

FACTORS INFLUENCING THE ADAPTATION OF SENIORS IN THE NURSING HOME

KATARÍNA BUNDZELOVÁ¹, EVA GREY¹, LUCIA LUDVIGH CINTULOVÁ¹

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¹ St. Elizabeth University of Health and Social Work in Bratislava, Department of Social Work (SK)

Contact: doc. Katarína Bundzelová, PhD., - bundzelova@vssvalzbety.sk, prof. MUDr. Mgr. Eva Grey - grey@vssvalzbety.sk, PhD., MHA, univ. prof. doc. Lucia Ludvigová, PhD., - cintulova@vssvalzbety.sk;

Corresponding author: Katarína Bundzelová (e-mail: bundzelova@vssvalzbety.sk).

Abstract:

Background: The article examines factors influencing the adaptation of seniors in the Frýdek-Místek Nursing Home. The main objective is to identify key elements that affect how seniors adjust upon admission. Aging is also associated with reduced flexibility, making adaptation to new environments a critical concern for care providers. **Methods:** The study was conducted at the Frýdek-Místek Nursing Home using a qualitative approach. Six participants were purposively selected for semi-structured, individual interviews. Following transcription, the data were analyzed using open coding to identify initial concepts, followed by axial coding to establish relationships between categories. **Results:** Findings reveal that adaptation is influenced by multiple interconnected factors. The senior's family plays a crucial role, providing emotional support and continuity. Staff support and the approach of caregivers, particularly communication and interpersonal engagement, significantly affect adjustment. **Discussion:** Additionally, the physical and social environment of the nursing home contributes to the ease with which seniors adapt, highlighting the importance of a welcoming, structured, and familiar setting. **Conclusion:** These results underscore the need for a holistic approach to admission processes, emphasizing family involvement, staff training in communication, and environmental considerations to promote successful adaptation.

Keywords: nursing; senior care; institutional adaptation; seniors

Introduction

Aging is an inevitable stage of every individual's life, and old age is often accompanied by unique physical, social, and psychological challenges. Contemporary societies are experiencing significant demographic changes, with the proportion of seniors steadily increasing. This trend is largely the result of improvements in healthcare, which have reduced mortality rates and extended life expectancy. While longer life offers the potential for fulfilling and active aging, not all older adults experience this phase positively. Common challenges include chronic illnesses, loss of social connections, reduced income, and decreased independence, all of which can affect overall well-being and quality of life.

Social services aim to support seniors in maintaining their independence and remaining in their familiar home environment for as long as possible. However, for many individuals, this goal cannot be achieved, necessitating admission to residential social care facilities. In such settings, seniors must quickly orient themselves to an unfamiliar environment, establish relationships with new peers and staff, adapt to the facility's routines, and accept assistance with personal care and daily activities. How successfully seniors manage these adjustments is influenced by their lifelong approach to change. Individuals who have previously demonstrated flexibility, openness, and resilience in the face of life challenges tend to adapt more easily to the nursing home environment. In contrast, those with rigid habits or strong resistance to change often experience greater difficulties and perceive new routines as obstacles.

Understanding the factors that facilitate or hinder adaptation is essential for improving the admission process, supporting seniors' well-being, and designing interventions that promote successful integration into residential care. This study focuses on identifying these factors in the context of the Frýdek-Místek Nursing Home, providing insights relevant to both policy and practice in social services.

Factors influencing adaptation

According to Ondrušová and Krahulcová [13], the adaptation process is an individual matter, which takes a different length of time, the adaptation "is in itself a complicated and usually long-term process."

Therefore, it is important that seniors are given a helping hand at the right time and in the right place, which could help them successfully and quickly overcome this life situation." To successfully manage the adaptation, it is necessary for the facility's employees to work as a team. During this time, many people enter the adaptation process, whose work should be planned in advance, and it is necessary for individual activities to follow each other in a coordinated manner. Various selected authors divide the duration of the adaptation process differently. Hrozenská [7, p. 84] claims that with good adaptation, an individual can manage to adapt to the new environment within six weeks. For satisfactory adaptation, four to six months are decisive, and for poor adaptation, a period of up to one year is expected. Malíková [7, p.21] based on the results of already carried out research, divides the duration of adaptation into good, satisfactory and poor. Good adaptation means that the adaptation period of a senior is no longer than six weeks. For satisfactory adaptation, four to six months are enough, and for poor adaptation, up to twelve months are expected.

