

## A REVIEW ON CARE TAKING OF OLD INHABITANTS IN NURSING HOME

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### ABSTRACT

The idea of health in old age is regularly primarily based totally at the concept of a hit getting old, which emphasizes independence, activity, and autonomy. However, for the oldest old who stay in nursing homes, attaining those desires is regularly difficult. A meta-ethnographic technique was used to study and interpret the enjoy of health, or lack thereof, by old inhabitant in institutional care settings. It was concluded that whilst institutional care environments won't continually sell health, it's far feasible to foster existential health via way of means of transferring the focal point from beliefs of a hit getting old to care practices that prioritize relationships and renowned the realities of decline and dependence.

**Keywords:** Old man, Care, Well-being, Nursing homes, Inhabitant.

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### INTRODUCTION

Well-being amongst older people is a subject that has won growing hobby and relevance. As the worldwide populace maintains to age rapidly, there may be a developing cognizance on knowledge the way to age well. This is obvious withinside the have an impact on getting older paradigm [1], which commonly specializes in the well-being of youthful old. The idea of a success getting older normally emphasizes independence and autonomy, as opposed to dwelling in a nursing domestic. However, for lots of old people, stepping into a nursing domestic can be the simplest possible alternative as their care desires increase. This transition frequently brings approximately combined feelings and extensive modifications of their

lives [2, 3]. In many Western cultures, nursing homes are visible as the alternative of getting older well, as they constitute a reliance on others this is frequently dreaded. Despite criticisms of the success getting older paradigm [4, 5], the well-being of nursing domestic citizens has commonly been studied primarily based totally at the implicit assumptions of this paradigm. Well-being is frequently explored as a measurable idea, which includes via the lens of nice of existence or adjustment to getting older. A current assessment tested well-being in nursing homes from the holistic attitude of thriving [6]. However, there was no assessment up to date that tries to synthesize findings at the well-being of oldest old nursing domestic citizens via an existential

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well-being lens. As the worldwide populace maintains to age and those stay longer lives, the want for care withinside the destiny will drastically increase. It is critical for us to have a deep knowledge of the complexities of well-being in old age and the way people revel in care. This knowledge will make sure that destiny care answers prioritize well-being and dignity. By using the meta-ethnographic technique in analyzing present literature, we examine the findings on well-being on existential well-being. The idea of being at home in a nursing domestic is specifically extensive because it represents each a domestic and a non-domestic environment. This anxiety sheds mild at the demanding situations confronted with the aid of using the oldest old citizens in nursing homes in relation to reaching well-being [7]. The dominant notion for decades has been those successful aging entails keeping independence, staying active, being productive, and attractive with lifestyles nicely into the old age. This is taken into consideration achievable and suited for plenty humans of their 60s and beyond. However, this paradigm of success ageing turns into more tough to reap as bodily and cognitive skills decline, for the ones over 85 years old. Challenges inclusive of frailty, persistent illness, decreased mobility, disability, and social vulnerabilities frequently make older people reliant on care. The revel in of very old age, additionally referred to as the fourth age, is visible as incompatible with the beliefs of a success ageing. Nursing homes are related to notions of frailty, decline, and a dwindled feel of self. They are frequently visible as unwanted and a destiny to avoid, even worse than death. Life in a nursing domestic is starkly exclusive from the beliefs of a success ageing, characterized via way of means of dependency, immobility, passivity, and disengagement. These elements of being now no longer align with the belief of happiness

or a successful personhood withinside the dominant neoliberal mindset. Therefore, it's far more critical to discover the way to foster a nice being in surroundings which could project one's feel of self. Nursing homes are institutions, both public or private, that offer 24-hour take care of folks that can now no longer stay independently because of complicated fitness needs, disabilities, or vulnerabilities. It is critical to apprehend that nursing domestic populations, staffing practices, and the extent of care supplied range throughout countries. In the 1950s, sociologist Peter Townsend carried out a widespread have a look at on British nursing homes and observed that many had been of terrible best, main to a critique of institutionalized care on the time. In current decades, there was a motion in the direction of way of life alternate in nursing homes, moving from a task-oriented, scientific version of care to a individual-focused technique. The center precept of individual-focused care is to prioritize the complete individual and their best of lifestyles via way of means of empowering them to make their very own decisions.

