

Adding value to the daily lives of vulnerable elderly people

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Abstract

Background:

At a time when care for the elderly is under pressure, life-extending medical interventions are given the highest priority. Subsequently, quality of life (QOL) may suffer. For 17 years VEGA, a collaborative trans-national research network, has worked on a model for social aging. The model focuses on QOL which is dependent on a person's ability to obtain, through specific everyday life situations (SDS), those things he or she values.

Objective: The objective of this study is to investigate this model of social aging across VEGA studies and to determine how SDS studies may improve the QOL of vulnerable elderly people.

Procedure: This study comprises a meta-analysis of case-based studies on SDS conducted in the VEGA network over the past two decades. The case studies make it impossible to generalise to large populations, but they do render possible a discussion of the model of social aging and its contribution to the understanding of the values that contribute to QOL in the everyday lives of elderly people.

Results: The meta-analysis demonstrates that the SDS studies manage to capture personal SDS values and possible threats against them. SDS research has given rise to a number of suggestions for ways to improve valued aspects of a person's SDS. Due to their focus on SDS, these suggestions are useful to frontline workers and may be implemented without high costs.

Conclusion: The SDS studies regard QOL as dependent upon a person's ability to obtain in his or her everyday life those things that are valued. The VEGA studies disclose many ways in which elderly care can be improved and, when implemented, add QOL to the everyday lives of vulnerable elderly people and thus reduce social aging.

Introduction – The VEGA network

The VEGA network constitutes a research collaborative in the field of gerontology where practice, education and research meet and work together to develop practice-relevant knowledge on various aspects of gerontology. The VEGA network consists of five to eight institutions. VEGA was established in 1994 and, on an organisational level, is anchored in the Danish Gerontological Society. The network's activities are financed by the organisations to which the individual researchers are affiliated and by other funds.

The VEGA network produces practice-relevant knowledge by focusing on:

1. The everyday lives and activities of elderly people.
2. Knowledge of the characteristics and individual differences, conditions and values that provide insight into the quality of life of the individual.

VEGA believes that the quality of elderly care is determined by its ability to contribute to creating 'good days' in the life of the individual. We live our lives in situations or moments; a day is just one of them. The concept of 'quality of life' is thus linked to the quality of these moments.

A vital job

When we talk about care for the elderly, whose everyday lives depend on other people, it is vital that we are able to answer the following question: What constitutes a good day for Mrs Smith? If we are unable to answer this question, we have a quality problem. How can we possibly help create a good life if we do not know what it consists of? From Mrs Smith's perspective, she wants good days and her hope is that her caregiver will help her create these good days.

A matter of survival

Elderly people dependent on the help of others in their everyday lives are in a vulnerable situation. Their everyday lives are constantly at risk of being bowled over by a care system that helps them in the best way possible with the competencies and means available. The organisation of a 24-hour help system that focuses on matters of physical survival will easily and perhaps almost imperceptibly result in the de-prioritisation of tasks that are vital, but not a matter of life or death – simply because they attract scant attention and are viewed as less important.

Quality development in elderly care

Following the definitions provided above, quality development of care constitutes the work that is done to add value to the everyday life of the individual. Social gerontology may help produce

concepts for describing and understanding everyday life. Research may help care-givers improve the focus on highly-valued activities of daily life.

Method

This article sums up some of the results of a yet unfinished meta-study that includes all projects conducted by the VEGA network.

The method of analysis consists of finding the answers, project by project, to the following questions:

How does the everyday life of the individual progress? Why? What may change it? What is the content of positive or negative values? How do the answers to these questions contribute to an understanding of social aging?

The meta-study is complicated by the fact that the projects have not been designed with a view to answer these questions – which are inspired by phronetic research – across projects (Flyvbjerg 2001, 2009).

Part One sums up the projects' attempts to describe and understand everyday lives and the values that are attached hereto. Part Two summarises the projects' attempts to improve the value of everyday lives. Part Three presents a model for social aging and discusses to what extent the VEGA projects can contribute to an understanding of social aging.

