Preventive home visits to seniors—
a quantitative study
The Information center for seniors

- Established in 2004
- The target group is the healthy seniors, without established services
- Empower the seniors to maintain independency in daily living
- Increase safety and social relations
- A multidisciplinary team
Preventive homevisits (PHV)

- Theoretical inspiration: Motivational interview, empowerment, positive psychology, salutogenesis
- All 80 years old, without established services receive a letter....
PHV

- Open conversation-guide
- Conversation
  - How is it to be 80?
  - Topics; own experience, diet and nutrition, physical activity, participation, home and safety, information and feedback
- Information folder
The aim of the present study is to explore the significance of the preventive home visits in Trondheim municipality.
Method

- Quantitative study
- Self-reported questionnaire
  - Both validated and non-validated questions
- Two time points (T1: during the home visit, T2: six months thereafter)
- At T2 the questionnaire was received by mail, filled in and returned in the prepaid envelope
Results
Born in 1933 (N = 688)

- Home care/nursing home (N = 122)

Offered home visit (N = 566)

- Did not want home visit (N = 244)

Home visits completed (N = 322)

- Did not want to participate (N = 38)

Agreed to participate (N = 284) (T1)

- Did not return questionnaire (N = 72)

Returned questionnaire (N = 212) (T2)
Demography

- Gender
  - Female 54%

- Marital status
  - Married 56%
  - Widows/widowers 38%

- Type of housing
  - Apartment 47%
  - Detached 32%
  - Semi-detached 16%

- Economical problems 1.4%
Diet and nutrition

- Breakfast 97%
- Warm meal 94%
- Fruits and vegetables 85%
- Vitamin supplements 63%
- Alcohol consume
  - Daily 7.5%
  - Weekly 26%
  - Less than every week 47%
  - Never 19.5%
## Physical exercise

How many days a week do you perform planned/scheduled physical exercise?

<table>
<thead>
<tr>
<th>Frequency</th>
<th>T1</th>
<th>T2</th>
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</thead>
<tbody>
<tr>
<td>Never</td>
<td>26.3%</td>
<td>13.4%</td>
</tr>
<tr>
<td>1-2X a week</td>
<td>38.1%</td>
<td>46.9%</td>
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<tr>
<td>3X a week or more</td>
<td>35.6%</td>
<td>39.7%</td>
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</table>
To what extent was the home visit helpful to you?

- The conversation  70%
- Increased knowledge about municipal services  66%
- The information folder  46%
- Generally new knowledge  40%
- I started with new activity  15%

Trondheim municipality
... started something new...

- Physical exercise
  - at home
  - in groups
  - walking

- Increased motivation to maintain activities
The experience to receive PHV

- *How did you experience the home visit?*
  - Positive or very positive 95%
  - To what degree did you experience to be treated with respect? 98%
- *Do you want to receive a new visit in the future?* 89 %
Results continued

- Do you know where to contact if you get problems to manage in daily activities?
  - 70 % yes/30 % no

- Do you experience to be safe in daily life? (very much and much)
  - T1 – 96%
  - T2 – 88%
Conclusion

- The elderly appreciate the conversation
- Increased knowledge about the municipal services
- Increased awareness of the importance of physical exercise
- Confirmed good habits
How will the results reflect in our practice?

- Reinforce the focus on contact information and Safety
- Contribute to a National Quality Indicator?
- Discussions in the multidisciplinary team
- New topics to be discussed in the PHV?
- Thanks to The Norwegian directorate of Health for funding and, Research Centre for Health promotion and resources HiST/NTNU.