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Adaptation to care dependency in community care

Emme-Li Vingare Msc, Csw (PhD Candidate) and Oie Umb Carlsson PhD (Research leader/Associate Professor)

Emme-Li Vingare is a PhD Candidate at the Department of Social Work, Faculty of Social Sciences, Linnaeus University, Växjö Sweden. Oie Umb Carlsson is based at the Department of Public Health and Caring Sciences, Uppsala University, Uppsala, Sweden.

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Purpose: The purpose of this paper is to explore the lived experiences of adapting to care dependency among adults receiving health and social care in ordinary housing.

Design/methodology/approach – This was done by conducting a phenomenological study by interviewing ten adults, receiving home care services in ordinary housing.

Findings – Participants not only adapted by becoming a “good patient” but they had four strategies they used: sociability, distance, competence and compliance, contributing to a sense of dignity and personal safety.

Research limitations/implications – Further research is needed regarding how to preserve quality of care with adults with various ways of adapting to care dependency.

Practical implications – The relationship between professionals and adults in care dependency is a dynamic process where a need for understanding different modes of adaptation is vital. Good treatment and quality care may be different things to different adults, depending on what aspects of the process of adaptation concern them the most, and depending on their individual adaptation strategy.

Originality/value – This paper contributes to the understanding of modes of adaptation to care dependency from the perspective of adults indicating that working person centered may include respecting strategies not traditionally being associated with “the good patient.”

Keywords Phenomenology, Lived experience, Adaptation, Community care, Care dependency, Patient nurse relationship

Paper type Research paper

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