



Living at Home or Nursing Homes? Review Article

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Received: December 09, 2022

Published: January 24, 2023

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Abstract

Background: With the growth of the elderly population in most societies and the increase of chronic diseases, the increase of care costs, the expansion of mononuclear families, a number of elderly people are sent to nursing homes.

Objective: The purpose of this study is to help choose a correct place to continue the life of the elderly

Results: A review of studies shows that nursing homes have a negative effect on the health of the elderly. And it should not be the first choice to continue the life of the elderly. The elderly who are with their families have a better quality of life and the conditions of healthy and active aging are more likely to be realized.

Conclusion: if aging is to be a good event, their lives must be accompanied by constant opportunities for health, participation, and security. In this case, we can expect an active and lively old age that is a source of support for the family and society.

Keywords: Elderly; Nursing Home; Home; Geriatric Nursing

Introduction

Healthy aging is the natural right of all people, and we should not be satisfied with just adding years to life, but we should pay attention to improving the quality of life and physical, mental and social health, and this issue is a mission for those who have been busy serving the society for a lifetime. Consider it national and do not give up any effort. Therefore, managing this irreversible wave and providing scientific and practical solutions to maintain and improve their physical, mental and social health is absolutely necessary. If healthy aging is not achieved, increasing life expectancy and longevity can be fruitless and even dangerous for the elderly and the society [1]. Therefore, the necessity of planning and applying preventive and therapeutic policies to maintain and improve the level of health is absolutely necessary.

The main issues and needs of the elderly were raised for the first time in 1982 at the International Elderly Summit in Vienna,

and since 1999, every year October 1st was named the World Elderly Day, and at the second International Elderly Summit in 2002 in Madrid, Spain, while warning developing countries Regarding the emerging phenomenon of aging, he requested to take serious measures to achieve them in 3 main axes: the elderly and social development, the elderly and health development, the elderly and empowerment [2].

The transition from youth to old age is so gradual that its changes are imperceptible, and many do not believe that one day the changes of old age will appear in them. The aging process is a physiological process and does not directly lead to illness. Old age is a sensitive period of a person's life, usually due to the passage of time and an unhealthy lifestyle, the chances of contracting chronic physical, mental and social diseases are higher, which can reduce the level of independence of a person due to physical and mental disabilities [3].

With increasing age, the degree of disability and dependency of the elderly increases, so that it is estimated that about one third of the elderly need help in their daily life activities. Currently, about 15,000 elderly people are cared in 271 nursing home in Iran, but due to the increase in the elderly population and cultural and social changes, the number of these nursing homes is increasing, especially in big cities.

Comparing the happiness of the elderly in families and nursing homes

According to the religious and cultural teachings of Iranians, the family as the first group and support community has been the main responsible for caring for the elderly. Currently, more than 90% of the elderly live with their children and spouses, which leads to the improvement of their quality of life and increased family satisfaction [5]. Although the presence of the elderly with the family improves the health of the elderly, social, economic and technological changes and transformations have caused families to undergo fundamental changes, and in some cases, the old valuable traditions have been replaced by new values, which ultimately changes the position of the elderly in the family [6].

The lack of support, insurance and comprehensive healthcare systems by government organizations along with the lack of awareness and knowledge of the family about how to care for and interact with the elderly can be one of the reasons for not keeping the elderly in the family environment despite the inner desire of the elderly and their families [7].

There is a significant difference between the level of general health and physical, mental and social symptoms in residents of homes and nursing homes. Elderly people living in nursing homes suffer from depression more than those living with their families, so that about 3% of the elderly in the family are depressed, while 15-25% of the residents of nursing homes suffer from depression [8].

Improving mental and social health is one of the main goals of the presence of the elderly with the family, and the elderly will be able to establish a logical relationship with the family and society, and most of the elderly want to be in their own home, where they have spent many years of life with the family [9]. They are usually deeply dependent and attached to the family, and the social support of families plays an effective role in reducing stress, successful

and healthy aging, and facilitating their health promotion behaviors. Talking and appreciating and thanking the elderly for a lifetime of service to the family makes them feel happy, secure and satisfied [10]. Nowadays, the transformation of extended families into nuclear ones has changed the role of family members so that children have less support role for their parents and the social exclusion of the elderly has become one of the concerns of the welfare and social security sector.

