

## RESEARCH ARTICLE

# “QUALITY OF LIFE”: LIVED EXPERIENCE OF OLDER ADULTS IN NURSING HOMES

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## Abstract

Family is the basic unit of our society where in, there is a trade of different emotions such as love, happiness, sadness even ideas and experiences. A home where families dwell and lived together harmoniously with children, parents and older adults is an important shelter that gives everyone a sense of security most especially to our elders. Living away from your own family is considered complex. This is a common scenario for older adults facing life away from their real home and lives inside a nursing home.

This study aims to describe and understand the lived experiences of older adults living in nursing homes - who they are, their characters, feelings, beliefs and principles in life.

Nine (9) older adult participants were purposively selected from two different nursing homes in Metro Manila in this phenomenological inquiry. Semi-structure interview guide was used in gathering narrative testimonies of the participants. Face to face interview was conducted, fields notes, transcribed verbatim, and then data of testimonies were analyzed using phenomenological approach. Themes were identified based on participant's narrative accounts. Identified themes were as follows: enhancing and deepening of spiritual wellness; acknowledging and easing the feeling of loneliness; gaining joy from children's support; maintaining optimum wellness; finding security and self fulfillment.

**Keywords:** *Older Adults, (residents), Nursing Home, Filipino family*

## Introduction

An individual moves through different stages of life. Aging period can be considered as the most crucial stage of a person. Group like the aged suffer many difficulties of survival, a desire trying to get away from insecurities, (Javier, 2001). As of June

2014, there are older adults aged from 60-64 years old which is 5.6% of the country's total population. Older adult life expectancy for male is up to 69 yrs. old and female is up to 75 yrs. old. The dramatic increase in this age group represents a

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great change in the impact that they have in society, (Citizen Intelligence Agency World Fact book, 2015). The Filipino family plays an important role in the lives of every older adult. They are the prime source of support, and caring for them is a Filipino value orientation. (Lacson, 2011).

When family caregivers can no longer provide adequate care to the older adult at home, they may face the difficult task of placing their parents in a long term care facility. Some elderly have been found abandoned in front of hospitals others had left to fend for themselves on the streets. (O'Connell et al., 2004; as cited by de Guzman, 2012). This group of people try very hard to deal with the sudden change in living arrangement as well as abandoned by their families (de Guzman, 2012). Based on Filipino culture putting an elderly in nursing homes is considered an absurd and humiliating act.

Home for the aged is an organization established by a government and non-government, civic and religious institution that take up the cause and care of these helpless souls. (LIVESTRONG, COM, 2015). Many elderly are forced into living in nursing homes, some of them were brought and personally came there for reason that no family could take care of them. Poverty is perceived as an obstacle to a secured old age (Carlos, 2011). However, the presence of senior citizen centers, help a lot to elderly (Age Demand Action Philippines, 2012).

Several studies were made for inquiry purposes about elders living in a separate household like the study of Jacobsen R. & Sorlei V. in 2010, affirmed that care providers experience and found balance between the ideal, autonomy and dignity in caring older adults in nursing homes. Kellet & Um in their 2009 study explores families' experience of searching on how to find new ways of everyday involvement in caring their relatives in nursing homes.

Study of Salarvan, S. (2008), found out that the increasing rate of transferring an elder in nursing facility extensively affect health promotion and

economic status. One scholar observed a changed in family dynamics: "Family loyalties are not what they are used to be: family responsibilities are less binding than they were even a generation ago" (Wise 2001, as cited by de Guzman, 2012). Although in the study of Anonuevo, (2004) surfaced that love as "caring is sometimes equated to expression of responsibility for the person," (Anonuevo, 2004, as cited by Sasa, 2012).

Quality of Life is a study that deals with the lived experiences of older adults sheltered in nursing homes. This study aimed to understand and describe older adults' experiences as they journey to unending process of existence in their new environment. This sudden change in living arrangement as well as living away from their relatives forced them to stay in nursing homes for the remainder of their lives. Thus, exploring their feelings how they view themselves negatively becomes a major concern in caring for them.