However, the idea of well-being for the oldest citizens in nursing homes might not align flawlessly with the person-targeted and a hit growing older models. The transition from the 1/3 to the fourth age is commonly marked via way of means of a decline in health, and this transition isn't always completely decided via way of means of chronological age. In fact, a lower in bodily and/or cognitive wellbeing regularly accompanies this transition. This gives a paradox when thinking about the capacity for wellbeing in very old age. Traditionally, wellbeing has been considered as the other of struggling. Well-being is regularly classified into regions consisting of bodily, social, and emotional well-being. However, the dwelling-mobility framework seeks to conquer the constraints of those differences via way of means of

expertise the underlying systems that contribute to all sorts of wellbeing. In the context of a hit growing older, those classes are regularly related to cultural values consisting of social activity, productivity, mobility, independence, autonomy, and choice. These understandings mirror a selected cultural angle on what it approaches to stay a satisfying lifestyle in old age. It is critical to understand how this best of a hit growing older shapes our ideals and norms surrounding wellbeing withinside the growing older process. Successful growing older, prompted via way of means of neoliberal thoughts of personhood, is regularly visible because the final purpose of old age and serves as the usual via way of means of which very old age is measured. However, while considered through this lens, the realities of very old age might not meet those expectations. It is important to well known that conceptions of wellbeing are cultural constructs and now no longer objective, evidently happening phenomena.

#### **METHOD**

In addition to imparting a synthesized interpretation of present research, a meta-ethnography ambitions to make contributions to theory [8]. The articles decided for this evaluation have been selected to decorate our knowledge of ways well-being for the old is or isn't constituted in nursing homes [9, 10]. Subsequently, the principles have been synthesized right into a higher-order interpretation. Additionally endorse that care practices can both humanize or dehumanize individuals [11].

#### **INSTITUTIONALIZATION**

Institutionalization is a subject that arises in all of the research to few extents, and its effect on well-being is complicated. Several research exhibit the anxiety among the disappointment of being in a group and the comfort of getting care available. This anxiety represents the variety of care stories from holistic to reductionistic [12]. Our

evaluation identifies a hassle called 'failing our bodies in failing structures'. This idea displays the mismatch between the desires of getting older our bodies and the rigid bureaucratic structures, which may be located throughout a couple of research [13]. Nursing domestic structures frequently warfare to satisfy the complicated needs located on them due to the fact they're located someplace among a domestic, hospital, hotel, and hospice. The developing hole among the aim to take care of failing our bodies and the fact of regular practices inside a failing gadget is likewise captured with the aid of using the metaphor of 'craquelures'. The concept that nursing homes are institutional settings and citizens' homes is emphasized with the aid of using the idea of well-being as at-homeness. While nursing homes require a few stages of paperwork to function, they're additionally intended to be a domestic for his or her citizens. Therefore, if well-being is deeply linked to feeling at domestic, however the literal domestic is relatively alienating, then the well-being of citizens is already compromised from the beginning. Entering nursing domestic care includes a procedure of resocialization for citizens. They ought to adapt to brand-new surroundings and study new guidelines and routines. While a few citizens locate the nursing domestic to be an alleviation and a development from their preceding situation, the transition from a personal domestic to a shared public area may be hard for many. Life in a nursing domestic is frequently relatively established and regulated. Residents frequently describe themselves as being "slaves to the routine." Some even sense imprisoned and lengthy for his or her old homes. This longing ought to replicate a deeper preference for a experience of being at domestic withinside the global or a sense of existential well-being. In a nursing domestic, there may be a hazard of feeling misplaced withinside the crowd and dropping one's experience of adulthood. The strain to

comply to institutional lifestyles can influence citizens' experience of self, and while those needs turn out to be excessive, it is able to lead "homogenization," which diminishes the individual's particular identity.