Care centers for the elderly came after the industrialization of society to help families with special problems, although these complexes could not completely fill the absence of the family [11].

Most of the elderly see nursing homes as a symbol of social isolation and they cannot adapt to it until the end of their lives, and they are always waiting for a special event to return to the family. But all the researchers and experts in the field of geriatrics believe that although in very limited cases due to the special conditions of some elderly people and the lack of a family caregiver, the elderly person is forced to go to a nursing home, but in most cases, the preference of the elderly person and the families is to take care of the elderly person. It is in the family [12].

Because the main place of the elderly is with the family and in the place where they have lived for many years and witnessed the growth of their children, and in case of necessity and need for care and support services in the form of facilities and services at home (Aging in place) is recommended. And if they don't have a family, they put forward to the nursing home as the last choice [7].

Even in cases where an elderly person is transferred to a nursing home due to special circumstances, this place should not be considered as a place of residence for the elderly until the end of their life, and we should consider every day to return the elderly person to the family again if possible [13]. If an elderly person is transferred to a nursing home, the elderly person must be informed before entering the nursing home. He should be mentally and psychologically prepared so that to minimize the negative effects of relocation syndrome, otherwise it is considered one of the worst and most difficult [14].

Life experiences affecting the elderly and families are discussed. Isolation, feeling of failure, monotony and expectation are the main

themes hidden in the life experiences of the elderly living in nursing homes, and the quality of the nursing home and the level of communication with family and community can have a reducing role in these negative experiences [5]. One of the main reasons for forced transfer is transfer by deception and transfer in a state of unconsciousness, and the elderly consider being in a nursing home a sign of their failure in life.

Therefore, if it is necessary to transfer parents to care centers, loyalty and regular communication with family, children and spouse and phone calls between visits can reduce the amount of isolation and feeling of failure in their lives [4].

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Also, adapting the environment of the centers and the design of the space to the conditions of the home and avoiding keeping them in crowded rooms along with improving the quality of services can be effective in reducing the feeling of isolation of the elderly [2]. Today, in order to prevent the transfer of the elderly to nursing homes, various community-based care models such as day care centers, home care services, sub-acute care, palliative care, complexes customized for the elderly have been created.

Therefore, the elderly person and the family have more choices

Therefore, in the leading countries in the field of aging in the world, only the elderly with severe problems, such as advanced Alzheimer's disease, who are unable to be cared for at home, are transferred to nursing homes, and therefore, due to the existence of various care models, the elderly do not have to go to nursing homes [8]. Also, honoring and respecting the dignity of the elderly during the visit by clients can help to maintain and improve their self-esteem and reduce their bad feeling of failure and humiliation.

Voluntary presence in the nursing home, regular communication and constant phone calls, active participation in the center's programs and communication with other seniors can help in their inner peace and satisfaction of staying in the nursing home and adapting to the new environment [6].

Although the main expectation of all seniors living in nursing homes It is possible to return to the family again, but little by little they realize that this expectation is impossible and the feeling of despair, hopelessness and monotony takes over their whole life [11]. The feeling of monotony and waiting for the end of life is a negative experience of being in a nursing home, which is caused by an inactive life and not participating in social programs.

Being in care centers reduces the independence, self-esteem and respect of the elderly, which leads to the loss of interests and depression symptoms.

Why do we send the elderly to a nursing home?

Although most families consider themselves bound by their religious beliefs to implement valuable religious instructions and teachings regarding the support and care of the elderly, but the physical problems of the caregivers, family limiting factors such as economic problems, unsuitable living environment and high workload, and the insufficiency of official government support It has created a situation where it becomes impossible to take care of the elderly in the family, and in many cases, despite their inner desire, they are forced to entrust their loved ones to the nursing home, which can cause severe psychological burden and stress to the families, especially since in many cases these families After transferring their elderly to the nursing home, they are blamed and social pressured [2].