Despite the many studies and investigations made for this vulnerable group of people, studies about lived experiences of elderly in a nursing home are limited specifically those which are qualitatively oriented. With these few sources of information about older adults lived experiences the researchers, decided to come up with this study.

## Methods

A qualitative descriptive phenomenological method was used in this study, an approach to discover the meaning of people's life experience and to understand the essence of this phenomenon through description and analysis. The study focused on lived experiences among older adults sheltered in a non-government and religious nursing homes in Metro Manila. A letter of request to conduct the study was officially approved by the nursing home administrator. The goal of the study was to develop a deep and valuable understanding of a phenomenon as it exists in the real world, (Polit and Beck, 2008, p.47). Understanding human behavior and describing study participants lived experiences in nursing home as the main subject of inquiry.

The researchers developed a two-part research instrument to gather pertinent data. First, a demographic profile which covers basic information of the residents' participants, second, a semi-structured interview guide a composition of unstructured conversation between the researchers and the participants and was written in English and translated to Filipino. Purpose was to feature a rich narrative data captured through audiotape, verbatim transcriptions and careful observation.

Filipino language was used during the interview process so as the residents participants can articulate themselves easily through stories. Prolonged engagement, researcher observation of participants during a face to face interview and continuous communication in the field were the actions performed in order to grow understanding of the values and belief of the participants ( Lincoln & Guba 1985, as cited by Borbo and Conde, 2012). Credibility was defined as activities that increase

**Table 1.** Demographic Profile of Residents Participants

R	Age	Gender	Status	No. of years in the Nursing home	Educational Attainment	No. of Children	Financial support	Reasons in staying in nursing home	Religious Affiliation
1	75	male	widower	2, 6/12	Engineer	3	Children	needs medical services and social services; all children in abroad	Ramon Catholic
2	70	female	widow	1, 1/2 yrs	College under grad	4	Children	needs medical and social services; 2 children in abroad while the 2 children in Philippines no time to take care	Ramon Catholic
3	66	male	widower	1 year	College grad	3	Children	needs medical and social services; children all are working	Christian
4	65	female	widow	3 year	College under grad	2	Children	needs medical and social services; all children in abroad	Ramon Catholic
5	73	male	widower	1 year 6/12	College under grad	4	Children	needs medical and social services; 4 children in abroad' 1 in Philippines	Ramon Catholic
6	75	female	widow	1 year	College under grad	4	Social Security Benefit of husband & her own savings	needs medical and social services; 4 children in abroad' 1 in Philippines	Ramon Catholic
7	69	male	widower	2 years	College under grad	3	Children	needs medical and social services; all children are busy	Christian
8	66	female	widow	3 years	College under grad	3	Children	needs medical and social services; all children are working	Ramon Catholic
9	75	female	widow	2 years	College grad	7	SSS pension / children	needs medical and social services; all children are working	Roman Catholic

probability of producing credible results from multiple sources and multiple sites as a means of triangulation. A face to face interview, field notes, field journals were employed assuring the sincerity of data.

Purposive sampling was used wherein nine (9) participants were included in the study based on the given inclusion criteria in terms of age, sex, location, health status. These study participants include those (a) elders ages 65 to 75 years old (b) male or female (c) ambulatory that needs of medical and social services and with sound mind (d) must be living in a nursing home for (1) year or more (e) nursing home must be in an urban site. Exclusion criteria include those elderly with dementia and Alzheimer disease, those with emotionally and psychologically unstable. All of them were given information about the research and were invited to be a part of the study. Interview sessions were discussed and explained thoroughly after a letter of request was officially approved by nursing home administrators. Residents participants signed a written consent allowing the researchers to conduct an in- depth interview. Interview session lasted for about (30) minutes to (45) minutes depending on the mood of the participants for two (2) meetings. They were also aware that the researchers were ready to accept any decision made by the participants to withdraw from the study anytime the participants are no longer comfortable. Implementation of the interview process was performed in a private room of the residents participants in a nursing home positioned accessible to their comfort. Strict privacy was observed and maintained during the entire interview session where no one else except the researcher, participant and health care provider were present and could listen to what has transpired in the interview process. A quiet and calm environment was provided to make participants relaxed and at ease during the interview. All answers were strictly documented, narrative responses were transcribed and audio tapes were kept safely and were only accessed by the researchers. Filipino language was entirely used during interview procedure however, one of the resident participant (R#9) communicate fluently

