

## **Older Women's descriptions of how they activate themselves in their everyday living and what will promote their activity abilities.**

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### **Background**

One common health problem among the older population is pain. About 50-70% of the older people live with some kind of pain. Living with persistent pain affects their ability in activities. Older people who are limited in their activities report decreased quality of life. There are generally more women, compared to men, who report a decreased quality of life. To develop rehabilitation programs, there is a need of more knowledge how older women living alone and have persistent pain describe their everyday activities and what will promote their ability in activities.

### **Aim**

The aim was to gain knowledge about how older women, living alone with persistent musculoskeletal pain, describe their ability in activities and what promotes or would promote their ability in activities.

### **Method**

Qualitative interviews for content analysis were chosen for the study. Twelve women with musculoskeletal pain and living alone (ages 66-93) participated in the study. The interviews focused on how the women described their ability in activities, and what they thought could promote their ability in activities in their daily life. The interviews were verbatim transcribed and analyzed with descriptive qualitative content analysis.

### **Results**

As a preliminary result, a construction of a general theme demonstrates that these women have a daily program and daily rhythm of activities to either keep their ability, or they want to have a daily program or daily rhythm to promote their ability in activities. Activities beyond the daily rhythm include outdoor activities, social contacts and amusements activities. Important for their abilities in activities were support from the community service, as well as adjustments in their homes.

### **Conclusions**

Further results and conclusions will be presented at the conference.