According to Ptáčková et al. [14, p. 74] risk factors affecting the psychosocial adaptation of seniors can be divided into several areas: health status, psychological status, functional abilities, family and close relationships, home environment, and active use of services. For us, the most interesting division of factors that influence successful or unsuccessful adaptation is offered by the author Buzalová [1]. Factors that can contribute to successful adaptation include, above all, the voluntary choice of a senior to be placed in an institutional facility. It is important for seniors to be able to choose who from the staff will help them to get to know the new environment, provide medication, and help with their personal care. It is also important for them to be able to determine their daily routine themselves. Privacy is another factor that helps them better cope with the new environment [1]. The fact that seniors can choose whether they want to be alone or spend their free time with others is essential for them. It is good to remind seniors that they have the option to spend their free time not only in the facility with others, but also outside it [2]. The nursing home should resemble their own home as much as possible. The author also mentions the need for clients to participate in the daily routines of the facility.

In the case of negative factors affecting adaptation, Friedman [4, p. 60]. describes the client's internal problems. These include loss of ties with the family, loss of social ties, lack of privacy, disorientation in the new environment, problems in communication between the recipient and the service provider, and loss of a full-fledged civic position. He also mentions the service provider's external problems, including the difference in the health and social care model,

stress in providing care for clients, lack of social education, or poor cooperation with clients' families. Among internal problems of nursing home organization and management the author includes, among others: concerns about new approaches, an insufficient team approach, lack of plans for new clients, and work with volunteers.

Friedman also addressed the internal problems of the building and its equipment, which can also have a negative impact on successful adaptation. These are primarily spatial barriers, insufficient equipment for immobile users, lack of aids for activities or the absence of a special space for clients in terminal stage of their life. As last, he describes absence of a comprehensive approach to the client's complex medical and other problems in those nursing homes, which address only acute conditions. Haškovcová [5, p. 20] emphasizes the need to consider the results of social, family and personal history into the client's individual plan. She highlights cooperation with the family and their close circle, as well as the importance of assigning an appropriate key worker and thus tailoring the necessary care to each user [6, p. 14].

Autors [8] describes several elements that are crucial in the first phase of the admission process and that will facilitate the subsequent adaptation of the client. This is the voluntary nature of entering the facility, thanks to which the senior identifies with the admission to the home; it is his own will, choice and he is provided with sufficient information about what awaits him. It is also important to inform the senior about the rules that are followed in the facility, about his rights, about the daily regime, and the possibilities for active use of free time [1]. The opportunity to get to know the environment in which the senior is to be placed, to familiarize him with the individual parts of the facility and to strengthen his self-confidence and assurance is of great help. At this stage, it is important that a meeting is held within the multidisciplinary team to decide how to work with the client after admission and ensure that his needs will be met. A patron is also appointed at this point, which is a person to whom the senior will be able to turn, especially in the first phase of the adaptation process, and who will be key for him [15].

Authors Zimmelová and Dvořáčková [17] conducted quantitative research in 2007 focusing on factors influencing the adaptation of seniors. This research was conducted with clients in a residential social facility, namely Máj Nursing Home. The research found that successful adaptation is facilitated, among other things, by the voluntary nature of entry. The voluntariness or involuntariness of entry into a facility has been addressed also by Kratochvílová Křemenová [10], who points to the ideal state that exists in the agreement between the senior and the

facility, which is based on voluntary and planned placement. Cooperation with family and loved ones is very important, invaluable here. In the case of a voluntary decision to be admitted to a home for the elderly, adaptation is easier than in the case when someone else decides about the admission and against the client's will.

Health status is another factor that is of great importance for the entire process of adaptation. It is one of the most common reasons for a senior to enter a facility. Health status has an impact not only on the cultural and social life in a nursing home, but also on the ability to adapt to the environment in which the senior lives [12].

Another influential factor in adaptation is the family and cooperation with them. Having someone else take over the care of a loved one can very quickly lead to a loss of interest, a reduction in contact from the family, and even a decrease in the frequency of visits. The family can be involved not only in the running of the facility, participation in activities, but also in the care of their loved one. The importance of family ties and supporting contact with the family and the client is essential for a senior.