Therefore, we need to ask ourselves why do families send the elderly to nursing homes? Do family caregivers of the elderly receive enough training and social and financial support?

Inefficient infrastructure

Financial problems are one of the most fundamental issues of the elderly and their families, and most families need formal and informal support, supplementary insurance and long-term care from government organizations and institutions. Unfortunately,

the insurance infrastructure and health system in the field of old age are inefficient. For example, why is the center receiving a subsidy for an elderly person who is being cared for in a nursing home, but not a subsidy is being granted to a family that is taking care of its elderly person? In eastern countries, including Iran, caring for the elderly has been considered a religious, human and moral honor and duty, and because this care is done with love and heart and soul, it has very positive effects on the elderly and their families, and especially on maintaining relationships between generational and social capital [15].

What are the needs of the elderly and what should be done for the elderly?

With the development of social economy and the advancement of medical knowledge, life expectancy has increased. The increasing life expectancy of people makes a larger percentage of the population reach old age. And most societies are facing the phenomenon of aging.

Aging is indeed a progress, but only if the needs of the elderly are taken into account and basic planning is done for it. In numerous studies, financial needs and the need for health care services have been the most requested by the elderly. After that, the next needs of the elderly are transportation, housing, and loneliness [16].

It is obvious that humans have basic needs such as food, clothing, housing, etc., until these needs are met, it is not possible to reach higher level needs such as the need to belong and love, dignity and respect [10].

The need for health care

Our goal is for the elderly to live better. The most important thing that increases the quality of life in old age and makes the elderly live a better life is maintaining independence. The goal is for the elderly to be able to do their daily tasks and be active both in the family and in the community [17].

But how can we help people maintain independence and activity as they age?

First, we have the message that old age is not equal to disease. By following a healthy lifestyle, one can grow old healthy, or if there is a disease, its complications can be controlled and disability can be prevented. In fact, how a person has lived throughout his life de-

termines his health status in old age. But even if a healthy lifestyle is used in old age, it is still effective and prevents the occurrence or development of disability. The elderly are taught about a healthy lifestyle in health homes, bases and community health centers. Training is individual or class [15].

Another point is to perform periodical care or check-up. For example, even if the elderly do not have any problems, their blood pressure should be checked once a year, and they should be checked for obesity or thinness. Be examined in terms of balance and walking and in terms of memory. Or measure their blood sugar once a year. These cares are also provided free of charge in health homes, bases and community health centers for the elderly [16].

In addition to these programs, other facilities are needed, which take time to provide and are among the long-term plans of the Ministry of Health

For Example

- Having a geriatrics specialist
- The existence of a center where all the desired services are gathered in one place, because many elderly people have more than one problem and disease, and the elderly person has to go to one place and a special specialist for each problem, and in some cases, he is visited and prescribed medicine that every specialist does not know the diagnosis and treatment of other specialists.
- The existence of a system for providing medical services at home
- Existence of long-term hospitalization centers for the elderly (home care)
- Adequate health insurances

It is clear that the mentioned issues require long-term planning and investments in cooperation with other development sectors.

Age friendly and supportive environment

Environmental conditions play an important role in the functional ability of the elderly. Conditions must be provided for the elderly to be independent and active. For example, the space of the house, public spaces should be such that it is possible for the elderly to come and go. Public transportation should be suitable [17].

Many elderly people cannot use parks and public transportation because of physical problems such as knee pain, and many of these things are not suitable for the physical condition of the elderly.

The environment should be safe so that even a disabled elderly person can go out of the house alone and, for example, take money from a ATM.

Rules and Regulations: For the elderly to be active, there must be equal opportunities and positions in society for recreation, education, learning, employment, volunteer activities [5].

While in many cases there are restrictions for the elderly, for example, in education or employment.

Conclusion

If aging is to be a good event, their lives must be accompanied by constant opportunities for health, participation, and security. In this case, we can expect an active and lively old age that is a source of support for the family and society.

Conflict of Interest Statement

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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