

Boggatz, T. (2020). *Quality of life and person-centered care for older people*. Cham, Switzerland: Springer, 466 pp. ISBN 978-3-030-29989-7

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The aim of this book is to determine what “quality of life” means for older people, which is actually defined by old people themselves. This approach deviates from the commonly accepted definitions of “quality of life” because this idea has largely been formulated, shaped, and developed by scientist experts. By focusing on older people’s ideas of quality of life, the author directs us to the real meaning of what person-centered care is, because it gives primacy to the voice of those in care.

This book is composed of seven chapters. Two of the seven chapters serve as an introductory, while the other four provide context as to what quality of life is according to a specific kind care. The final chapter summarizes the perspectives of older people and connects these perspectives to a person-centered care approach.

At the beginning, one will find an interesting theoretical analysis about the quality of life at old age. It is hard to believe that there is no consensus amongst the scientific community regarding the concept of “quality of life,” given its importance to the target community. Considering this concept as a value judgement, the author explores the concept from four different meanings: (1) quality of the objective life situation, (2) as a general subjective well-being, (3) as a satisfaction of subjective needs, and (4) as a multidimensional subjective state.

Despite these existing definitions of quality of life, the author believes that this concept must be defined by older people themselves because it is intrinsically subjective, or, in other words, is experienced when a person achieves what matters to them.

The author explores more than four hundred studies to identify old people’s perspectives about quality of life, which delineate four types of care:

- Chapter 3: The perspective of quality of life in community-dwelling older adults.
- Chapter 4: Health promotion and disease prevention and how these interventions interfere, or contribute, with older peoples’ habitual balance between opposite orientations of action.
- Chapter 5: Quality of life in long-term facilities from the perspectives of older people and their caregivers.

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- Chapter 6: quality of life when nearing death from the perspectives of older people and relatives that are involved with the person nearing death.

In each chapter, quality of life of older adults is analyzed based on body, social dimensions, identity, and development. The final chapter continues the discussion regarding the meaning of quality of life from the view of older adults with the aim of guiding caregivers towards a vision that can exceed the needs of old people.

This book facilitates the understanding of the broad variety of perspectives of older people and their needs. It reaffirms that there is not one-size-fits-all solution since all old people have different kind of demands. The author also provides practical bullet points for improvement in older peoples' care that can be implemented by caregivers.

From all the papers reviewed for this research, only one was made in a Latin-American country and which takes into account the reality of developing countries. This may reduce the contribution of the book to the social reality of older people from those countries that are less developed. Although the book emphasizes the balance that older people require in engaging different orientations of actions or goals, that depends not only from what is provided to them but also what older people can do by themselves. If developing countries caregivers provides care that, despite the deficits, allows older people to find that balance, then the book will accomplish its goals.

This research is useful for policy makers making decisions about the care of our older populations because the language it is written in a manner that makes it very easy to follow without downgrading its content or quality. Also, the direct quotes from older people further facilitates understanding about their opinions and emotions. Each chapters' technical and layperson content offers more details about the papers consulted which is useful to those who want to explore more aspects of quality of life in specific populations.