in English. The mode of communication of each participant was their own language of choice in order to comprehend and articulate themselves through their narration. Verbatim transcriptions were also done in Filipino and in English.

Confidentiality and anonymity were kept and observed at all times by ensuring the participant rights were protected and provided them with a code number or names. Transcribed interview data were gathered and tape recorded during the process of conversation and stored safely in a locked cabinet in the researcher office. The participants responses were collated and analyzed and the outcome of the analyses were organized. Significant statement of the participant was translated to English.

Ethics approval was obtained through the university Ethics Review Committee (ERC) an institutional review board of Far Eastern University after a series of careful evaluation. Interview guide questions were also submitted for validation to the psychology department of the same institution.

As interviews process had been completed, narrative data had been obtained; the recorded audio had been transcribed. The audio taped interview was listened carefully and repeatedly, and the transcript with code name or number was introduced. Coding the transcripts signifies importance. The statements were categorized for themes and patterns in relation to perceived meanings. The significance of each statement was then expounded; this is known as formulating meanings. The formulated meanings were then arranged into categories (Colaizzi). Researcher identified significant topics and no data from the participant were omitted or manipulated. Bracketing was used, and it refers to the process of identifying and holding in abeyance preconceived beliefs and opinions about the phenomenon under study. (Salustiano, 2009, p.47). This method was applied to prevent misconception of data and information and also minimize biases. Bracketing aided the researchers in saving a reflective journal in a form of account and these accounts were personal thoughts and feelings of the researchers about the phenomenon under investigation. This also allows

the researchers to fully understand more the experience from participants' own points of view and not on the researcher perceived notion.

The researchers applied Colaizzis' (2009) phenomenological method in the data analysis. This method was used because it is the most frequently utilized method for descriptive phenomenology since it recognizes the fundamental inferences of a majority of phenomenological approach. It describes the significance and meaning of human experiences. This phenomenological method of data analysis includes I. data gathering through interviews; II. data processing and analysis, aside from this method the researchers used the 7- step method of data analysis (1) reading and re-reading of text; (2) extracting significant statements; (3) formulating meanings; (4) organizing meanings into themes (5) integrating the findings into exhaustive descriptions ; (6) validating the findings by going back to the study participants; (7) incorporating changes based on feedbacks.

Intuiting is trying to empathize with the participants' present situation a feeling and thought that the researcher experienced. It occurs when researchers remain open to the meanings attributed to the phenomenon by those who have experienced it. Intuiting was completed through continuous contact and prolonged rapport with the study participants, absorbing their way of life, observing them carefully especially with attention to details on their daily activities. As this process was done the researchers kept on recording all the essential data. Recording aided the researchers to focused on the differences regarding researchers thought from idea, interpretations and activities of the study participants (Streubert & Carpenter 2011 ,as cited by Borbo & Conde, 2012).