A habitual subject in institutionalization is the anxiety among citizens' want for interest and the busy schedules of the personnel. Residents require realistic help from personnel, however in addition they crave emotional interest. Several research factors out the shortage of time amongst personnel contributors, even though the precise motives aren't continually mentioned. In a few cases, laundry takes precedence over getting to a resident in pain. Other times, the gadget calls for written individualized care plans which are hardly ever implemented. This gadget creates a double failure - it forces personnel to provide office work that does not advantage the resident, at the same time as additionally decreasing their potential to reply to citizens' needs. Dehumanizing care practices are now no longer the best motive for homogenization amongst citizens however additionally amongst personnel contributors. Excessive administrative needs can divert personnel strength and interest far from what it needs to be, main to personnel disengagement. This offers citizens the impact that personnel are extra inquisitive about recurring work. Inconsistency amongst personnel contributors hindered the improvement of an experience of homeliness and agree with. Constantly having to engage with new personnel brought about confusion and uncertainty. Moreover, a few care personnel lacked the potential or willingness to offer the right care. Multiple examples of negligence had been discovered withinside the research, inclusive of citizens being scolded via way of means of personnel for soiling themselves, being treated in a painful manner, and having their pants pulled down at the same time as strolling to the toilet.

Waiting additionally brought about struggling and made citizens lose agreement with their caregivers. These examples show care disasters and constitute the dehumanizing factors of care, leaving citizens feeling objectified, passive, and stripped of meaning. In those care institutions, the focal point on obligations as opposed to individuality hampers citizens' well-being. Over time, citizens begin embodying the institutional order and prevent soliciting for help [14-16].

### **SIGNIFICANCE OF BEING HONORED**

A not unusual place subject matter at some point of the protected articles is the significance of being identified as a person. This may be defined as being visible or having a voice and being listened to. It also can be defined as mattering. Affirmation withinside the courting with caregivers makes the resident experience that they matter, that they're 'a somebody.' The reciprocity withinside the courting, inclusive of communication or sharing stories, makes citizens experience a part of a network and is critical for well-being. On the opposite hand, being disregarded and left by myself all day makes citizens experience like they do not exist. They frequently describe feeling invisible or dwelling in silence. Reciprocity additionally lets citizens to just accept being cared for. This may be tough for citizens who cost independence. However, whilst caregivers push aside the resident as an entire person, it could cause emotions of objectification. This can take the shape of neglecting the citizens' wishes or maybe mistreatment. These times are a part of a bigger trouble of entrusting one's frame to institutional care, which entails a combination of trust, fear, humility, and acceptance. The intersubjective presence that happens whilst carers supply their complete interest to citizens is critical in nursing domestic care. This is particularly critical due to the fact citizens frequently experience

remote from the outdoor network [17]. To sell well-being, it's miles vital to counteract emotions of isolation and alienation. One manner that the workforce set up a presence with citizens is through listening. Residents have a sturdy choice to be understood on their personal phrases and to be visible as individuals. The capacity to brazenly explicit one's stories creates a feeling of internal freedom, which may also assist offset the depression that comes from having confined bodily and private freedom. By being absolutely gift and absolutely taking note of the resident, workforce create surroundings in which each residing, and mobility are facilitated. Residents who experience heard through their carers file experiencing contentment and well-being [18]. Feeling listened to fosters a feeling of connection, which in flip ends in a feel of mattering. Although the character of mattering may also alternate in old age, it remains a critical supply of well-being. While a few citizens take delivery of that they're now not relevant contributors of the social international outdoor the nursing domestic, others discover it tough to return to phrases with this. However, maximum citizens nevertheless choose human connection, kinship, and a feel of belonging, and that they direct those wishes in the direction of the workforce on the nursing domestic. It is the first-class of those relationships that offers that means to the lives of nursing domestic citizens [19].

#### **ENCOURAGE SOCIALITY**

Residents regularly preference a reference to their caregivers, however forming bonds with different citizens may be extra complex. Typically, citizens circulate into nursing homes due to the fact they require a lot of care, which makes it hard to set up and hold relationships. Several research have highlighted the decline of others as a habitual subject [20]. However, this subject shed mild emphasis on an essential component of wellbeing withinside the nursing domestic

context. Residents in that research describe the decline of others as stressful and unappealing, main them to keep away from social interaction. They can also additionally locate the behaviors in their co-citizens, including messy eating, drooling, shouting, or showing aggression, uncomfortable and confrontational. Additionally, witnessing the decline of others serves as a reminder in their personal potential decline. To keep away from stigma, citizens can also additionally distance themselves from the ones they understand as much less capable. The citizens set up hierarchies, growing barriers among the ones deemed extra or much less capable. This poses a mission to constructing an experience of community. In general, inclusion is critical for wellbeing. However, encouraging citizens to socialize with every different can also additionally clearly lower their wellbeing. For a few citizens, having the capacity to create distance and exclude positive people is a manner of putting forward corporation to hold their personal wellbeing. While nursing homes are inherently social spaces, the shortage of significant engagement with fellow citizens can result in existential loneliness, wherein social connections sense fractured.