Material and methods

The aim of the research was to determine what factors influence the adaptation of a senior citizen upon admission to a nursing home in Frýdek-Místek.

Research participants

The selection of individual participants was not random, but was chosen so that the participants were users of this particular facility, were able to answer the necessary questions from a health perspective, and the duration of their stay in the facility was longer than six months. We set this period based on the length of the adaptation process, which many expert authors attribute to a period of up to six months. At the same time, we also set the maximum length of stay in the home to be three years. When selecting seniors, voluntariness was also important, i.e. the participants' consent to the research. To maintain the anonymity of the participants, they will be individually marked with the letter "P" (P1 – P6) in the following pages.

The research was conducted in the Nursing Home in Frýdek-Místek. The main reason for choosing this facility was that it is the facility where the co-

author of the research works. 6 participants were deliberately selected for the research. Their list, together with demographic data, is attached in the following table.

Table 1 Basic selected data on research participants

Participant	Sex	Age	Marital status	Date of admission to the Nursing Home	Boarding from
P1	Woman	74	married	15.5.2023	medical facility
P2	Man	78	widower	16.5.2022	relief service
P3	Woman	83	widow	5.12.2023	medical facility
P4	Woman	83	widow	17.4.2023	social service
P5	Man	81	widower	20.11.2023	medical facility
P6	Woman	80	widow	21.11.2023	medical facility

Research questions

Based on the research objective, the main research question was as follows: *What factors influence the adaptation of a senior citizen upon admission to a nursing home in Frýdek-Místek?* To answer this,, we were also interested in the following sub-research questions:

1. What influence does a senior's own decision to place them in a facility have on the adaptation process?
2. What impact does the first day of a senior's admission to the facility have on the subsequent adaptation process?
3. What influence does the environment and daily routine of the facility have on the adaptation of a senior?
4. What effect does cooperation with the senior's family and relatives have on the adaptation process?
5. What influence does the staff's approach to a senior citizen have on their adaptation process?

- 6. What are other factors that seniors consider important for successfully managing the adaptation process?
- 7. Which areas were influenced by admission to a nursing home - psychological, physical, social, and other?

For this research, we chose the qualitative inquiry technique - individual semi-structured interviews with the participants. After completing all the interviews and subsequent transcription, the data analysis phase began. The data were analyzed using the open coding method which was subsequently followed by axial coding.

Results

Table 2 List of categories and codes

Category	Codes
The influence of a senior's own decision about placement in a facility	Family decision
	No other option
	Future plan
First day of admission to the facility	Family
	Stress
	Environmental factors
	Lack of interest in the information about the facility
	Fear of the unknown
Environment and daily routine of the facility	Information from family
	Lack of information
	Personal belongings
Cooperation with family and relatives	Regular visits
	Taking care of routine matters
	Filling free time
Seniors' perception of staff approach	Assistance in self-care
	High frequency of staff visits
	Staff behavior
Other factors leading to successful adaptation	Personnel
	Equipment
	Relatives and other close people
Changes as result of admission	Physical changes
	Solitude

- 1. Research question 1: What influence does a senior's own decision to place them in a facility have on the adaptation process?

Research category: The influence of a senior's own decision about placement in a facility

Research codes: Family decision. No other option. Future plan.

During the interviews with the participants, one of the first topics was the issue of the extent of their own decision to be placed in the Frýdek-Místek Nursing Home. This topic received many responses and many of them were essentially the same.

Code: Family decision

All participants would like to stay in their home environment, but most often their deteriorating health and the absence of a caregiver prevented them from making this choice. None of the participants we interviewed submitted an application to the facility themselves. It was always someone from the family who processed the application and all the related formalities. Participants often agreed that family members made more of a decision about admission than they themselves: *"My son helped me with the processing."* P4 had to start dealing with a new life situation as a result of the death of the person closest to her: *"My family helped me. They said that I would have a better life here, so they arranged everything. My husband died. I was alone."*

Code: No other option

The decision itself was very often influenced by the life situation of the seniors. P6 answered: *"I had no choice. My son told me that I simply had to go. That I could not stay where I am now"*, P5 stated that: *"It resulted from the fact that I sold the apartment and then I had nowhere else to go. So the only thing left was this home. So I had to solve it."*

Code: Future plan

Even though P2 was partly informed about his admission to the facility by his son, the final decision was more up to him. As is evident from his answer, he had already worked with this possibility in the past. During the interview, he told us: *"I basically counted on it for the future. It all went downhill quickly, nothing could be planned."* It was evident from the interview that the senior perceived his arrival and stay in the Nursing Home more calmly than the other interviewees.