The focus and methods of VEGA

Arguing that VEGA focuses on everyday life situations means that while other researchers focus on nutrition or diets, for example, VEGA generates knowledge of situations: meals or cooking. When others do research on exercise or strength training, VEGA researches the moments: outdoor life or walks. And when social relations or contact is researched from the VEGA perspective, the study of situations – interaction or conversations – is central.

VEGA researchers have conducted a number of projects and studies, all of which focus on different everyday life situations.

Understanding what constitutes a good day for the individual is what makes it possible to contribute hereto. The practice-oriented explorative case study is the most natural research strategy in this respect (Dul & Hak 2008, 229-252).

Practice orientation means that the projects aim to solve practical problems, e.g. by producing concepts that may help practice understand everyday life.

Case studies render possible the study of a complex phenomenon like everyday life situations in its

natural context (Flyvbjerg 2001, 2009). Thus, most VEGA projects have chosen different versions of the case study for their particular study (Elbrønd 2005). Explorative case studies make it possible to promote the development of hypotheses on everyday life, but do not allow for generalisations to large populations.

Part One – Observing, describing and understanding everyday life

The first and most important job of the VEGA network is to render visible everyday life and the importance hereof. In VEGA we distinguish between lived and experienced life. People often fail to take everyday life into consideration, as it is ordinary and banal – even though it makes up the backbone of our ways of life.

The VEGA projects have taken on the special job of developing concepts for making our everyday lives more visible and methods that may help practice use these concepts to understand the everyday life of the individual.

Everyday life at home

‘Hverdagsliv og bolig’ (‘Everyday life and our homes’¹) was one of the first projects conducted in the VEGA network. It constituted a comparative case study of the part of the everyday life of 16 relatively healthy elderly people between the age of 70 and 80 that was centred on their homes (Andersen & Relsted 1999). This group consisted of men and women who lived alone or with a spouse; all were self-sufficient. Furthermore, they represented various life forms: the wage earner, the housewife and the self-employed. The study was conducted by teachers at a Danish school for occupational therapists, and the objective was to determine and describe prototypes of everyday life activities in the home and the values hereof. Some of the main results are outlined below.

There is a fixed daily schedule, but the significances hereof vary

The study compiled stories about the course of daily life, moments spent in the company of others and moments spent alone. The individual aspect of everyday life was especially evident from the value or significance individuals attached to different situations. This was e.g. evident in connection with meals. They were significant to couples, whereas those who lived alone looked differently upon meals. Women who had lost their husbands were happy to spend less time on housekeeping, and men who lived alone experienced that cooking enhanced their self-esteem and helped structure their everyday lives. The explanation for these individual differences in terms of

¹ Our translation.

significance could be found in the interplay between the history of this particular generation, their individual life stories and particular situations in life.

The significance of interplay

The significance of individual moments also depended on their role in the overall pattern of life. Stories of time spent alone show that the significance of these moments is linked to the remaining pattern of life. In an active, extrovert life, time spent alone represented a change of scenery; but time spent alone can also be the most valuable, the time at which one pursues particular interests, and then social intercourse represents a change of scenery. Finally, time spent alone may also represent unwanted situations full of loss in a life characterised by the loss of togetherness and interests.

Dependent and independent everyday lives

Across the stories, the study found a strong common value in leading an independent everyday life. Even in a life that is characterised in part by disabilities and thus requires a reorganisation of daily activities, being able to rely on one's own resources constituted a strong positive value that also added value to many other aspects of a person's everyday life.

Life experiences hold the strategies for a person's way of life

The stories of the homes the people in this group had had in their lives demonstrated how life experiences are used in organising one's way of life. Four out of the 16 individuals who had moved into sheltered housing for the elderly all belonged to the group that had moved around regularly throughout their lives. To them the latest move merely constituted a part of a recurring pattern in their life and housing history. They had brought with them strategies for creating an everyday life for themselves in new surroundings.

A slice of the everyday life of elderly people

Meals constituted the object of another of the first VEGA network studies (Bundgaard & Christensen 2000). Meals are important and therefore also an important part of the life one leads at home, but they can be difficult to maintain. The study included interviews with 12 self-sufficient individuals between the age of 68 and 89. This meal study took as its starting point a Danish school for occupational therapists. It supported many of the findings from the previous study 'Hverdagsliv og bolig'.

