

Small Stories Matter.

Uncovering Challenges Experienced by Family Members Transitioning Older Relatives into Residential Care A Narrative Study



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Project team



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Background

- Transition of an older person into residential care is often unplanned, complex - a journey family members had not prepared for.
- Transition to a nursing home can be difficult for the older adult and their family.
- Little is known about:-

How relatives make sense of this experience
What information is needed to help support them with this transition of care.



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Aim

The aim of this study is to uncover the challenges experienced by families transitioning their older relatives into residential care.

Methodology

Open narrative questioning was utilised to explore the life stories of six families who transitioned their relatives into residential care.



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Findings

3 Recurrent Themes

1. *Family Dynamics*

Relating to others conflict
and congruence

The relative as the carer

Pleasing the relative in care

2. *Transitions of Self*

Responsibility to care

Coping with transitions of care

Re-evaluating own identity

3. *Knowledge and Perception*

Lack of information

Failure to prepare

Is it home from home?



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Next steps

Discussion of findings by the project team

Support the development of an information pack to be made available for older people and their families in planning their future care including transition to residential care.



Thank you

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