Research question 2: What impact does the first day of a senior's admission to the facility have on the subsequent adaptation process?

Research Category: First day of admission to facility

Research codes: Family. Fear of the unknown. Stress. Environmental factors. Lack of interest in information about the facility.

Code: Family

Family is one of the basic factors that influence the adaptation of a senior. In this research, all participants agreed that the most important thing on the day of admission to the Frýdek-Místek Nursing Home, was the family and their presence. Many did not perceive anything else. Those who could not have their family with them mentioned it as what they missed the most at that moment. P4 describes that: *"My family brought me and they were here with me all day. That was great. I remember that they unpacked my things"*. P1 also describes the presence of the family in a similar way: *"The boys and my husband helped me the most, because they were here with me."*

Code: Fear of the Unknown

All changes are perceived by seniors as very difficult and a significant burden for them. Only two out of six participants remember the first day in the facility as pleasant and peaceful. The others perceived it as very demanding. This day had the following effect on P2: *"Chaotic, confusion in my head. I didn't know what was where."* P1 told us that: *"The first day here was terrible. The first day, new people, the nurses. I was completely exhausted. I wanted to go home,"* P3 perceived this new situation similarly: *"Well, not well. I didn't perceive the first day. I was alone and I don't know what was happening that day."* P6: *"I remember that things changed a lot here. They asked me a lot of questions."*

Code: Stress

The interviews revealed that for some seniors, this life change also means stress. For example, P2 evaluates not only the first day, but the entire admission to the facility as a situation that presented great stress for him. P1 mentioned that: *"I had been to several healthcare facilities before, and it was crazy, it was terrible, so much stress all the time."*

Code: Lack of interest in information about the facility.

We found that none of the participants investigated or inquired about information about the facility themselves.

Research question 3: What influence does the environment and daily routine of the facility have on the adaptation of a senior?

Research category: Environment and daily routine of the facility

Research codes: Information from family. Lack of information. Personal belongings.

Code: Information from family

Only one of the six participants had intentionally visited the facility before being admitted: *"Yes. I had already been here in the past. I asked if I could look around and that was it. The main thing I was interested in was the room, so that I could have some idea of what it looked like here,"* said P5. For some of the participants, this was not possible from a health perspective. Another participant already knew the facility because she used to visit her family relative there. For the others, what their family had told them about the facility verbally was enough: *"I knew what it looked like here because my daughter had already told me. She described it all to me. And that was enough for me."*

Code: Lack of information

Only P3 said that she was introduced to the environment of the facility: *"The nurse told me everything. She was here with me and we talked about everything for a long time. Then we walked around together."* According to the other participants, no one showed the environment of the facility to them and they themselves did not show interest in getting to know it. In the Frýdek-Místek Nursing Home, introduction of new clients into the facility is the task of the leisure activities worker or the social services worker. Information on whether this was done with the client should be subsequently recorded in the individual record of the client and checked by the social worker and the head of the department. Many users, who do not have any obstacles on their side, strictly refuse the opportunity of getting to know the internal environment of the facility.

Code: Personal belongings

All participants furnished their rooms with personal items.

Research question 4: What effect does cooperation with the senior's family and relatives have on the adaptation process?

Research category: Collaboration with family and relatives

Research codes: Regular visits. Taking care of routine matters. Filling free time.

Code: Regular visits

We found that all the participants we interviewed are visited by their family. Most of the time, these are regular visits by children, grandchildren, and even great-grandchildren. P2: *"Both sons come during the week, regularly so far. Except for their holidays, when they have them."* P3: *"Both nieces. One comes on Mondays and Fridays and the other once a week."* P1's sick husband even visits every day.

