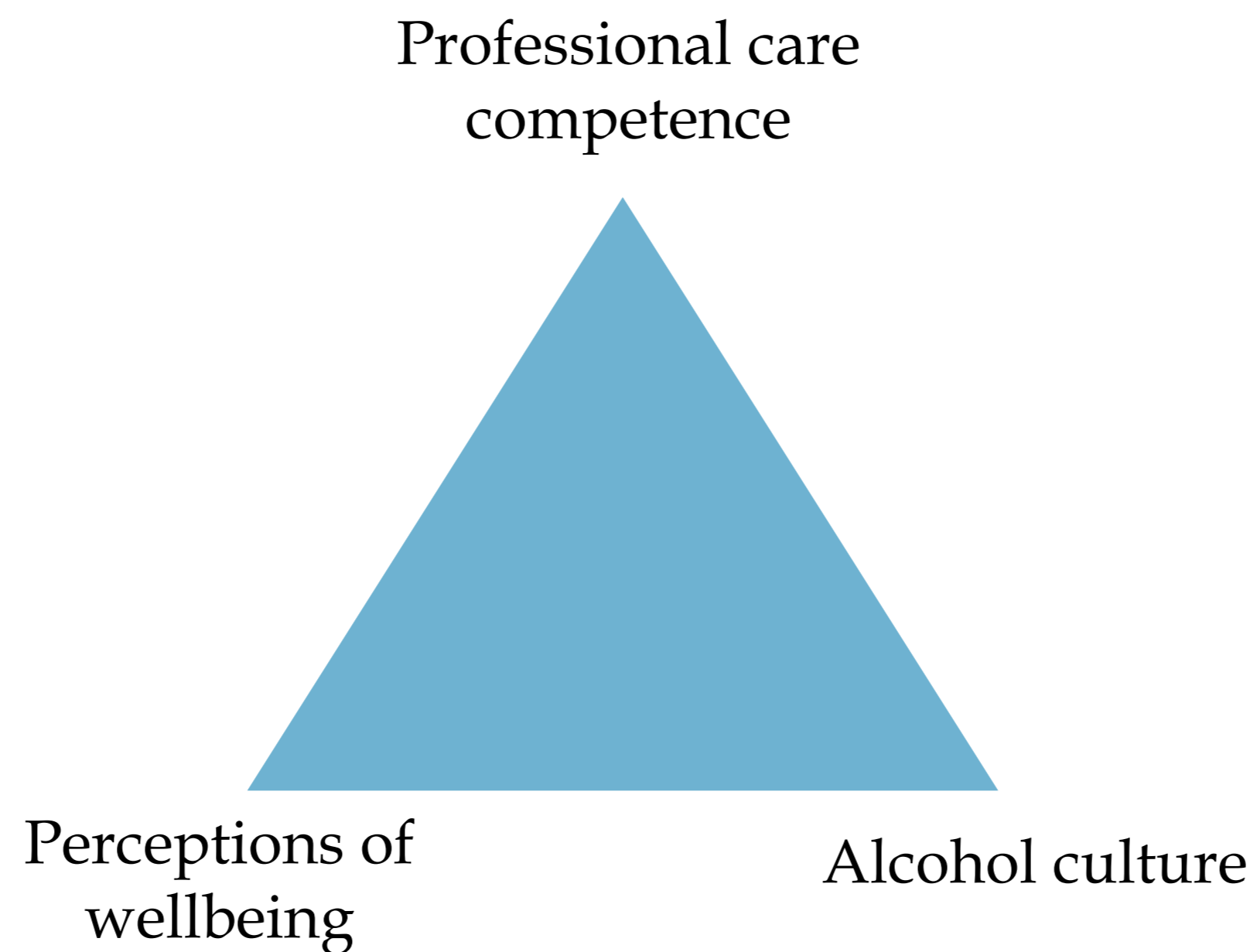
# Elderly wellbeing and alcohol

## – a difficult cocktail?

### Background

An increasing number of older adults at 60+ years drink more alcohol than earlier. Because of the so-called "baby-boomer" generation, care facilities face a larger intake of care-needing older adults in the future. Hence, there will be more care-needing older adults with large use of alcohol in the future. These older adults have a different perspective on the role of alcohol in their life and well-being than previous generations. This conflicts with the stated goals of care work on harm reduction and life prolongation. Consequently, it is necessary to make care work more effective while still taking care of the wellbeing of the individual.

