Abstract

How do preventive home visits affect older peoples’ health and possibility for a good life in their own home? Older peoples’ experiences with preventive home visits in a Norwegian municipality.

Background: The main aim of preventive home visits (PHV) is to uphold home dwelling older people’s health and wellbeing, and to prevent or postpone functional decline and need for comprehensive health care. The interest in PHV is increasing due to expected demographic changes. The potential of PHV to improve older peoples’ health is well documented, but studies that shed light on experiences and perceptions of recipients of PHV are missing.

Aim: The aim of this study was to explore and describe older persons’ experiences with and perceptions of PHV. The knowledge gained may contribute to further development of the PHV service.

Methods: The study presented here was part of a evaluation study of PHV in a Norwegian municipality, with an explorative case study design. The present study was based on qualitative research interviews with 20 recipients of PHV, selected through stratified random sampling. The interviews were analyzed according to manifest and latent content analysis.

Results: The PHV provided security and was highly valued by the respondents. For frail elders, the PHV provided help to maintain role and preserve important functions and activities that helped them to uphold a good life at home. However, some younger, healthy seniors did not identify with the topics introduced during the visit. More results will be presented at the conference.

Conclusion: PHV helped older people to maintain good lives in their own home trough individually tailored information, facilitation and support. More differentiated follow up may be sensible.