Code: Arranging routine matters

For many, visits and cooperation with family represent security in taking care of routine matters that they would otherwise have difficulty taking care of themselves. Relatives help them not only with small purchases and additional items that the participants need, but also arrange matters for them at various institutions. This was used, for example, by P2, who has two sons: *"They help me deal with institutions. I can't get anywhere. No one from the authorities would come to see me here. I don't know how it would go otherwise."*

Code: Filling in free time

Visits from family and loved ones also help to fill participants' free time. For example, P3 says: *"One niece is such that she arranges things for me, buys toilet paper for example, I wouldn't be able to do that anymore. And the other one, she comes to me to chat or we walk down for a coffee together, and we were even out here by the river in the summer."*

Research question 5: What influence does the staff's approach to a senior citizen have on their adaptation process?

Research category: Seniors' perception of staff approach

Research codes: Self-care assistance. High frequency of staff visits. Staff behavior.

Code: Assistance in self-care

We found that all participants perceive the staff as those who help seniors with self-care and personal care. Participant P5's response: *"they have been helping me by bringing me food, now I need help with changing clothes and bathing. They made it easier for me, because they cared."* For P4, the staff were not only those who helped her with routine self-care tasks, but also those who: *"tried to make me feel comfortable here."*

Code: High frequency of staff visits

P6 talked about the regular and frequent visits of the staff, for whom this fact was a pleasant part of the admission process to the facility: *"I didn't feel alone here, because someone was always doing something here. Even the cleaning lady, when she came, talked to me and immediately recognized that I was new. The nurse was always checking on me and they were always coming to ask me something."*

Code: Staff behavior

We also consider as crucial the findings of how significantly the participants perceive the behavior of the staff towards them. P3 has her favorite employee: *"There is this one nice nurse. There are more of them, but she is always very nice to me."* P6: *"You know, some of them are very nice. So it depends on who is here at the time. But I always have everything, I can't complain about that."* P1: *"Some of them are terribly nice, especially the young ones who have just arrived."* We also heard a similar answer from P6: *"There are more of them. I don't have just one. They behave nicely, politely, and that's enough for me."*

Research Question 6: What are other factors that seniors consider important for successfully managing the adaptation process?

Research category: Other factors leading to successful adaptation

Research codes: Personnel. Equipment. Relatives and other close people.

Code: Personnel

Participants perceive the staff and their help as important. Participant P2 replied: *"Probably the people around me. That I'm not alone here, because I wouldn't have anyone at home who could take care of me. There's always*

someone here, that's great." P6 also responded similarly: *"The important thing for me here is that they take care of me, that I'm not alone and I don't have to worry so much."*

Code: Equipment

One of the participants, P4, said during the interview that: *"There's a rabbit in that room next door. He's there for everyone, you know. And I sometimes go there to see him and when the nurses let me, I give him a piece of carrot and pet him. It's such an interesting change for me and a feeling that I can take care of someone."* P6 also highlighted the services of the facility, which he has been using to spend time together with a friend that he made here: *"The cafeteria is nice because we can sit there with colleagues and chat."*

Code: Relatives and other close people

This part of the interview also included a mention of loved ones and family. These are the people who can make the adaptation process for seniors much easier: *"My friends. You know, from one day to the next you leave everything at home, where you have lived your whole life,"* replied P5. P2 initially claimed that he did not miss anything, but eventually opened up and said: *"Or maybe, at home we were always in contact with our family. Here, my boys come, when they have time."* We would also like to include pets under this code, which often represent a family member for lonely seniors. P3 could not take her pet to the facility and it was very difficult for her: *"My tomcat. He had to stay at home. He is 13 years old, you know. He is an ordinary house cat. I miss him a lot."*

Research question 7: Which areas were influenced by admission to a nursing home - psychological, physical, social, and other?

Research Category: Impacting Changes

Research codes: Physical changes. Solitude.

In the following question, we focused on the changes that seniors felt after being admitted to a nursing home.

