

## ELDERLY CARE IN SWEDEN

### Tarefa:

1. Tendo em mente *Teoria da diversidade e universalidade dos cuidados culturais* (M. Leininger, 1991), **identifique no caso os factores culturais** que contribuem para o estado de saúde e para a oferta de cuidados de saúde.
2. Compare com a realidade portuguesa: quais as semelhanças e diferenças que encontra?
3. Que outra informação seria relevante para perceber as necessidades destes clientes e os cuidados a prestar?

Hanna is a woman 82 years old. She grew up in a family with 8 siblings in the countryside, and most of her life she has been faithful to the same region. She went to school for 6 years and then it was time for her to start working. In the beginning at home on the tiny farm, but soon after she had to work away as a nursemaid and later on as a housekeeper. Then she worked all her life as a housekeeper for different families, at different farms. All the time she dreamed of taking higher education, but that was out of the question for a girl at that time, especially with her background.

Life as a housekeeper at a farm was hard. The day started at 6 am. and the working day was not over until the youngest baby fell asleep.

There was never an overflow of money during her life, but she always had enough to eat and her own warm room. Many times however she longed for a family of her own with a husband and children, but there was never the time for that. The families at the farms needed her more and she felt she couldn't fail them.

Hanna has always had intellectual interests, read a lot of books, followed the political debates and was warmly religious as many people at that time.

All her life she has served other people. She is a very generous person and never put herself first when it came to her work.

Fortunately Hanna was a rather healthy woman during the first part of her life, but unhappily at the age of 37 she got diabetes mellitus. Her life changed dramatically, but there was workload was the same as before. Food could sometimes be a great problem to her but regularity and exercise was a natural part of her life.

The days during that time were rather alike: up at 6, breakfast for the family, taking care of the youngest child, feeding the hens, laundering once a week, baking twice a week, preparing sandwiches for the men in the fields, playing with the little child, helping with the dinner, collecting the potatoes and the vegetables from the cellar and

the fat bacon as well. Washing the dishes, sewing, afternoon coffee, helping the children with their homework, preparing supper, clean up, putting the children to bed, helping the old grandmother and also taking care of the baby.

Hanna place of employment changed about every five years, as situations in "her" families changed but there was always a new family at a new farm that needed her.

The last job she had was with an old lonely farmer and after being there for 12 years, she moved to her own apartment for the first time in her life at the age of 67. These 12 years were not so full of work as before and she had a possibility to think a little more of herself and her chronic illness. One of her greatest interests was gardening and there was always a nice blooming garden and a plentiful vegetable patch where she "advanced".

She lived a calm life in her pensioner's apartment with book reading, gardening and social intercourse with some of her brothers and sisters, those who lived in her neighbourhood.

Later on there were some complications with her illness and at the age of 75 she needed more help. One day when the district-nurse visited her to bandage her sore foot, the nurse asked her, if she could be interested in moving to the newly built service-building in the little village nearby.

It was not an easy decision to make. Hanna had always been an independent woman and was not very keen on institutional life. Her favourite sister and brother died and also her best friend, which meant that her social life got poorer.

The district-nurse took up the thread again at her next visit and explained thoroughly what it means to live at a service home.

Hanna realized little by little that it was hard for her to manage her apartment and at the next visit by the nurse she had made her decision.

Two months later she lived in a nice flat with two rooms in the newly built service home.

More complications had hit her and besides the sore foot she couldn't see as well as before and she began to feel a pain in her back.