Individual moments are connected

The study involved many stories about how meals are embedded in a day, creating and structuring other meaningful everyday life situations and activities throughout the day. One must make time for planning, shopping, preparing and, of course, eating and washing-up. A meal constitutes a complex of times – often a sequence of times; something always precedes or follows something else. The strong embedment of meals in a timely sequence highlights how much of the content of everyday life is lost when the individual meal disappears and is replaced by public meal services. This study constitutes a socio-political argument for supporting cooking activities.

Everyday life situations contain a host of personal values

This study emphasises the importance of outlining the personal values of everyday life if one is to understand the latter. Specific value was attached to each part of the meal complex. Naturally, preparation is important with regard to the food that is being produced, but it also holds the opportunity for experiencing joy via creativity, development and variation. A sense of happiness was linked to feelings of independence and identity, expectation, sense experiences and well-being. The remaining moments contained other values. The time spent shopping was particularly valuable.

Nevertheless, the study also unearthed completely different stories about other values, such as the joy of having escaped the role as housewife and the joy of getting off lightly with regard to cooking.

The course of day in a dependent everyday life

The study 'Det afhængige hverdagsliv' ('The dependent everyday life'²) constituted one-day observations of 28 individuals between the age of 69 and 96, whose everyday lives depended on external help. The following day the 28 individuals were interviewed about the course of the previous day (Elbrønd 2000, 2001). Data was compiled by 16 teachers from a Danish social and health care school.

The study made it possible to render visible the course of a dependent everyday life, and it produced concepts for understanding the challenges that care personnel face when they take part in the everyday life of other people.

To a great extent the study is built on concepts from the previous projects. The production of the everyday life fan constituted one particular methodic contribution. See figure 1.

It very straightforwardly illustrates how time passes during an ordinary day. As mentioned above, each moment of the day is linked with significance and values that one must be knowledgeable of.

² Our translation.

The personal values were outlined in the study via the subsequent interview or dialogue.

