

# **Aspects of well-being in very old people: being in the margins of home and accepting the inevitable**

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## **Background**

The +80 age group will continue to grow internationally in the coming decades. Well-being in this age group needs further exploring for it to be promoted in community nursing.

## **Aim of the study**

To explore well-being in very old people by combining experiences and assessments and specifically describe well-being in relation to home and ordinary housing.

## **Methods**

A group of mainly community-dwelling persons +80 of age were interviewed in 2017-2018 as they were participating in the longitudinal northern Sweden Silver-MONICA (MONitoring of trends and determinants in Cardiovascular disease) study. Interview data and measures were combined in mixed method designs.

## **Results**

Four areas especially important for well-being were described and assessed; loneliness, health, physical function/ability and home. Acceptance was described as crucial for handling adverse consequences of old age in all areas, however acceptance could be reorienting or resigned. Home was describe as increasingly important with age, as it provided autonomy and was a social and occupational hub. However remaining independent was not unconditional and participants described relating to being in the margins of home.

## **Conclusions and implications**

Knowledge of well-being in very old people as well as how this can be affected by specific factors is of importance for policy-making as well as planning and carrying out healthcare including community nursing. Very old people use acceptance for tolerating adverse consequences of aging. However, resigned acceptance and relating to being in the margins of home can affect well-being negatively which should be considered in community nursing.