

The Impact of Family Support on the Well-being of Older Adults Living in Nursing Homes

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Purpose

- ✿ Describe the types and impact of family support on older adults in nursing homes.
- ✿ Explore the different types of family support on the well-being of nursing home residents.
- ✿ Staff in nursing homes to gain a better understanding about the role of family support.
- ✿ Increase public awareness and evidence through research about family support.

Methods

- ✿ A qualitative research study
- ✿ Setting: one Christian-based Seattle nursing home
- ✿ Written consent obtained prior to interview
- ✿ Charge nurses as the intermediary
- ✿ Inclusion criteria:
 - * Permanent residence in facility
 - * 55 years of age or older
 - * Regular contact with their family (at least once a week)
 - * Cognitively and physically able to sign the consent form and participate in interviews.
- ✿ One interview that involved 3-4 open-ended questions

Results

- ✿ N=13 (12 women and 1 man), with mean age = 86
- ✿ Family support has significant impact on participants' well-being.
- ✿ Themes organized into three subcategories:
 - * Tasks that families provide participants
 - * Impact of family support on the participants' emotional well-being
 - * Impact of participants on their own families (from participants' perspective)

Table 4. Themes

Tasks that Families Provide that Helps Residents get by on a Day-to-day Basis:

- ✿ Praying for them
- ✿ Decorating their room
- ✿ Doing their laundry
- ✿ Bringing gifts (e.g., candy, quilts)
- ✿ Assisting them with ADLs
- ✿ Financial support
- ✿ Attending care conferences
- ✿ Shopping for them
- ✿ Talking with them about everyday things.
- ✿ Intellectual stimulation (e.g., engaging in political discussions, educating them about various topics)
- ✿ Taking them to outings (e.g., church, shopping, appointments, nearby restaurants).

The Impact of Family Support on Residents' Emotional Well-being

- ✿ Feels happy or excited when family visits
- ✿ Feels sad when family visits or does not visit because it reminds them that they live so far away
- ✿ No effect
- ✿ Enjoys their company
- ✿ Feels glad to see family when they visit, but don't think much of family when they don't.
- ✿ Feels useful and important when they can be of help to their family

The Impact of Residents on their Family (from their perspective)

- ✿ No effect
- ✿ Burden to family
- ✿ Feels happy knowing participants are doing okay
- ✿ Sometimes family feels happy, sometimes family feels sad
- ✿ Has a good time when they visit
- ✿ Happy to see participants
- ✿ Glad to receive advise from participants
- ✿ Aware that participants pray for them

Conclusion

☀ Limitations:

- * One Christian-based nursing home
- * Small and homogenous sample
- * Convenient sample.

☀ Families can contribute to the well-being of nursing home residents in so many different ways.

☀ Nurses and staff in nursing homes can incorporate the findings into their practice.

☀ Follow-up studies