

# Promoting mental well-being in older people services

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*Mental well-being is an essential part of functional capacity and overall well-being in old age. Professionals need knowledge on mental well-being, tools to enhance it and skills on strength-based and solution focused approach.*

## METHOD

### Long-term development program:

- 14 municipalities
- 74 professionals
- 4 coaching processes: home care, nursing homes, day care

Coaching process included themed workshops (6). In the process, participants explored the themes and reflected on their significance as part of their work. They tested tools for mental well-being, and co-developed practices in their work.

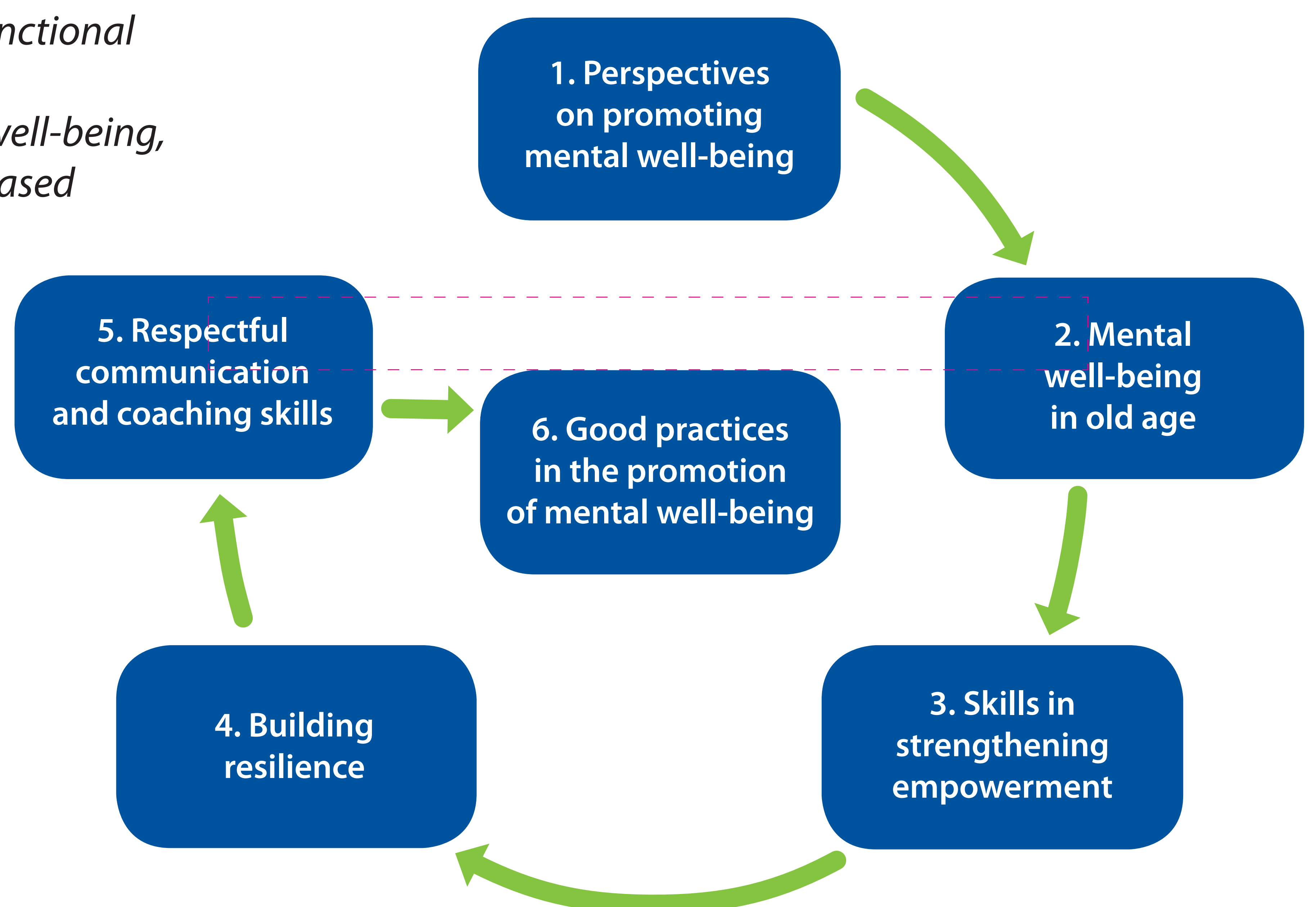


Figure: Themes of coaching process

## RESULTS

**30 practices** to promote the mental well-being of older adults.

For example, methods to

- respectful communication
- recognizing strengths and resources
- supporting meaningful daily life
- recognising the individual sources of mental well-being
- group activities

### Increased competence of professionals

- Knowledge of mental well-being increased (4,6)
- Skills to support the mental well-being of older adults strengthened (4,7)

Scale 1–5 (max 5)

### Positive experiences

- "It has been great to get to know the residents in a new way."
- "It's nice to come to work – improved atmosphere"
- "The process has helped the professionals to believe in their own skills and competence."

## DISCUSSION

Professionals are in a central role in supporting mental well-being, especially when they encounter vulnerable older people. Supporting mental well-being in a solution focused way is an essential part of daily work and high-quality care. This offers a promising approach also to promote positive work culture and occupational well-being in older people services.



### Age Institute Information

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