

Supporting mental well-being in old age by structured discussion groups

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Well-being in old age is often based on a complex entity of resources. Mental, physical and social resources are each unique but unavoidably intertwined. The Meaning in Old Age project (RAY 2011–2014) has focused on mental well-being and resources and the ways of maintaining and supporting mental well-being in various situations.



Research & development

Events

- Workshops
- Recruitment

Interviews

- N=30
- Age range 64–85

Theory

- Logotherapy
- Psychological well-being
- Positive psychology

Group model

- 3 pilot groups
- 10 meetings
- Journal

Group process – The Bridge of Mental Well-Being

1. Welcome and introduction
2. Resources in daily life
3. Freedom of attitude as a resource
4. Life story as a resource
5. Strengthening stories
6. Gratitude
7. Doing what matters
8. Meaningful daily life
9. Future prospects
10. Evaluation and conclusion



Results

Interviews of participants (N=12):

- Greater reflexivity about finding and experiencing meaning in life
- Value of contemplation
- Aspiration of personal growth

Products

- Group model
- Guide
- Training for supervisors

Evaluation

The comparison of individual interviews and interviews after group process gives support to the benefit of providing a possibility for a structured group process concerning mental resources.