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Insights into the lived experience of Long-Term Care and End of Life Transitions in Malta

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In this keynote presentation, I explore the profound implications of the global demographic shift towards an ageing population. I delve into the challenges and opportunities presented by this shift, using Malta as a unique case study with 25% of its citizens aged 60 and older. The dense population poses challenges for infrastructure, healthcare access, and the overall well-being of older individuals.

Taking a closer look at one of Europe's largest Long-Term Care (LTC) facilities, I highlight the pivotal decision-making process for older individuals entering residential care. Themes of loss, adjustment, and the struggle for autonomy emerge, providing insights into the complex experiences within LTC settings. A second study is also discussed exploring residents' perceptions of death and dying which uncovered a nuanced understanding of mortality within LTC environments.

Despite a decade of research, a significant gap exists between research findings and policy implementation. More than ever there needs a critical focus for effective communication and

collaboration between academia and policymakers. A multidimensional approach was proposed to bridge this gap, outlining challenges in translating research into policy and potential solutions.

In conclusion, researchers are urged to embrace their role as advocates for evidence-based policy change. Emphasis is made on the importance of incremental progress, resilience in the face of setbacks, and a commitment to improving the lives of older adults in LTC settings.

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