Everyday movements

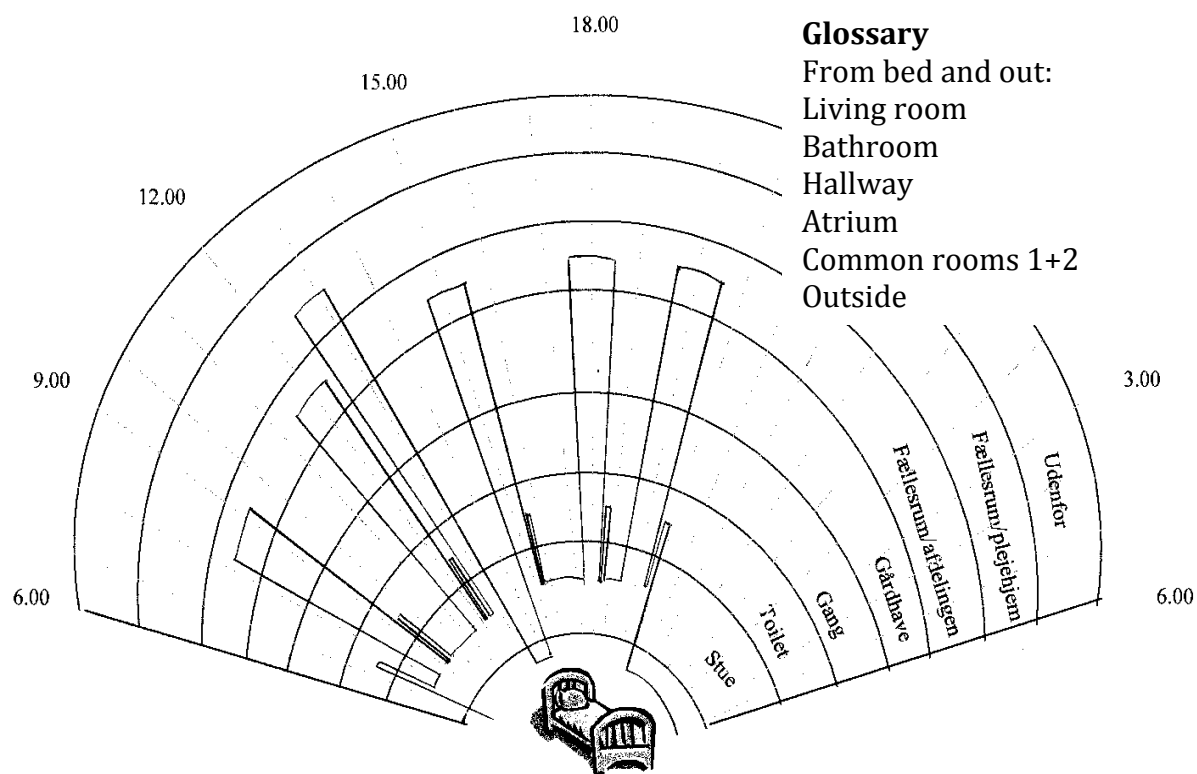


Figure 1: Example of John's everyday life fan.

The structure of the day

The outline in the everyday life fan points to three useful concepts for describing and understanding everyday life:

The structure of the day

The structure of the day constitutes the course of events during a given day, e.g. linked to the division of the day – early morning, midday, afternoon, evening etc. – and the chronological sequence of different events. The value of the different parts of the structure may vary.

The fullness of time

The fullness of time is about the things that time is spent doing – chores, togetherness, time spent

alone, time spent waiting, time wasted. As previously mentioned, heavily embedded moments may occur, i.e. moments that are affected by previous moments or which affect subsequent moments. In the fullness of time different values may be attached to these moments.

The personal space

The personal space constitutes a person's interplay with his or her existing surroundings and his or her chances of commanding or controlling them.

There are different dimensions to the personal space:

- The *experienced* space is a person's ability – intellectually and via the senses – to cover a concrete space and recognise barriers and opportunities in his or her surroundings.
- The *actual* space is a person's actual physical capabilities and chances of moving and covering certain distances without help and handling the objects and relations that surround him or her.
- The *conditional* space is a person's present ability to and chance of getting help from other people or using different tools in order to overcome barriers and use the given opportunities.
- The *social* space constitutes a person's chances of being part of social contexts.
- The *desired* space is a person's will to use the other spaces.

Of course, different values may be attached to the structure of the day.

Working with the everyday life fan, one may choose to use different time units, e.g. weeks or months. The concepts that are used to highlight the qualities of the course of a day – the structure, the fullness of time and personal spaces – seem well-suited for the analysis of other short-term or long-term everyday life situations. The personal space is linked to the concept of 'the independent life', described in 'Hverdagsliv og bolig'.

Interplay with caregivers

The observations conducted in this study also involved the interplay between the elderly and their caregivers. The elderly were very mindful of the interplay with their caregivers. In a dependent life caregivers and the world they represent constitute active participants in the everyday life of the elderly.

Observations and interviews generated three concepts which may shed some light on elements that influence the interplay between caregivers and receivers.

Interpretation

Interpretation is about human beings' sensory perception, understanding and evaluation of a

given situation, e.g. the value attached to a situation or an act. The caregiver who dusts the living room may not be aware that the way the pictures are hung have a personal value.

Timing

Timing is about the way people use their time and what time is used for what. Caregivers will unavoidably intervene and become a part of the structure of the day. Those who are involved will assign value hereto. The lack of a shared understanding of what should be done when may lead to conflicts.

Pace

Pace is the rate at which various everyday activities are done. It is important that there is a shared understanding of how long things can take and how much time is available.

A shared understanding of the elements deciphering, timing and pace can have a positive effect on the interplay between the parties.

Spotting the big things in the little things

The VEGA projects' first challenge was to develop concepts that are suitable for describing individual aspects of the everyday lives of elderly people and concepts that may contribute to an understanding of the individual aspect.

In the introduction above we posed the following questions: How does everyday life progress? Why? What may change it? What is the content of positive or negative values?

