



Activities

- Boredom was widely described by participants.
- Preferred unstructured activities: playing instruments, jigsaws, knitting, reading.
- Preferred activities in group settings: music, dancing, pet therapy, group storytelling.
- Activities should be tailored to individual needs and abilities.
- Activities provide a means of social interaction.



Reminiscence

- Participants described gaining consolation from remembering things they have done in the past.
- Reminiscence provided a means to reflect on things participants can still do.
- However, reminiscence was upsetting for some, reminding them what they have lost.



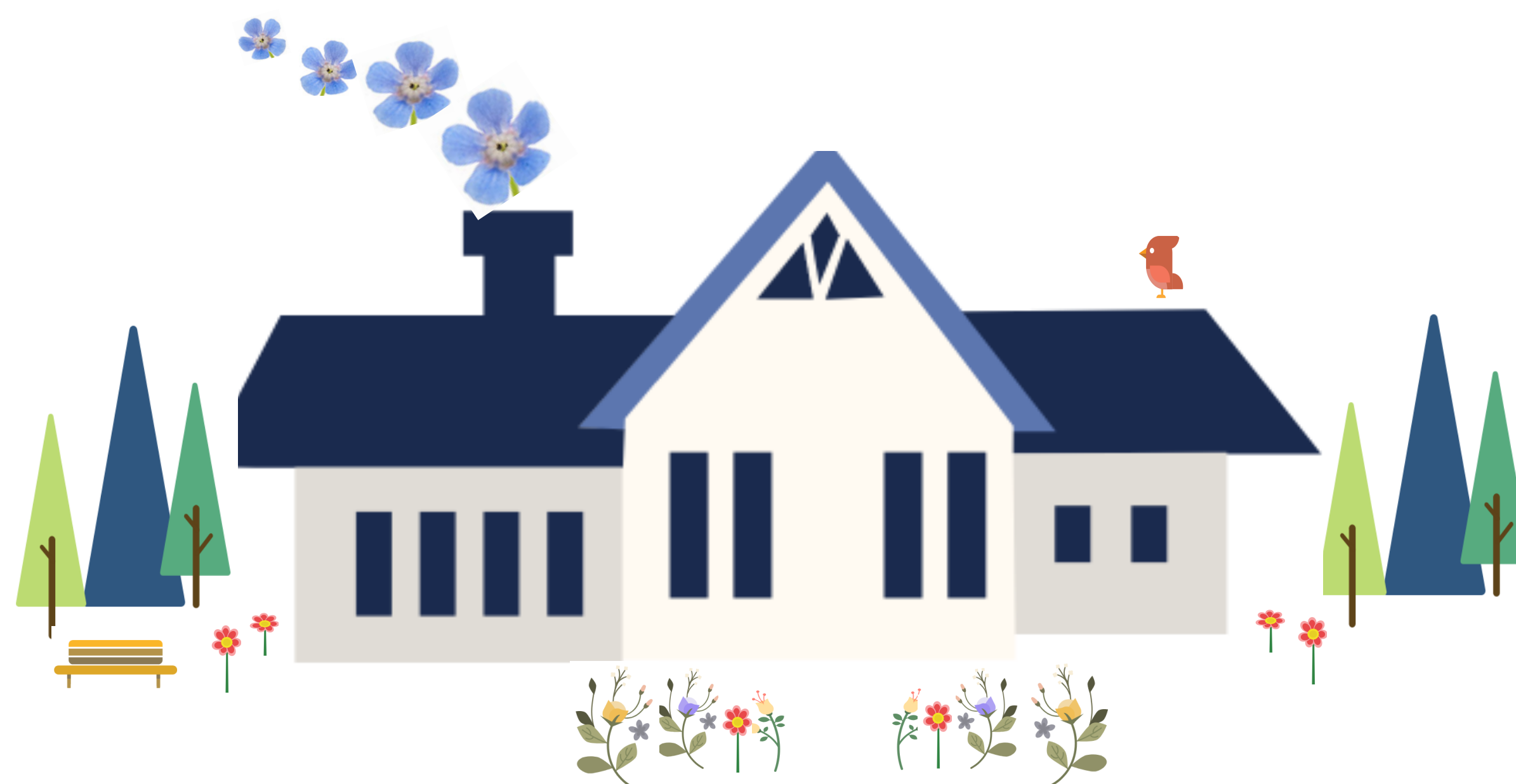
Appropriate Environment

- Living near their old home or near family was important for many participants.
- Residents require an internal environment that is not confusing to navigate, without risk of falls.
 - Some residents wanted a key to their room.
 - Access to the outdoor environment and to gardens is important for maintaining independence and ownership.



Meaningful Relationships

- Participants gained comfort through human interaction.
- Fear of loneliness was particularly prevalent amongst those with advanced dementia.
- Participants felt that routines were not conducive to forming friendships.
- Losing contact with family is a 'key source of anxiety'.



Maintaining Previous Roles

- A number of participants felt sad about the loss of previous roles.
- Some participants wanted to contribute to domestic activities around the home, although others were happy to be relieved of chores.
- Altruism was important for some, be it simply listening to other residents' problems in the home and providing advice.



End-of-Life Care

- Comfort and peace were ranked most important by residents at this stage.
- Participants also wished to be surrounded by family and familiar items, such as photos.
- Effective communication is important, along with the presence of familiar staff.
- There were mixed feelings about moving to hospital at this time.



Support with Grief and Loss

- Some participants said they would like to be informed together about the death of a resident.
- Participants experienced grief and loss in regards to their former lives and identities.
- Some residents may gain comfort from spiritual or religious support during difficult times.



Freedom and Choice

- An experience of restriction was commonly described.
 - Being prevented from being allowed to go for a walk in the garden was associated with lower quality of life ratings.
- Participants also felt restricted in areas of their daily routines, including choosing: what to eat, when to go to bed, whether to have a bath or a shower.
- Residents would like a small kitchen for their use.