

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 body	99
3.2 A focus on offering 'opportunities'	102
3.3 The mindful agency of active consumer-citizens	107
3.4 Engaging the 'limited yet limitless' body	110
Summary	113
4 Embodying potential	115
4.1 Developing the body's potential for self-help	115
4.2 The embodiment of self-helping habits	119
4.3 The importance of repetition and praise	123
4.4 When the body lacks potential	125
Summary	129

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

Introduction	133
5 Navigating public/private divisions	135
5.1 Crossing the home's threshold	135
5.2 Evaluating the home as a setting for ageing in place	138
5.3 Negotiating the home as a public/private space	140
5.4 When a lack of privacy is welcome	143
Summary	145
6 Stabilising the home to promote 'ageing in place'	147
6.1 Re-stabilising the home as a place of security	147
6.2 The significance of home-based routines	151
6.3 Adjusting the home's materiality to provide security	157
6.4 Feeling secure in the public space outside of the home	159
Summary	165

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 (<i>Tavshedserklæring til kommunen</i>)	247
Criminal record (<i>straffeattest</i>)	249

APPENDIX C

Informeret samtykke - kommunale personale	253
Informed consent - municipal personnel	255
Informeret samtykke - borgere	257
Informed consent - citizens	259