Measures were done by researchers in order to establish trustworthiness of this study which comprises four (4) criteria: credibility, dependability, conformability, and transferability (Polit & Beck, 2008, pp.35-36).Credibility was established in this study through a research findings coming from a rich narrative data of different sources and sites as a means of triangulation. Accredited nursing homes

was chosen , prolonged engagement (rapport) and persistent observation of the participants, continuous communication in the field, were actions taken by the researchers in order to grow understanding of the values and belief of the participants (Lincoln & Guba 1985,as cited by Borbo and Conde,2012 ). Credibility was defined as activities that increase probability of producing credible findings. This was done to arrived integrity of the study research outcomes. Again triangulation of different sources of data, such as interviews, field notes, and field journals were employed assuring the sincerity of data. Dependability of the study was achieved through proper documentation or record keeping of raw data, field notes, field journals, audiotapes, and direct observation of the participants to facilitate an audit trail. The researchers continued to create spontaneous notes throughout data collection. To guarantee conformability, researchers compared the summaries of the interviews of each participant to verify the accuracy of the information. Transferability being the last criteria explains that strong descriptions of the time and context, made sure that emerging themes should make sense to the participants and the probability of the application of the study findings to others in almost similar situation , Speziale & Carpenter , (2007).

## Results

The five (5) main themes that emerged from the analyses were : (1) Enhancing and deepening of spiritual wellness, (2) Acknowledging and easing loneliness (3) Gaining joy from children support (4) Maintaining optimum wellness (5) Finding security and self fulfillment

### Theme 1 - Enhance and deepening of spiritual wellness

Religion is a significant expression of spirituality that involves relationship and feeling. It is one means of expressing spirituality, as a prayer and meditation. It represent the harmonious interconnectedness with self, others, nature, and God, and can also be communicated through relationship with family and community.

If one believes in spiritual wellness, then one must believe that there are resources that are helpful in achieving it, such as a personal concept of God, and religious or spiritual beliefs. Older people who talk about God, religion, spirituality, and reasons for being may need to verbalize concerns or find answers to questions that will help them live peacefully.

All resident said *"we pray before going to bed; while four of them "recite the rosary;" and most of them "attend Sunday mass". Evidence suggests that strong spiritual beliefs facilitate healings therefore; it is therapeutically beneficial to support older adult spirituality and assist them in fulfilling spiritual needs.*

Older adult in nursing homes are called "Resident". In religious sector residents said that Nursing Home they are staying has chapel and priests that conduct mass everyday and Sunday that's why they choose to stay in this place. *"We have our own chapel and a priest that officiates mass every day and every Sunday."* On the other hand, one resident in private nursing home has no problem in attending Sunday mass because the chapel is within the community, located just in front of the nursing home *"the chapel is just in front, me and my relative attend mass every Sunday whether I'm on my wheelchair or walk with a wooden stick."* Older adults are religious as per observations and have strong faith with God. Their prayer is to prolong their lives, give them good health. All resident participants weapon is through prayers. *"Whenever I feel sad, I pray."* Prayers are answers to their loneliness being away from home. Spiritual dimensions such as hope, meaning in life and transcendence have been found to be the predictors of successful ageing, life satisfaction and well being in older individuals.

One female resident even narrated *"I want to die here Father"*. Older adults staying in nursing homes have positive attitude in life and with good acceptance of being away from her family. All of them said that they have to accept the reality of life that they are separated from their family with good reasons, their children are living abroad while

children in the Philippines are busy with their own family and job.

One of the female elderly resident verbalized *"when I was younger I'm an active member of Legion of Mary and others, I always pray to our Nuestra Senora de Visitacion de Piate, and my wishes were granted, I am a Catholic"*. Another female resident said *"I always attend mass everyday when I was younger"*. Those who joined voluntarily and active church member when they were young tend to be better adjusted in old age than those whose interest and activity in religious organizations are limited.

Two Male elderly residents said *"Every Sunday my eldest son fetch me here to attend Christian fellowship, then after the service we ate in the restaurant"*. For many people religion form a basis for meaning and purpose in life, and provides the moral codes by which to live.

A resident participant narrated that aging and staying in nursing home doesn't stop them from being religious, prayerful, that their interconnection to God is a continuous process that enhanced their spirituality. They believe that God is always with them to protect, and listen to their prayers as they live peacefully in the nursing home.