Code: Physical changes

Two of the participants immediately recalled what had changed for them after being admitted to this facility after being asked this question. However, one of them sees the change as negative, specifically P3: *"You know, I'm getting slower and slower. I feel it mainly physically, that I'm getting weaker every day."* P2

perceives the change as being for the better and describes it as follows: *“It had an effect on me. When I came here, my health was bad. Now it’s calmer.”*

Code: Solitude

The change from a home environment to an institutional one also brings about psychological changes, and these, too, affected our participants. P1 confided in us: *“I don’t have any friends here. We visited each other at home, as we were capable of. I don’t go anywhere. I prefer to be here, you know, alone.”* P6 also carries this life change in a similar way: *“It’s a change, it’s simply a retirement home, I’m not home anymore and I probably never will be. Sometimes I realize that and it makes me sad.”*

Discussion

The first research question was to determine the influence of a senior's own decision to be placed in a facility on the adaptation process. The interview clearly showed that seniors were placed in facility largely by a **decision made by their family** or loved ones. It is often a result of the individual's social situation, where multiple problems accumulate at once. Most commonly these are: deteriorating health, housing issues, or the absence of a caregiver or service. Seniors often have no **other option** in solving the current situation or are unaware of it, because they do not turn to anyone who could provide them with advice or specific help. They do not want to add to their loved ones' worries and bother them.

The second research question focused on how seniors evaluated the first day of admission to the facility. We found out that all participants agree that the most important factor when admitted to the Frýdek-Místek Nursing Home, was their **family** and loved ones. These are the people that the senior perceives and needs the most at such particular moment. Thanks to them, the whole situation was much easier. Families spent the first moments with the senior in their new room, a space that will now be their new home. **Fear of the unknown** represented for the participants their overall psychological perception of this day. They mostly perceived this day as chaotic in combination with many people unknown to them.

It is interesting to observe similarities between our results and results of other researchers. For example, the researcher team [1,2] found that social support is key to managing adaptation. Otherwise, there may be a greater number of deaths of maladapted seniors. The family is mentioned as one of the basic pillars of successful adaptation by many authors, whether in their articles, as in Kratochvílová Křemenová, [10] and psychologist Vágnerová [16], or in their research as in Zimmelová and Dvořáčková [17].

The third research question investigated the importance of the environment and daily routine of the facility for the adaptation of a senior. The findings from the literature and the research we have mentioned above show that getting to know the future environment is very crucial for seniors. A senior has an idea of what his future room will look like and at the same time learns something about the facility. We were surprised that our research showed that the participants in most cases relied on **information from their family** and did not feel a need to go to the facility in person in advance.

We have found that seniors did not mind **being uninformed**. They did not feel a need for someone to tell them what is the daily routine in the facility. However, some of them remembered that the staff discussed the issue with them, but it was not important to them. In most cases, they agreed that they learned and understood the daily routine themselves within a few days.

The fourth research question asked what effect cooperation with the family and relatives of the senior has on the adaptation process. This question allowed us to find out what specifically the family helps the senior with. Most often, these are **regular visits**. As mentioned, family visits should be as frequent as possible in the first months. The research showed that families visited the seniors often, and some even regularly. It was clearly visible that the participants whose loved ones visit on specific days know these days and count on someone coming to visit them. As part of the cooperation with the family and relatives, the participants also mentioned their involvement in **filling their free time**. Thanks to the fact that families visit the participants often and regularly, they keep the senior in contact with their natural environment, which they know well and which makes them feel more confident. The loved ones also took the seniors outside their room or the facility.

The fifth research question examined the feelings of seniors about the staff's approach. Our participants expressed that **assistance with self-care was one of the most frequent needs** that the staff at the Nursing Home provided.

However, the staff were not only those who helped seniors to wash, dress and eat. Some of the participants perceived them more as those who made them feel less lonely. Many of them remember the staff's **frequent visits** to their rooms in the first few days.

Other factors leading to successful adaptation

From this next research question, focused on what other factors seniors consider important for successfully adapting, we found that part of it is closely related to the previous research question. For most participants, **the staff** and the fact that they are taken care of came first. Many also mentioned **the equipment of the facility**, including not only the services provided, but also **the social spaces, and presence of small animals**, which for many are a reminder of their pets. Participants also said that **they missed relatives and other loved ones** very much. Here, some also mentioned their pets, which they had to leave behind in their original household or with family.

So it wasn't so much the material equipment that seniors thought about, but rather the human factor, which is much more important to them.