Concepts for describing everyday life

Different situations or moments have been described above: time spent together and time spent alone, outdoor life, conversations, evenings and nights. Together with meals, the daytime has attracted the most attention; however, many other moments still require analysis.

A series of concepts that are suitable for describing everyday life situations have been developed. A number of the descriptive concepts – the structure of the day, the fullness of time and the personal spaces – are concepts that can be used in various time set-ups. It may also make sense to look for the structure of the early morning, the structure of the week or the year. The everyday life fan is a useful method for capturing these aspects.

Value is all around

It turns out that the greatest variation between different everyday life situations is to be found in the individual values attached hereto. The concept 'value' is often used – this is also true for a number of VEGA projects. The concept is very usable, but unfortunately it is also used in many different ways. And, unfortunately, our analysis of the concept of value is not as yet particularly incisive.

Here values refer to the fact that a given situation may contain positive and negative qualities that are/are not in accordance with the wishes, expectations and needs of the individual.

Descriptions of these values are fascinating. An incredibly large number of values may be attached to a given everyday life situation. In connection with meals more than 30 different values were documented.

It appears as though human beings seek to meet their own wishes and needs and ensure that their values are met, using the resources and opportunities available to them in the given situation. Mastering everyday life entails filling time with something that is necessary, useful, joyful, empowering etc. – in short, something of value. Human beings are also mindful of the things they wish to avoid.

The concept of value can be linked to any type of situation. One may look for values in weeks, in spring or a year. Sometimes values may not even be clear to the people who live the life in question. They may need to be evoked.

Quality of life is embedded in the daytime

The VEGA network's conception of QOL is linked up with recognition of the many qualities that a moment may contain. Where are the qualities of life to be found if not in the actual lived life?

Values are embedded in the structure of the day. These may include a wish for a special kind of structure and predictability herein. Things need to be 'structured', and structure must characterise a person's interplay with the people that are a part of his or her everyday life.

Values are embedded in the fullness of time. There must be room for that which is valuable and for the right variation. Empty time at the wrong place with the wrong people contains little fullness.

Values are embedded in personal spaces. Our chances of creating structure and fullness depend on the opportunities that are available to us or the opportunities that we are able to mobilise. Confined to one's bed or afraid to go outside the front door, it can be difficult to create variation and fullness in everyday life.

The banal is the result of a highly complex interplay

Explaining everyday life, one can choose to ask 'why questions' concerning e.g. structure, fullness and space. If one wants to understand the significance of meals, one must look to the highly complex interplay between history and the actual everyday life situation. Meals may be influenced by the gender roles of generations. A person who is self-employed and divorced will have a personal life story in which dinners are central. In the given life situation, housing, family, interests, networks and functional capacity each have an effect on meals. This complex interplay creates opportunities and limitations with regard to the meal and the rest of one's everyday life.

The answer to the why questions is not something that one can 'know'; some explanations may be found in the life of the individual, following a series of points of orientation.

What changes everyday life?

The first projects have compiled a number of examples of everyday life changes. Changes can be the result of external factors. They include the loss of a spouse, friends and health problems. For elderly people several changes are often at play simultaneously.

If a woman, who has been the centre of family and friend life, dies, her husband may suddenly be forced to spend too much of this time alone. Most often it takes two to create and propel a pattern of life.

In addition to concrete changes in the structure, fullness and spaces of time, fractures may drain many parts of one's everyday life from significance and value. If a woman's husband dies, it may make her daily meals unimportant. Her role as housewife is reduced when there is no one to keep house for or with.

Are the concepts applicable in practice?

If caregivers are meant to add value to everyday life, they must take an interest herein. But this is not a matter of course, as many other considerations risk moving focus away from everyday life. Therefore, producing a study programme that would help practitioners relate to the everyday life of the individual in an investigative way constituted a challenge. Three projects aimed to do so.

'Vanddråbestrategien' ('the drop of water strategy'³) was tested in a course at the Danish social and health care schools (Elbrønd, Højlund & Østergaard 2002).

'Den rummelige ældrepleje' ('A tolerant elderly care'⁴), which focused on elderly people of ethnic minority origin, constituted a development and continuing education course that made use of the VEGA concepts (Elbrønd, Le & Thorvardarson 2009).

