

# **Quality of life according to frail older adults who receive municipal home care: an interview study**

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## **Background**

Given the ongoing COVID-19 pandemic, it is important to investigate how frail older adults who receive home care experience quality of life in their daily lives.

## **Aim of the study**

The aim of this study was to understand the experiences of quality of daily life among frail older adults receiving home care.

## **Methods**

16 frail older adults receiving municipal home care were interviewed. Content analysis was used to analyze the data.

## **Results**

Seven themes were found: Independence, community, meaningful activities, confirmation as a human being, nature, acceptance and security. 15 subthemes were also found. Independence brought joy and contentment and security emerged when the frail older adults received help, when they were able to do things their own way and take care of themselves and maintain their integrity. Communion through social contacts was perceived as meaningful and invigorating. Meaningful activities aroused interest and brought joy, well-being, and contentment. Affirmation as a human being was experienced when someone expressed interest in the frail older adults, and they were treated as a valuable human being. Nature provided pleasure and enjoyment. Acceptance meant inner harmony and reconciliation with one's course of life. Security emerged both on a practical level, by being cared for and receiving help, and on a deeper, existential level, by having faith.

## **Conclusions and implications**

The findings may serve as a foundation in home care for understanding how to promote the well-being, quality of life, and health of frail older adults. This understanding may be significant during the periods of pandemics and other crises.