## **Theme 2 - Acknowledging and easing the feeling of loneliness**

Family unit is the major source of satisfaction for many elders. In aging family affair, identification of family members can be more meaningful if one look for those individual who fulfill family functions. Family functions are to address the special needs of elderly focusing on their physical needs, providing emotional support, maintaining links with family and community, and while the attitude of grown children towards their elderly parents are frequently associated with what they contribute to their good personal and social adjustment.

Based on narration of most older adults said that, *"we don't feel emptiness in our life being away from our family because we have friends (co-residents), we have caregiver that take care and*

*mingle with us, and the use of Skype and cell phone".* Verbal communication is no longer a problem to interconnect with people living away from home, the use of Skype helps a lot in communicating our relatives and friends face to face. One residents uses Skype in getting connected with her four children in USA. You can see her excitement and smiling face while narrating about her communication with her family members through Skype. *"They always call through Skype that's why we see each other"* when asked what was her feeling after Skype she answered *" I'm happy because we see each other and can talk to my children and grandchildren."*

Skype helps bridge the distance between people across the world. Its calling and instant messaging services bring people together, even though they are miles apart. Skype has the importance of real-time voice communication for establishing strong family ties.

Other means of communication is the use of cell phone as verbalized by one resident participant which according to her it is more convenient as long as there is signal and much cheaper without using internet connection. *"They call me through cell phone, Skype is expensive and you need an internet* when asked about her feeling after such communication, she answered *happy because I was able to talk to my children"* with a smiling face. True enough that almost resident participant owns a mobile phone, communicating with people we love is available 24/7.

Happiness and contentment in life of older adults residing in nursing home is not only being connected with their kids through Skype, cell phones but also relatives that visit them in nursing home. One of the female resident's son visit often and brought her some fruits, fresh milk, etc. *"I'm visited by my son here regularly and brought me some fruits, fresh milk and others,"* other residents, family visit happened twice a week; weekly; twice a month and monthly. It is important to older adults caring needs to show love and concern to them because it gives satisfying relationship that prevent loneliness.

Resident participants found life in nursing home satisfying and ease the feeling of loneliness because

of frequent communication and visitation from their love ones.

### **Theme 3 - Gaining joy from children's support**

Happiness in old age depends upon the fulfillment of the 3 A's of happiness, acceptance, affection and achievement. When any of this is unfulfilled, it is difficult for the elderly to be happy. When they feel that they are neglected by their own children and other family members, when they feel that their past achievements have fallen short of their hopes and expectations, or when they develop a "nobody loves me" complex, it is inevitable that they would be unhappy.

As the researcher conducted the face to face interview and listen to the story of the resident participants, almost all of them are happy, they showed their sincerity in sharing their family life and achievements of their children bringing success in their own lives, their job and place of employment. Most of the resident respondent children are all professionals, working abroad, while children staying in the Philippines hold high level positions in their job. Because of strong family ties, children shows their love, care, and concerns to their parents by selecting a pleasant place, a nursing home for them to stay that makes their parents comfortable and well taken cared off while they are away from home.

When older adult speak of affection, this is a concern of emotional aspect that no matter what, older parents should be accorded the love and care that they need, that's what resident participants children are doing now. People need to feel that they are loved and cared for. Love is not a quid pro quo which it is offered to obtained something in return. Rather, love is unconditional, offered unselfishly, completely.

*"Acceptance is the reality that we are staying in this place because our children lived in a foreign country as citizens; some of them are for employment purposes, "while our children here in the Philippines are tied up with their own family and workload as employee."* Answered by all resident participants *"What you sow is what you reap"*. This

old adage is applicable to them because they raise their children and made them better person with high moral values. They have also rendered quality parenting role. Their children are grown up now they are returning the favor to their parents by giving them love, care, and financial support.

Resident respondents claimed that they are happy and satisfied living in nursing home because of their children support, most especially in financial aspect, this includes payment of their monthly obligation to the institution.