#### **BUSINESS ENTERPRISE MODE**

The idea of business enterprise is found in all the research, though it could be noted differently. A research uses phrases like 'self-determination, freedom', 'influence', 'autonomy', and 'independence' to explain business enterprise. Additionally, a few research points out the 'paternalism' that citizens frequently revel in while they may be now no longer consulted approximately their preferences. When people emerge as depending on others for his or her each day desires, they frequently sense a lack of business enterprise. Agency is thought of because of the potential to behave purposefully in building one's personal life. In different words, business enterprises are

having unfastened will and taking planned movement. This knowledge of business enterprise is targeted on activity. Inner freedom refers to the liberty to preference something, like going for a walk, even as outer freedom refers to the potential to behave on that preference. In old age, business enterprise can be seriously restrained in keeping with this perspective. However, business enterprise also can be visible in a greater intersubjective space, wherein it arises situationally and may be delegated. Delegated business enterprise does now no longer imply giving up business enterprise completely; it entails trusting and consenting to any other individual appearing on one's behalf. The individual delegating keeps decision-making business enterprise even as the delegate incorporates out the actions. Delegated business enterprise differs from confined business enterprise in that it's far voluntarily entered and recognizes that one's talents can be greater restrained. Care group of workers ought to discover a stability permitting citizens to do what they are able to and helping with what they cannot do [21]. Being capable of taking movement is an essential component of wellness and identification. In phrases of dwelling-mobility, the identification measurement is noted as 'layered continuity'. The dwelling component of layered continuity is ready ontological security, or the sensation of virtually being while not having to be described with the aid of using particular identities. This turns into applicable in old age while many layers of one's identification begin to fade away. The primary feeling can convey consolation and wellness. Delegated and supported business enterprise is found in a few research, consisting of while citizens withdraw to non-public spaces, taking into consideration a feel of independence in any other case structured situation. Other research displays that the scope of business enterprise desires to be increased, however is frequently restrained

with the aid of using institutional exercises and regulations.

### **REDUCED EXPECTATIONS**

Due to the inconsistent high-satisfactory of care acquired through citizens, their expectancies were lowered. Some research recommends that reducing expectancies can result in well-being [22]. Many citizens are afraid to voice their difficulties, discomfort, or pain, fearing that it can bring about even much less care or pressure their courting with the nurses. However, a few citizens experience reputable through the group of workers even on their terrible days. In a observe, it changed into discovered that citizens who requested for assistance risked discrimination now no longer simplest from the group of workers however additionally from different citizens. The courting among citizens and caregivers includes a diploma of emotion management. Residents take the time to be likable, interact with the group of workers, and keep away from acting bothersome or demanding. In different words, they rework themselves to become 'the coolest patient'. For example, citizens try to keep composure at some stage in interactions with their caregivers. One resident in an observer defined the procedure of changing themselves to the caregivers, expertise their possibilities via facial expressions, and understanding what to speak approximately and what now no longer to speak approximately. This suggests that receiving care is an energetic procedure. Attitude is a critical issue for well-being, as highlighted in numerous research. The resident's mind-set in the direction of their situation, the nursing domestic, and their relationships determines their well-being. It is thought that mind-set is a preference made through the individual. A mind-set precedes interpersonal courting, suggesting that citizens have already determined whether they may thrive earlier than coming into the nursing domestic and its social environment.

The institutional nature of nursing homes affords a mission to wellbeing, as strict workouts can result in dehumanizing care practices. However, our findings additionally suggest that this doesn't must be the case. By imposing humanizing care practices that apprehend individuals, permit for organization, and prioritize relationships and private importance over task-orientated care, nursing homes can foster a feel of dwelling-mobility. The middle values of a success growing old - independence, autonomy, engagement, choice, and control - are challenged in old age whilst decline turns into inevitable and care wishes emerge as a priority. Nevertheless, the research covered on this meta-ethnography exhibit that those beliefs nonetheless preserve importance. In hyper-individualized cultures, which include the ones tested on this review, dependency is regularly regarded as a defeat. However, we argue that there's a deeper stage at which wellbeing may be experienced, one that does not entirely depend on accomplishing those values. Through the lens of existential wellbeing, a greater nuanced know-how of wellbeing emerges. While the beliefs of a success growing old stay influential, what is obvious throughout all the research is the importance of retaining personhood withinside the intersubjective area. Kinship, private importance, and reputation as a man or woman are on the middle of wellbeing for the elderly. The decline in aversion to other reasons ruptured social bonds, placing citizens liable to alienation. When interpersonal belonging is disrupted, care team of workers have the duty to create a area in which citizens can revel in kinship and belonging. The nurses or care team of workers may be gift withinside the courting with sufferers or citizens in ways: "being with" and "being there." "Being there" method getting to the affected person's wishes, while "being with" is primarily based totally on reciprocity. In this kind of

