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Title of Abstract: Recognising older people's individual resources as a part of ethical home care and service planning

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Background: Recognising older people's individual resources is a functional and ethical starting point for planning and tailoring holistic home care services. Resources such as personal abilities, experiences of human dignity, and life satisfaction promote older people's well-being and independent living at home. More knowledge is needed on how these individual resources are recognised in care and service plans to improve the individuality and ethics of home care.

Aim: To describe the content of home care and service plans with special attention to older people's individual resources.

Methods: A document analysis of care and service plans (n=71) was conducted in Finland in 2018. The data were analysed deductively (The Finnish Care Classification, FinCC), inductively, and by descriptive statistical methods.

Results: Altogether, 1718 notes were relevant to the FinCC main categories: 707 focused on needs and 1011 on nursing interventions. Further, 628 notes on individual resources were relevant to 18 inductively developed categories and were documented in every plan (mean 9.04, range 2-16 notes). The documentation of resources focused mainly on independent initiative and daily activities, social functions, communication, and activity and physical activities. Increasing age resulted in fewer notes on resources related to safety and sensory functions. Extending care and service period resulted in fewer notes on resources related to sleeping and wakefulness.

Conclusions: The recognition and documentation of individual resources needs to be supported in care and service planning by updated classifications to enable ethical home care. Further research is needed about the overall nature of older people's individual resources.



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