

A Qualitative Study of the Perspectives of Care Received by The Institutionalized Elders in Southern Province, Sri Lanka

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In the current era, elderly people are more prone to have institutionalized care because of nobody to care them. It is crucial to investigate whether they are received a quality holistic care in order to improve their quality of life. The aim of this study was to explore the perspectives of care received by the institutionalized elders in Southern Province, Sri Lanka. Qualitative phenomenological study design was used. Onsite, semi-structured face-to-face interviews that included open ended questions were conducted with institutionalized elders. Fifty elderly individuals were recruited by convenient sampling technique after obtaining ethical approval. Each semi-structured interview was audio taped and then was transcribed verbatim. Thematic analysis was employed for data analysis. Fifty elderly individuals (22 male and 28 female) ranged from 70 to 74 years participated for the study. Majority were of Sinhalese (94%), Buddhist (68%) and unmarried (70%). Out of them, majority (40%) were institutionalized as nobody to care. Three main themes were identified: enhanced physical health, concern for psychological and emotional status and enhanced spiritual wellbeing. Elderly individuals were more satisfied with the physical care they received. They were highlighted the necessity of better psychological and spiritual care. Physical, psychological, social and spiritual care have been responsible for holistic care in order to improve the quality of life of the institutionalized elders.

Keywords: *holistic care, institutionalized elders, quality of life*