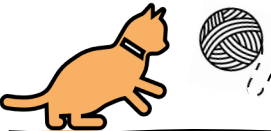


"I'm my own boss"

– a qualitative study with people receiving adult day services in Germany about their understanding of leisure and their preferences for leisure activities

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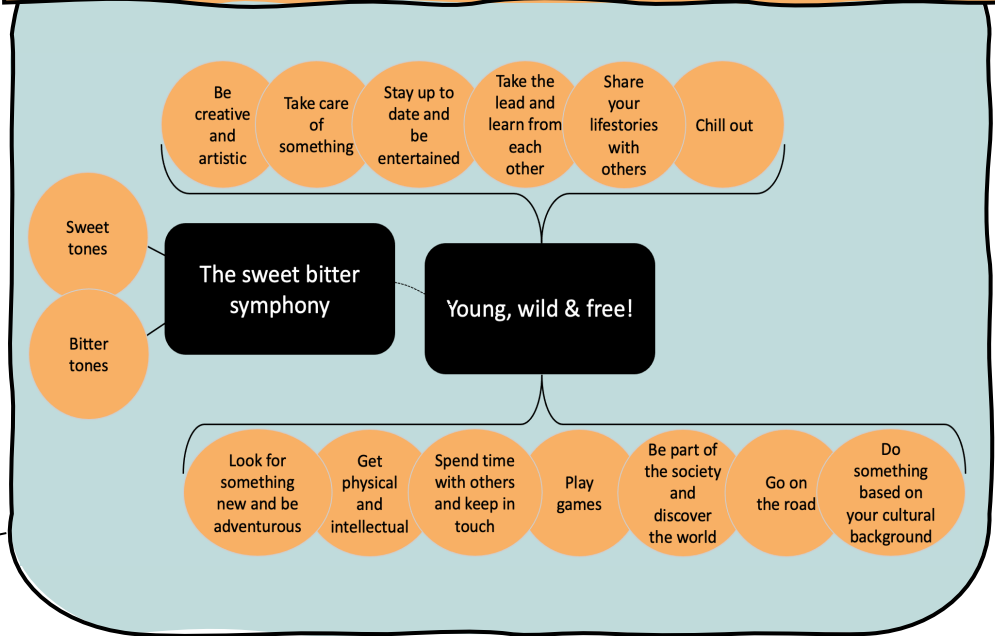
Introduction

- The psychological needs of humans according to the self-determination-theory (SDT) (*autonomy, competence, and relatedness*) can be fulfilled by leisure activities and thus improve well-being and quality of life¹.
- However, it is currently unknown how people receiving adult day services (ADS) understand leisure and which leisure activities they prefer.

Methods

- We conducted semistructured interviews with 15 people receiving ADS in Germany.
- Recorded interviews were transcribed verbatim and theory-driven analyzed based on the SDT¹ using reflexive thematic analysis².

Results



Conclusion

- The results indicate the importance of preference-based service design in ADS to meet clients' psychological needs¹ and thus provide person-centered care to improve well-being and quality of life³.
- These results can be used to develop an item-based assessment tool to assess the preferences⁴ of people with care needs regarding leisure activities in ADS.

References



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