#### **Theme 4 - Maintaining optimum wellness**

A nursing home care enhances the quality of life and promotes a holistic, family-centered approach to the care of older adults with or without illness. Holistic nursing care addresses the body and mind and spirit interconnected of each older adult and recognizes that wellness encompasses more than physiologic functioning. Physiological needs are so important for older adults in order to maintain their good health. Plan activities in nursing home is being observe every day. Every morning they exercise, or simply walk around. Some said *"Every morning we exercise and walk in the yard"* Physical activity is defined as any bodily movement that involves skeletal muscle contraction and the substantially increases energy expenditures. It is typically leisure activity, requires little supervision, and protects against mobility and disability.

Physical activity is an exercise that is important for older adults to maintain health. Preserve the ability to perform ADLs (activity of daily living), and to improve the quality of life. The benefit of physical activity may include prevention of heart disease, reduction of elevated blood pressure, improves circulation, and increase appetite. It also enhances socialization and self image an opportunity for motor and mental stimulation.

There are games just for fun that stimulates their thinking ability and enrich relationship and communication, most residents, like playing mahjong, chess and "dama". *"We also have games like mahjong, we bet one peso for 3 hours,*

*sometimes even our doctors played with us like chess and "dama". There is also time for movies."* There are games just for fun that stimulates their thinking ability and enrich relationship and communication, most residents, like playing mahjong, chess and "dama". *"We also have games like mahjong, we bet one peso for 3 hours, sometimes even our doctors played with us like chess and "dama". There is also time for movies."*

For older adult resident participants taking drug maintenance, verbalized their appreciation that they no longer worry the needed cash for their drug maintenance because their monthly payment includes their medicines, and staff/caregiver are there to administer their medicines on time. *"I don't worry about my bills regarding my medicine because it's included in my monthly bills here in nursing home. There are also the staff and caregiver that administer our drug maintenance on time."*

For them nursing home has a plan of daily activities to keep them active and functioning well. Besides daily activities, older adults need to take their vitamins and other medications like maintenance drug for hypertension, etc. They said that they find contentment staying in nursing home because their physical, mental, social, emotional aspects are being maintained to keep their optimum wellness.

#### **Theme 5 - Finding security and self fulfillment**

Mobility is the capacity one has for movement within the available environment. In old age, one moves slowly and purposely sometimes with more forethought and caution. The decision to seek a nursing home care is rarely an easy choice or a first choice. Older patients and families need to understand the realities of nursing home care, know how to select an appropriate facility, recognize and deal with the emotional reactions involved, learn to maintain meaningful relationship, and identify and seek resolution of problems.

Wellness involves achieving a balance of one's internal and external environment and one's emotional, spiritual, social cultural and physical



process all of which are vital components. External environment conditions include caregivers, that influence the body, mind, spirit and functioning of older adults. Older adult is a complex and unique individual whose functioning and well being are influenced by the acquisition of age related changes and risk factors. When risk factors cause older adult to be dependent on others for daily needs, their caregivers is considered an integral part of nursing care. Safety is a broad concept that refers to security and the prevention of accidents of the older adults.

Almost all residents in nursing home verbalized; *"I like the place because of the wide yard with trees with cottages, caregivers are kind and efficient. I have many friends here already."* This was an indicative of residents' recognition that staff work hard and were kind to them; all residents *"I have many friends here"* these are few to mentioned choices made by resident participants. On the other hand, male resident of nursing home #1 likes to walk in the morning and stay under the mango trees for two hours. It is always the best choice decided both by older adults and family. Families consider mobility, safety, and satisfaction of their aging parents, that they are comfortable to their environment, that they like the place, and the people that surround them.

One of the resident participant mentioned in her story telling *"it is nice here because we even go to Ocean Park and we even go malling. Nursing home administrator wrote to Ocean Park and SM to schedule our visit and also inform our children."* The said activity has to be properly coordinated with the institutions, nursing home administrator and mall authority as to the schedule date and time of visiting the mall. Essential element is the consent of the family member or those who are interested to join the outing (waiver). *"I am on a wheelchair for me not to get tired and each of us was accompanied by a caregiver"* There must be one caretaker in every resident, and wheelchair in order to prevent fatigue to elders.

