



# Older people` perceptions and understandings of well-being : A grounded theory

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With the growth in the proportion of the population of older people more attention is being given to their well-being. Occupational therapy has much to offer older people and their well-being, ensuring that they live well as they understand it. However examination of occupational therapy and other health related literature reveals that the meaning of well-being is often not articulated, how people achieve well-being is unclear and the perspective of the older person with regard to well-being is missing. This book reports on a study that uses grounded theory to explore how older people perceive and understand well-being. To experience well-being older people have to perceive that they are in control. The social process of ♦trading off♦ is used to increase the perception of being in control. ♦Trading off♦ is used to exchange occupations that are no longer within their capacity, for occupations that are, or for other people to complete those tasks for the person to perceive that they are in control. The major contribution that this book makes is an explication of the dynamic process that older people engage in to achieve well-being.

- [A.O.G. Fitness : The Key to Ultimate Fitness](#)
- [Offne die Augen](#)
- [The Oil & Gas Year Indonesia 2013](#)
- [Offizier - Kartograph - Politiker \(1775-1851\) : Lebenserinnerungen und kleinere Schriften](#)
- [Ohio Educational Monthly, Volume 36](#)
- [The Official Sunderland AFC Annual 2010](#)
- [Okklusales Einschleifen im natuerlichen und im restaurierten Gebi? : Grundlagen und Techniken](#)