



**Aging in place among home-dwelling older adults in
Canton Basel-Landschaft:
the INSPIRE Population Survey**

Inaugural dissertation

To be awarded the degree of Dr. sc. med.

Presented at
the Faculty of
Medicine of the
University of Basel

by

Flaka Siqeca, MD, MPH

Born in Prizren, Republic of Kosovo

Basel, 2022

Table of Contents

<i>List of Abbreviations</i>	6
<i>Acknowledgements</i>	8
<i>Summary</i>	10
<i>Chapter 1: Introduction</i>	17
1.1. <i>An aging population</i>	18
1.2. <i>Caring for an aging population</i>	18
1.3. <i>Aging in place</i>	19
1.3.1. <i>Aging in place and quality of life</i>	20
1.3.2. <i>Aging in place and the role of assistive technologies</i>	22
1.3.3. <i>Aging in place and integrated care</i>	23
1.3.3.1. <i>Canton BL: an ideal testing field for integrated care for aging in place</i>	25
1.3.3.2. <i>The INSPIRE Project – an implementation science project</i>	26
1.3.3.3. <i>The INSPIRE Population Survey</i>	26
1.4. <i>Research gaps and rationale</i>	27
1.5. <i>References</i>	29
<i>Chapter 2: Dissertation aims</i>	35
2.1. <i>Dissertation aims</i>	36
<i>Chapter 3: The INSPIRE Population Survey: Development, dissemination and respondent characteristics</i>	37
3.1 <i>Abstract</i>	38
3.2. <i>Background</i>	39
3.3. <i>Methods</i>	40
3.3.1. <i>Design, sample and setting</i>	40
3.3.2. <i>The development of the INSPIRE Population Survey</i>	41
3.3.3. <i>The INSPIRE Population Survey</i>	42
3.3.4. <i>The marketing strategy and dissemination approach</i>	45
3.3.5. <i>Data collection</i>	46
3.3.6. <i>Data Management</i>	46
3.3.7. <i>Statistical analysis</i>	47
3.4. <i>Results</i>	47
3.4.1. <i>Response rate</i>	47
3.4.2 <i>The marketing campaign</i>	47

3.4.3. Demographic characteristics of the participants.....	48
3.5. Discussion.....	50
3.6. Conclusions.....	52
3.7. Ethical approval and consent to participate.....	52
3.8. References.....	53
3.9. Appendix A.....	55
Chapter 4: Factors associated with health-related quality of life among home-dwelling older adults aged 75 or older in Switzerland: a cross-sectional study	75
4.1. Abstract.....	76
4.2. Background	77
4.2.1. Conceptual model.....	78
4.3. Methods	79
4.3.1. Study design and setting	79
4.3.2. Study participants and data collection	79
4.3.3. Variables and measurements	80
4.3.4. Statistical analysis.....	84
4.4. Results.....	85
4.4.1. Health-related quality of life descriptive results.....	85
4.4.2. Descriptive results of factors associated with health-related quality of life by levels of the ecological model	85
4.4.3. Multivariate regression of factors associated with health-related quality of life by levels of the ecological model	88
4.5. Discussion	91
4.6. Conclusions	94
4.7. References	95
4.8. Appendix B	100
Chapter 5: Current use and openness to use assistive technologies among home-dwelling older adults in Switzerland: a cross-sectional study	102
5.1. Abstract.....	103
5.2. Background	104
5.3. Methods	105
5.3.1. Design, setting and participants.....	105
5.3.2. Variables and measurements	105
5.3.3. Statistical analysis.....	106
5.4. Results.....	107
5.4.1. Description of the sample	107

5.4.2. Descriptive results of current and openness to use assistive technologies	107
5.4.3. Factors associated with openness to use assistive technologies.....	107
5.5. Discussion	110
5.6. Conclusions	111
5.7. References	112
5.8. Appendix C.....	115
Chapter 6: Synthesis and Discussion	119
6.1. Key findings	121
6.2. Aging in place: a discourse guided by the SELFIE framework	122
6.2.1. Holistic understanding of the individual and their environment	122
6.2.2. Considerations at the micro level for aging in place.....	123
6.2.3. Considerations at the meso level for aging in place	123
6.2.4. Considerations at the macro level for aging in place	124
6.3. Methodological strengths and limitations	125
6.4. Implications for research	126
6.5. Implications for policy and practice	128
6.6. Conclusions	131
6.7. References	133
Curriculum Vitae.....	138