The last research question focused on clarifying which areas do the factors influencing a senior's adaptation upon admission to a nursing home affect (psychological, physical, health, social, and other areas). Most often, senior citizens noted **physical changes** in the form of worsening mobility or, conversely, improvement in their current health. The second most common answer from senior citizens was that they suffer from a certain form of **loneliness**, which entails the fact that they are no longer at home, they do not visit their family or friends as often. The family plays an important role in these changes that accompany adaptation. Biological, psychological and social changes accompanying old age affect each of us. However, we agree with the fact that the personality of the individual and his or her approach to various changes that occur throughout life have a huge impact on adaptation.

Adaptation generally is an important issue in a broad context of social work. We focused on the ability to adapt to relocation to the Nursing Home in Frýdek-Místek. According to the results of the survey, the participants agreed that not only before admission to the facility, but especially on the day the seniors were relocated there and also even later on, the most important thing for them was the presence and help of family and relatives. According to the research survey, successful adaptation was also influenced by the perception of the staff's approach. The facility's employees, who spend the most time with clients,

provide not only help with self-care of the seniors, but they also talk with them and show interest in their lives. With respect to the new environments, it is not so much the facility as whole, but their new room, which they like to adapt and furnish with their personal belongings to which they have an emotional attachment. Seniors can thus bring at least a piece of their home into the facility.

All these factors have a significant influence on the successful adaptation of the senior. Seniors are subsequently able to more easily accept their new life role and are able not only to cooperate better, but also try to participate in the daily activities of the residential social service. Last but not least, these successfully fulfilled factors, which help with adaptation of the senior, have positive influence on the private life of the senior, his personality characteristics, lifestyle and overall improvement of their quality of life.

Based on the research results, possible hypotheses were created that could serve as a basis for quantitative research:

H1 : The greater the support and cooperation of the family, the greater the likelihood of a senior's successful adaptation to a nursing home.

H2 : Empathetically communicating staff contributes to easier adaptation of the senior.

H3: The more initial information about the facility is provided to a senior, the less he or she is able to accept it.

Recommendations for practice

As we have found out, a group of different factors determine successful adaptation. The most important one turned out to be the family and the senior's loved ones. In this case, we recommend that **the family be worked with at the same level as with the applicant for placement**, not only before the applicant is admitted to the facility, but **also throughout the entire adaptation period**. At the same time, we recommend that **a biography of the seniors be prepared** before their admission to the facility, which will serve the staff as a basis for individual planning. As part of individual planning, we recommend **that a needs inventory be maintained** that maps the level of a person's needs in individual areas of care. This inventory will continue to be discussed with direct care workers at a meeting with a social worker, also before the new client is admitted. Given the importance that seniors gave to **quality communication** with employees, we recommend that **the staff undergo training focusing on this issue**, which will primarily include improving communication skills,

strengthening empathy, active listening, and more. Last but not least, we recommend **reducing the information** that is provided to applicants for the facility and providing only the necessary data in the simplest possible form given the applicant's condition. Within the framework of the facility and its internal guidelines, such as the House Rules and Visiting Rules, we suggest leaving these documents in each room so that users have them available at any time. Familiarization with these documents should be verified by the user's signature. We consider the development of the Adaptation Process Methodology to be the most essential, where, in addition to the above-mentioned recommendations, the necessary clear deadlines and responsibilities of individual employees for specific steps during adaptation will be set.

Conclusion

The aim of the research was to *determine what factors influence the adaptation of a senior upon admission to the Frýdek-Místek Nursing Home*. Based on our research results, we can state that the factors that influence the adaptation of a senior upon admission to the Nursing Home, are as follows. The family turned out to be the most important factor, which was part of the answer to almost all research questions and seniors mentioned it not only as support, help in filling their free time, but also as the ones that help them close many pending personal matters. Subsequently, it was about the staff and their help in ensuring care of the senior. Most of our participants counted on that they would be taken care of and that they would be provided with the necessary help upon admission. In connection with the staff, the participants also mentioned the communication of the staff with them. Another important factor perceived by seniors was the new environment and the ability to bring their personal belongings to the room. On the other hand, factors that were not considered important for seniors during adaptation were information about the facility itself and the internal rules that the institution follows. The research showed that it was again the family that seemed to be sufficient to recommend and approve the facility for the senior.

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