

# **MAGYAR GERONTOLÓGIA**

**VOL. 16. CONFERENCE SPECIAL ISSUE/ KONFERENCIA KÜLÖNSZÁM**

**2024. Vol. 16. Conference Special Issue/ Konferencia Különszám**

**ISSN 2062-3690**

[www.https://ojs.lib.unideb.hu/gerontologia](https://ojs.lib.unideb.hu/gerontologia)

## **Empowering older persons: The truths and challenges of care decisions for enhanced quality of life**

**Maria Aurora Fenech**

Senior Lecturer, PhD. Department of Gerontology and Dementia Studies, University of Malta

**Keywords:** Empowerment, Older Persons, Care Decisions, Quality of Life, Challenges

As the global population ages, empowering older persons in care decisions becomes increasingly crucial for enhancing their quality of life. This paper explores the complexities of empowerment in the context of care decisions for older persons, examining both the facts and challenges involved. Drawing on recent qualitative studies and systematic reviews, the multifaceted nature of quality of life for older persons and how it relates to empowerment in care settings will be analysed. The presentation highlights key domains of quality of life, including autonomy, social relationships, and health perceptions, discusses how these are impacted by care decisions. The challenges in implementing empowerment strategies, such as communication barriers, cognitive impairments, and systemic healthcare issues will be also explored. The role of healthcare providers, and family members, towards facilitating empowerment is critically assessed. Additionally, innovative interventions and best practices for enhancing older persons' involvement in care decisions, considering both home-based and

institutional care contexts will be explored. By synthesizing current research and practical insights, this paper aims to provide a comprehensive understanding of the empowerment process and its potential to significantly improve the quality of life for older persons facing care decisions.