³ Our translation.

⁴ Our translation.

Preadmission talks also need to take an interest in everyday life; the VICO method has worked with this aspect (J. Andersen 2008, J. L. Andersen 2004).

Part Two – Quality improvement in everyday life

A part of the VEGA network projects has been to try to improve the quality of everyday life of vulnerable elderly people. One project concentrated on recreating independent cooking after it had ended (Højlund 2005). Another project concentrated on using an existing garden as an offer for a group of demented people (Philipsen, Rohde & Grenaa 2009). This part of the paper is about experiences made in the most recent VEGA projects that have aimed to add value to the everyday life of elderly people who depended on the help of others.

More life into the everyday life of the elderly

The project 'Mere liv i gamles hverdag' ('More life into the everyday life of the elderly'⁵) was conducted in the years 2007-2010 and aimed to examine whether the responsible front staff was able to add value to everyday life. Four different projects in four different study programmes for practitioners each had a unique focus:

1. More cooking
2. More outdoor life
3. More evening life
4. Better conversations

The projects used the same modified form of the 'breakthrough series model'⁶ (Ramian & Dyrholm 2008).

In cooperation with practitioners and experts catalogues were produced containing tested suggestions for possible improvements in the four focus areas.

Most of the 17 wards that participated in the projects worked with the PDSA circle⁷ as a tool for implementing possible changes. This method is a modified case study and supports a process in which very small steps gradually lead in a wanted direction.

In the final phase of the project the practitioners involved actively communicated their experiences in their place of employment and nationally (Ramian 2010).

A comparative analysis of the results reported describes the areas in which a quality improvement

⁵ Our translation.

⁶ <http://www.ihl.org/knowledge/Pages/IHIWhitePapers/TheBreakthroughSeriesIHIsCollaborativeModelforAchievingBreakthroughImprovement.aspx>

⁷ Plan – Do – Study – Act.

has occurred (Ramian 2010).

Increased participation

A lot of the initiatives occasion increased participation in given activities. Increased participation occurs e.g. when it is relevant and possible for the resident to be present, because the activities in question are interesting and easy for him or her to join.

If one places a sofa in the kitchen, someone will come and watch what is going on. And using a trolley in cooking activities will increase the number of residents who may join in.

If something is happening in the garden the interest in securing a seat by the window will grow considerably. Leaving gardening tools in the garden instead of putting them away has proved to inspire elderly people to take part in gardening activities.

More contact

It is possible to occasion an increase in the number of situations that promote contact and conversation. The development of confidence has led to marked quality improvement.

This occasion may take the form of a basket containing old aprons from another time, a milk can or an old recipe. A small cottage, a fire place, benches and sofas are places that stimulate togetherness. A bench is a place that provides calm and intimacy – and, moreover, you have to walk to get there.

A division of labour that ensures that only one of the staff helps the resident(s) who wants to participate in the kitchen shifts the focus of the caregiver from working with colleagues to spending time with the resident(s) in question.

Regular footbaths before bed make up one example of how heart-to-heart conversations may develop.

Increased personal space

A person's personal space increases when the individual is given several choices and chances to contribute. This could e.g. be the choice between reading the paper in bed and getting up to read the paper in the dayroom with the others.

A sense of ownership occurs when the residents themselves use the free scope available to them and take responsibility and initiative to set the table or help peel the potatoes – or actively consider the menu or shopping list. It also occurs when the residents are allowed to bring their own perennials to the garden.

More structure in time

Giving people the chance to structure their time additionally increases their sense of security and facilitates the joy of participation.

A weekly schedule with a distribution of roles permits residents with set tasks to look forward to carrying these out and thus to contribute with some of the knowledge and experience they have brought with them. Various outdoor activities may make people excited about observing the seasons. Regular evening talks about the day that has just passed and the following day is something one can look forward to during the day.

All the previous examples constitute concepts that have been isolated for the sake of clarity. In the real world they interact. This becomes clear when focus is centred on the individual resident. Whether it is a matter of scheduled conversations or footbaths after dinner followed by a cup of tea and a cheese sandwich, arrangements to have one's bed made or the sheets smoothed out, the key ingredient is predictable confidential togetherness with a stable contact person. Often the result has been extensive and permanent quality improvement in a number of areas in the everyday life of the person in question.