Resident participants said that nursing home is a better place for them to stay rather than living in their own homes where nobody takes care for them.

Having efficient caregiver are the key factors in keeping them stay in nursing homes. This also assures them of security and self fulfillment in their lives.

## Discussions

Older adult has the right to live a quality life. Quality of life is a concept that has many definitions. It has been defined as a degree of satisfaction or dissatisfaction with life of a person's well being. Older people talk about quality of life in terms of family relationship, social contacts, activities, general health and functional status. (Mauk, K. L., 2007)

As individual ages, their physical and mental capacity changes but their spiritual wellness believed in the power of the supreme Almighty does not change, (Matzo, LP, Sherma, D., 2004), instead it becomes stronger because they have already reached the last stage of life which is old age. Evidence shows that resident participants are more prayerful, reciting the rosary, saying novena prayers and attending masses or attending Christian fellowship.

Family relationship is so important to our older adults that when family caregivers can no longer provide adequate care of the older adult home, they may face the difficult task of placing their parents in a long term care facility, (Wolters K., Lippincot W & Wilkins, 2006). Based on the study, the distance of children to their parents and a busy time in their family and jobs, are the main reasons why old parents are sheltered in the nursing home care facility. Nursing homes is a licensed/ accredited institution to shelter older adults and it is regulated by the state agency. Each resident has a private room or shared bedroom and use of common space. It is the responsibility of the staff nurse, the wards attendants and caregivers to assist elders to achieve the highest level of wellness in relation to whatever situation exists. Therefore health, wellness, and aging of the older parents are the concerns both the institution and the grown children. Wellness is defined as a continuous process of maintaining harmony

between a total person and his environment. It involves one's whole being physical, emotional mental and spiritual, all of which are vital components. (Ebersole, H, Thouhy, J., 2005). Staying safe is crucial for older adults, that's why the focus of nursing home care is to minimize negative effects of age related changes so as to promote wellness outcomes. Wellness outcome includes improved safety, function and quality of life. (Miller, C. A., 2012), a safe environment is always to be considered in choosing shelter (nursing home) for older adults, in order that self-esteem of older adults will be lifted through having self confidence and self satisfaction. Liking oneself well is enough to keep going with dignity and acceptance to achieve inner peace and ego integrity. (Ebersole, H., et al, 2012). Philippine nursing homes are paradise for nursing-destitute elderly. Nursing homes provides a "home" away from home whose primary family unable to furnish due to reason beyond their control. In health care facility it is significant to think about three distinctive types of environments; the physical environment, social environment, and organizational environment. (Ham, R., Sloane, P., Warshaw, G., 2014). The researcher agreed with the three distinctive types of environment to consider in the selection of nursing home where older adults should stay.

The physical environment refers to physical setting in which the respondents lives this includes size and décor of spaces, lighting, temperature, acoustics and access to outdoors. (Ham,R.,et al., 2014). As claimed, resident's participants feel that they are happy and comfortable with their nursing home physical facility. Most of them stays in a private rooms, well ventilated, well lighted, with a television and have their own bathroom. Only three resident participants stay in a shared room. Same with private room, it is well ventilated, well lighted. Their leisure time is watching TV and they are also updated with what is going on with the outside world because of mass media (news).

The social (care giving) environment refers to the people who interact directly within the

residents/patients – how they approach the person and what they do. Staffs and caregivers are kind efficient, with concerns to them are the descriptions of resident participants to the people who renders quality care to them. They said they are satisfied with the services. Aside from that, health providers have develop their love, respect, and have good relationship with the older adults and treated then with tender, loving care as what we observed.They play a big role in making the lives of older adults meaningful by socializing or even play games with them.

