

ULTCB Quality Management/Assurance Subcommittee

What is Quality of Life?

Institution of the Elderly – 10 Real Expectations for Quality of Life in a Well Managed Long Term Care Facility;
www.workingcaregiver.com/articles/protectingseniors/longtermcarequality

- ◇ Individual dignity and self-determination: If lifestyle preferences, habits and values are known, they can be incorporated into life at the long-term care facility, including short, long or intermediate length of stay.

Research Study: Quality of Life Indicators for Residents and Families; Canadian Journal of Occupational Therapy. October 2006

- ◇ Three most important:
 - Feeling that one's identity is respected by caregivers
 - A sense of belonging – being accepted and aligned with caregivers and other residents
 - Feeling that caregivers, through their gestures, attitudes and methods of work, are competent
- ◇ Access to a private room with additional facility space
- ◇ Feeling a sense of compassion and effective support from staff
- ◇ Maintaining a role within the community
- ◇ Sharing good times, laughing, playing and joking with peers
- ◇ Preserving a sense of control
- ◇ Reduced perception of the impact of government funding restrictions on life in the home
- ◇ Staff stability
- ◇ Having access to hobbies, leisure and spiritual resources

National Institutes of Health. Long-Term Care Recipients: Quality of Life and Quality of Care Research Program Announcement. September 2002

- ◇ Physical environment – need to feel safe and secure
- ◇ Social environment – ability to maintain independence; make immediate daily life and health care choices

What Elders Want: Quality of Life in Long-Term Care. Adler & McKinley

- ◇ Generativity - sense of fulfillment and purpose in behaviors that benefit others
- ◇ Spiritual well-being

- ◇ Homelike environment – making decisions (color of the walls, whether to walk outside, what to eat for breakfast)
- ◇ Privacy – being able to be alone
- ◇ Decision-making and autonomy

University of Toronto. www.utoronto.ca/seniors. Excerpts from Final Report: *A Nation for All Ages? A Participatory Study of Canadian Seniors' Quality of Life in Seven Municipalities*

- ◇ Common Across All Groups
 - Access to information that is easy to read and comprehend
 - Access to health services and being enabled to make decisions about care and where it is received
 - Housing that allows autonomy
 - Income security
 - Safety and security, related to mobility, scams, sense of belonging as valued community members
 - Social contacts and networks
 - Transportation to participate in life in the community, provide safety and security, linking to social networks

- ◇ Common Across Most Groups
 - Addressing ageism by involving adults in political and public policy decisions
 - Having voices heard
 - Promoting healthy lifestyles
 - Political will