### What Makes a Nursing Home Feel Like Home? **Resident Perspectives**

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### Background

- A place that feels like home is a common goal, but few NH studies have examined "home" with residents.
- The concept of home was explored as part of a larger study, "Validating the Resident VIEW in Nursing Homes."

### Methods

- We interviewed residents living in 32 randomly selected NH in Oregon stratified by quality, ruralurban location, and profit and not for profit status.
- Residents responded to the question (n=266), "Does it feel like home to you here?"
- **If yes**: "What makes it feel like home?"
- If somewhat or no: "What would make it feel like home?"
- We recoded as Yes (1) and No/Some (0) for logistic regression; kept as original for ordered and multinomial logistic regression.
- Open-ended responses were classified via open coding. Six major themes emerged (see central diagram).

### **Results: Qualitative Coding**

Yes, it feels like home (26% of residents)

- 48% of responses described relationships with people at the nursing home.
- 9% emphasized the importance of having family or other meaningful relationships from outside the nursing home

Does not or somewhat feels like home (74% of residents)

- 33% reported that nothing could replace their home.
- 27% expressed a lack of autonomy
- Inability to do preferred activities
- Managing routines on their own time
- Having freedom to come and go

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## For nursing home residents, relationship building, personal autonomy, and physical environment create and sustain feelings of home.

ATH

I have this pillow from my mom-I gave it to her when she lived here just a couple doors down from me. Now I have it and it reminds me of her and feels like home.

My kitties, my wife, my environment, people I love around me.

Even though family can't get to me often, they call every day. The people who work here say, "Hi, how are you?"

The staff love me and I love them. I know by they way they care for me.

#### Relationships

Impossible to feel like home



You might have to bring personal things. My daughter brought the flowers and the photo of the grandkids.

Meaningful possessions

Physical environment

Not white walls. Different furniture. Different colors. Decorated more. Not so hospital-like.

Autonomy

Quality of support

I can be by myself and I can go where I want and go outside if I want.

I have help when I need it. People are friendly.

Can't feel like home. This place can't offer that.

### **Results: Logistic Regression**

- Residents in rural/frontier and urban nursing homes are equally to find it important that it feels like home, but rural/frontier residents are more likely to actually feel at home.
- Long-stay residents are more likely to find it important as well as experience compared to those who are short-stay.

Table 1. Odds ratios from logistic regression model of importance and experience measures for current nursing home feeling like home

	Important That It Feels Like Home	Yes, It Feels Like Home
Licensed capacity	1.00	1.01
	(0.26)	(1.95)
# of deficiencies	0.99	0.98
	(-0.23)	(-0.79)
Non-profit (v. for-profit)	0.65	0.54
	(-1.05)	(-1.26)
Rural/frontier (v. urban)	1.00	2.88**
	(0.00)	(2.78)
Female (v. male)	1.35	1.16
	(0.98)	(0.43)
Nonwhite (v. white)	0.45	0.62
	(-1.40)	(-0.73)
Age (in years)	0.99	1.00
	(-0.58)	(-0.23)
Long-stay (v. short)	3.51***	4.06**
	(3.75)	(3.24)
Shared (v. private)	0.83	0.73
	(-0.59)	(-0.86)
Private pay (v. all others)	1.03	0.80
	(0.06)	(-0.31)
Ν	223	228

Exponentiated coefficients; t statistics in parentheses \* p < 0.05, \*\* p < 0.01, \*\*\* p < 0.001

### Discussion

- Our results indicate that NHs can become home environments for their residents.
- Relationship building, personal autonomy, and physical environment are likely critical pillars for creating and sustaining feelings of home.
- Future research will examine variations in responses described here, including resident or facility characteristics, and length of stay.

Want to learn more about the *Resident VIEW* tool? wnload our recent publication, he Resident VIEW in Nursing Homes"

oi.org/10.1177/2333721419877975