Quality improvements are possible

Everyday life is full of values, but when resources diminish and the degree of external help increases there is a risk that many everyday life situations are emptied of meaning. We have established that there are many ways of creating quality improvements in the everyday life of people who depend on the help of others. We have shown that it takes few means to do so and may be implemented without high costs, but the method does make considerable demands on an active management. The experiences made in the course of this project are still in the process of being implemented in various environments (Højlund & Le 2010, the VEGA network 2012).

Part Three – Everyday life and social aging

In the VEGA network a meta-model for individual social aging has been developed. It does not take the form of a theory, but works as a unifying conceptual framework for this particular way of thinking. The model belongs to the group of life-span models on aging in the social gerontology (Bengtson, 2002).

The model is outlined in figure 2 and will be examined in brief below.

SOCIAL AGING AFFECTS EVERYDAY LIFE

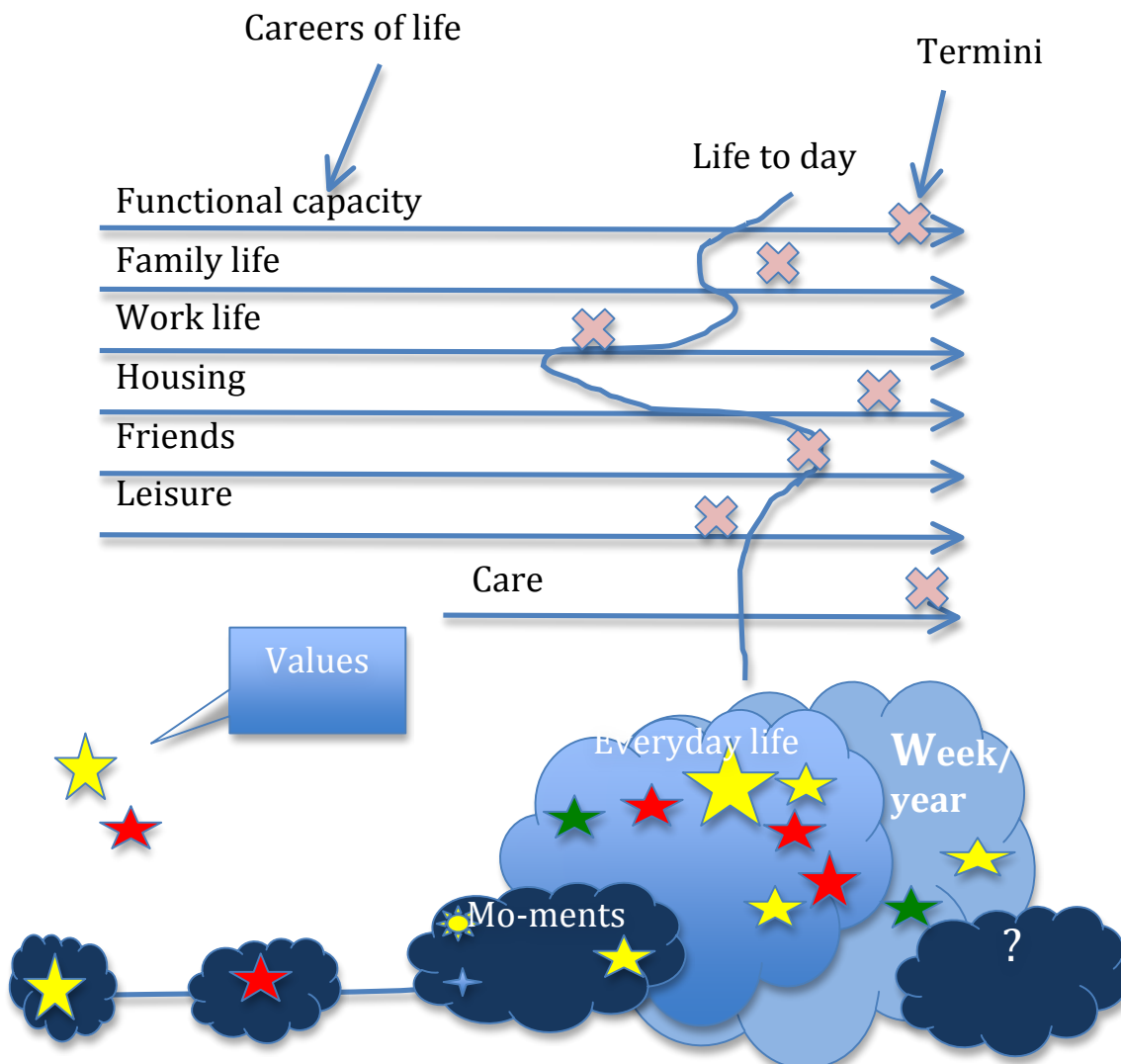


Figure 2: A meta-model for individual social aging.

The careers of life

A life story constitutes a series of intertwined stories – we could call them careers. A career is an interconnected chain of events that take place over years in a particular aspect of life. One life may include different careers. Think e.g. of family life, work life, housing, leisure, parenting and friends. In the course of a life each of these careers will contain different events or turning points. These may influence the events of other careers. Moving to a new home may have implications on the other careers.

Roadmaps

Each career is linked to a kind of 'roadmap'. That means that certain events usually occur at more or less fixed times in life. A woman's family career may contain a series of connected events. She finds a partner, gives birth to children who go to school, get an education, move out of home, find a partner and give birth to children, making her a grandmother and possibly later a widow and a great-grandmother. A unique roadmap can be drawn up for this particular course of life, including a set of approximate years. Taking entire population groups into account we also find an accumulation of certain events at particular points in life.

The individual as well as his or her surroundings may have expectations regarding these roadmaps which become norms for when certain events are meant to happen. The roadmap that designates when a woman has her first child has changed over the years and varies from one social group to the next. In other words, these roadmaps are not fixed; they are subject to ongoing negotiation and transformation.

Termini – the road to social aging⁸