### Dilemma



### Wants from the municipality

Early discovery of alcohol issues  
Preventive measures  
Tools to manage alcohol in care homes  
Mapping of initiatives already taken  
Clarification of concepts: wellbeing and life quality

### Theory development

Practice-oriented theory of wellbeing  
Practice-oriented theory of sensitivity for wellbeing  
Identification of values in spoken language  
Phenomenological description of the experience of care

**Status:** Phase one has been concluded, phase two is ongoing and phase three has just been initiated.

**Aim:** Development of a product to assist value conflicts in everyday care work.

#### Phase 1: Exploration

Observations in five care facilities and 25 interviews with residents, care workers, relations and managers.

#### Phase 2: Mutual interpretation

Workshops with care workers and managers based on the findings in phase 1.

#### Phase 3: Product development

Product development based on the workshops and data.

#### Phase 4: Implementation

Implementation of the product in everyday care work.

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#### Issues identified:

Care work is difficult with a heterogenous group of residents  
Communication with residents needs to be more open

#### Practice/participants

Practical assistance Hovergården  
Home care facility Sofiegården  
Care facility Bakkegården  
Temporary placement Gulkrog  
Care facility Bakkeager

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#### Draft tools for implementation in practice

#### Vignettes

A series of vignettes that describes typical value conflict situations in care work. For use in staff meetings and to be implemented in the digital journal system. For reflection and discussion.

Also suggested to be made as videos.

#### Improved initial interviews

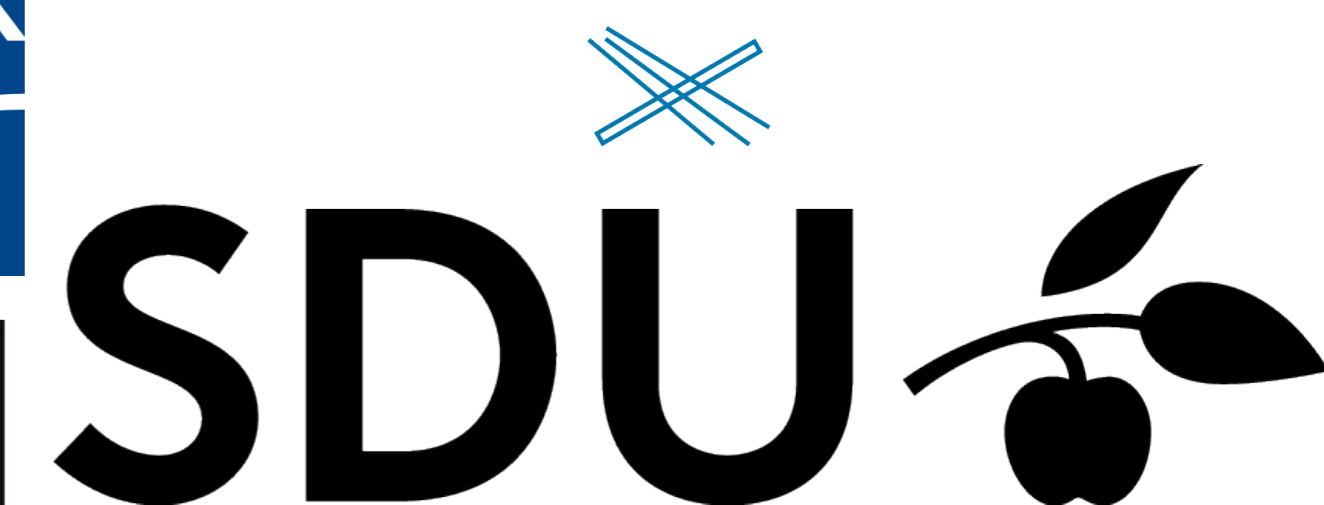
Initial interviews with new residents in care homes and home care will be improved with a heightened focus on open-ended questions and information gathering.

#### Cue cards

Either as actual cue cards or implemented in digital journal system: Prompts to remind the care worker to use open-ended questions in their dialogue with residents. To co-create something meaningful for the resident and useful for the care worker.



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The authors state that they have no conflicting interests.