

Contents

Abstract	9
Acknowledgements	11
Preface	13
Introduction	17
The construction of 'the elderly' and the paradox of the Third Age.....	18
The emergence of the 'limited yet limitless' ageing consumer	20
Reablement or 'everyday-rehabilitation' programmes in Scandinavia.....	22
The book's motivation, aim, and relevance	25
Examining eldercare encounters through the lens of 'empowerment'	28
Overview of the book's chapters	38
1 From help to self-help: the transformation of eldercare in Denmark	41
1.1 Understanding 'healthy ageing' in Denmark	42
1.2 Denmark's emergence as a welfare state	44
1.3 Denmark's emergence as a competition state	48
1.4 The 2007 reforms and the empowerment of the municipalities.....	55
1.5 The changing role of municipal health professionals	57
2 'Following the rhetoric' in a Danish municipality	63
2.1 The municipality as a site of ethnographic inquiry.....	65
2.2 Municipal introduction programme and entering 'the field'.....	67
2.3 Attending municipal community events for the elderly	69
2.4 Fieldwork among three groups of health professionals	70
2.5 Interviews and other research: places, people, policies, and perspectives	82
2.6 Gaining insight from an intersubjective, situated position	87
2.7 Ethical obligations and the handling of empirical material	89

PART I: LABOUR – activity related to the biological process of the human body

Introduction 97

3 Evaluating the body’s need for help 99

3.1 The primacy of the rational consumer’s physical body99

3.2 A focus on offering ‘opportunities’102

3.3 The mindful agency of active consumer-citizens107

3.4 Engaging the ‘limited yet limitless’ body110

Summary113

4 Embodying potential115

4.1 Developing the body’s potential for self-help115

4.2 The embodiment of self-helping habits119

4.3 The importance of repetition and praise123

4.4 When the body lacks potential125

Summary129

PART II: WORK – activity related to the artificial world of structures and objects

Introduction133

5 Navigating public/private divisions135

5.1 Crossing the home’s threshold135

5.2 Evaluating the home as a setting for ageing in place138

5.3 Negotiating the home as a public/private space140

5.4 When a lack of privacy is welcome143

Summary145

6 Stabilising the home to promote ‘ageing in place’147

6.1 Re-stabilising the home as a place of security147

6.2 The significance of home-based routines151

6.3 Adjusting the home’s materiality to provide security157

6.4 Feeling secure in the public space outside of the home159

Summary165

PART III: ACTION – *activity related to the human condition of plurality*

Introduction	169
7 Offering free choice and empowerment	173
7.1 Locating the power of the Will	173
7.2 Encountering a citizen's 'messy subjectivity'	176
7.3 Empowerment through free choice.....	179
7.4 Relinquishing free choice	183
Summary	185
8 Producing a 'shared responsibility' for care	187
8.1 Encountering 'irrational' citizens	188
8.2 Caring action and shared decision-making.....	190
8.3 The social co-production of decisions	194
8.4 Care as a shared responsibility	198
Summary	201
9 CONCLUSION: Transforming eldercare in Denmark	203
Summary of the book's main points.....	203
9.1 Revisiting the 'limited yet limitless' ageing consumer	209
9.2 Revisiting the changing role of municipal health professionals.....	212
9.3 The entangled complexity of individual responsibility and empowerment	213
9.4 Care in relations: an alternative empowerment?.....	216
Afterword	219
Bibliography	225

APPENDIX A

Overview of key informants	243
Citizens	243
Cross-disciplinary Training Team	243
Preventative Home Visits (PHV)	244
Visitation	244

APPENDIX B

Declaration of confidentiality for the municipality
(Tavshedserklæring til kommunen) 247

Criminal record (straffeattest) 249

APPENDIX C

Informeret samtykke – kommunale personale 253

Informed consent – municipal personnel 255

Informeret samtykke – borgere 257

Informed consent – citizens 259