Most careers are linked to a conception of 'termini'. A terminus is that point in a career when no further events are expected to occur. A person has reached the end of his or her work career when he or she retires and is not expected to resume occupational employment. A person has reached the end of his or her marital career when he or she becomes a widower or a widow. And a person has reached the end of his or her friend career, when he or she no longer has living friends of the same age. It is this movement towards various termini that we refer to as social aging. The point at which one reaches different termini varies from person to person. A person may become a widow at a young or old age, a person may withdraw from the job market early or late etc. Social aging is not clear-cut. Social aging is like biological aging; not all organs age at the same rate (Viidik, 2002).

Social aging affects everyday life

If we look at the life of an elderly person at a given time, we are able to determine or read his or her social aging across careers and roadmaps. A person's life situation constitutes the interplay between the current points in his or her different careers. Together with the history of this person's generation and his or her personal life story, this highly complex situation sets the terms for his or her everyday life. The VEGA projects demonstrate how an everyday life that appears to be full of banalities in fact unfolds in this interplay that is likely to be far more complex than we have so far been able to describe.

⁸ Plan – Do – Study – Act.

The VEGA projects show how the individual, together with his or her next of kin and surroundings, attempts to shape and fill everyday life situations with meaning, thus fulfilling one's wishes, values and needs via the possibilities and limitations provided by the conditions of life. A pattern of life has been established.

The VEGA projects describe the nature of elderly people's movement towards different termini. These events may call for a reorganisation, perhaps even a reorientation in everyday life and its values. These are the types of life pattern changes revealed to us in the VEGA projects.

Everyday life becomes dependent on the efforts of other people. This introduces a new roadmap to life: the care roadmap. It holds the stations on the care career that have been established by the public sector and constitutes a new set of conditions in the 'negotiations' of everyday life.

Everyday life may gradually be emptied of activities and values in a self-perpetuating process. If this process is detected, the VEGA projects have demonstrated that it is possible, to a certain extent, to curb social aging by developing and improving everyday life situation, thus adding more value hereto.

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