Lastly the organizational environment refers to the rules and regulations that affect a resident life such as when they can eat, whether they can go outdoors, and what amount of services they received.(Ham, R., Sloane, P., Warshaw, G., 2014). Every institution has their own plan of activities for the whole week. They also have set of standard policies for the residents to follow like all residents should have their meals in the dining table in nursing home 1, so that they eat together like a family, while some residents in nursing home 2 stays in a private room with their meals served in their rooms.

Needless to say, these environmental characteristics can have a huge impact not only on the function but on quality of life for a dependent older person. In the Philippines we don't have a well develop Social Security System for elderly. Historically, the Filipino elderly has been dependent to their children for economic, social and physical support but there are some reasons why elderly is being brought to the home for aged. (Livestrong.Com. 2015). Very well said because out of nine (9) resident participants, eight (8) of them are being supported financially by their children, the housing, medicines, and all needs of the old parents. Meeting their basic needs can help them avoid depression. Signs that they lack sufficient support may include difficulty in sleeping, a poor appetite or an inability to concentrate. Emotional care for a senior should include steps designed to deal with vulnerability, loneliness, boredom and isolation.

As individual grow old, they'll look back on the life they had. Witnessing something magical, and that is the first man who walked on the moon, presidents being elected and thru their death and assassination. Having a career, fulfilled dreams, get married, having kids, a family of their own. So for the elderly, who will spend the remaining days of their lives on Nursing homes, is it worth it? As most of the media portray, living in a nursing home is the saddest way could be, being alone, physically abandoned by their relatives, longing for love ones to visit them is a psychological need that needs to be resolved. Active or intentional neglect involves the deliberate withholding of needs needed for daily living like food, medicine, companionship and care. (A D A Philippines, 2012). A study made by Aged Care Extended Services in St. Luke's Medical Hospital in one the country's residential facility shows of abuse. In their study, active negligence has the highest incidence followed by psychological abuse, exploitation, violation of rights and physical abuse. There were reports of psychological maltreatment and provocation of fear or violence. (A D A Philippines, 2012). The Philippines is one of the countries that uphold the value of respect of their parents and elders. However, this honorable act is no longer welcomed in Filipino homes and the sad fact about these things is not exposed. In aid and empowerment of the older adult several law statures are passed to embody the neglected elders to a just system of law, (Defensor M.S, Senate Bill No. 1344, 2007). An act that ensure older adult or disabled persons to be protected from institutional, community, and domestic violence and sexual assaults and to improve outreach efforts and other services available to older or disabled persons victimized by such violence. In this study the desire to continue to live and cope with their present condition made the researchers believed that there are some other sectors that proved that elders are not abused nor neglected as shown in the results of this study. They have a continuous connectedness from their relatives, spending their lives on a pleased way on a day to day basis. They've accepted the fact that they are here, (nursing home) that they have no choice but to live in a nursing home away from home.

## Conclusions

Elderly goes through a stage of life which is considered as the last one, in which the life projects have already accomplished, being possible to enjoy what remains of life with peace of mind. Thus, ageing process is of course a biological reality which has its own dynamic, largely beyond human control. However, it is also subject to the constructions by which society especially the family makes sense of old age, giving meaningful and purposeful life to older adults.

This study showed that family is an integral part in upbringing a sense of continuity and the possibility of full life to a successful aging that provides the view that is possible to enjoy life of older adults in the later years in a way that exceeds comprising care management that integrates health care and psychological care with other needed services such as: housing, , nutritional services, assistance with activities of daily living, socialization programs, as well as financial and legal planning. It also emphasized that an elderly person needs quality of life, feel safe, and remain close to their family though living away from home.

## Recommendations

For future researchers who intend to conduct the same study on the lived experience of older adults in nursing homes, is to focus the study on government institution since our study was conducted in the privately owned and a religious sector nursing home. This is to determine if older adults in government nursing home will have same quality of life the older adults living in non government institution. The researchers also recommend the use of a mixed method study that of a qualitative research focusing on lived experiences of human phenomenon and a quantitative approach method.

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