presence, the nurse gives their complete self, and the affected person reciprocates via way of means of inviting them into their vulnerability. In this way, the nurse and affected person are gifts to every different as entire individual. The responsive team of workers who interact with citizens' vulnerability can help hold dignity, even if the frame is weakened. Sometimes, the team of workers' loss of willingness to engage leaves citizens feeling abandoned. Being structured complicates the belief of organization, however it does now no longer always remove it. Instead, organization is expressed and negotiated withinside the area among individuals, in which it could be delegated. Therefore, accepting assistance and care turns into a shape of organization, in preference to passive receptivity. Residents try to discover stability among receiving care and preserving as tons independence as possible. When delegated organization isn't always accepted, dependence and powerlessness are heightened [23].

Attitude, as generally understood, implies a aware decision, however Heidegger argues that whilst we will impact our moods, we will constantly manipulate them. Even whilst we control a mood, we achieve this with a counter-mood. So, having the "proper mindset" can also additionally require continual effort. Moving right into a nursing domestic is a primary existence extrude and might make someone sense like they have misplaced manipulate. However, focusing an excessive amount of at the resident's mindset can cause man or woman obligation, wherein the resident is visible as entirely answerable for their well-being. This attitude oversimplifies mindset and absolves care structures in their obligation to create a nurturing environment. Transitioning to a nursing domestic is a susceptible time, and lots of citizens might not have the non-public assets or can also additionally refuse to decrease their expectations, main to anger as

an act of resistance. Adaptability can be critical in nursing homes; however, we have to apprehend that what seems like adaptability can also additionally genuinely sense like resignation. In a few cases, institutional systems prevent the established order of a nurturing environment. Care exercises in nursing homes regularly prioritize bodily care over the man or woman's subjective experience, marginalizing their experience of self. Care relationships are motivated via way of means of organizational values, reflecting broader societal values. Failures in care structures cannot be separated from society's cultural thoughts approximately growing old. Instead of medicalizing frailty, we must view it as a possibility for connection, engagement, and collaboration. The aim in old age care must be aa "impartial zone" wherein neither the resident nor the body of workers exert manipulate over every other. However, the study's findings suggest that genuine engagement, a genuine "being with" that includes attentive care, is greater precious than neutrality and lets in for dwelling-mobility. Instead of striving for a hit growing old for the oldest individuals, we must consciousness on "cushy growing old." This approach accepts care dependence, embracing vulnerability, and acknowledging mortality. It includes getting to know how to be a part of a lifestyle that values being over doing. The outcomes of this meta-ethnography align with this attitude, suggesting that a hit growing old in very old age can be futile, however opportunities for well-being nevertheless exist.

## CONCLUSION

The winning ideals approximately a success

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getting older and the narrative of decline and deficits that accompanies the transition old age. Care practices are deeply intertwined with cultural thoughts approximately getting older and well-being. Through the lens of dwelling-mobility, well-being may be nurtured along the inevitable demanding situations of old age. Humanizing care practices can counteract the devaluation of personhood through developing an existential area wherein vulnerability and well-being can coexist. The old citizens in nursing homes enjoy well-being once they experience recounted and valued through the group of workers, who cross past institutional workouts to interact in significant interpersonal encounters and deliver area for mutual agency. Fostering existential well-being cannot be performed through a fixed of quantifiable tasks; it calls for significant interactions. Thus, it's essential for the group of workers to attune to the desires of the citizens. However, the duty lies with the care structures to refocus care shipping from simply "being there" to actual interpersonal engagement in imparting care. It can be suggested that the lens of dwelling-mobility lets in for a higher know-how of the unique kinds of well-being which are nonetheless viable in old age.

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