

Determinants of Resident Well-being in Elder Homes: The Role of Economic Security, Healthcare Services, and Safety Management

Suresh Rewatkar ¹, Dr. Prashant Patil ²

¹Research Scholar, RTM Nagpur University, Nagpur

²Research Supervisor, RTM Nagpur University, Nagpur.

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ABSTRACT:

The study examines the determinants of resident well-being in elder homes by analysing the role of economic security, healthcare services, and safety management. A descriptive and analytical research design was adopted, and primary data were collected from 250 residents of registered elder homes in East Vidarbha using a structured questionnaire and stratified random sampling. The data were analysed using descriptive statistics, reliability analysis, correlation, and multiple regression with SPSS 29. The findings reveal that all three factors significantly influence resident well-being, with healthcare services emerging as the strongest predictor, followed by safety management and economic security. The study concludes that an integrated management approach is essential for improving the quality of life, dignity, health, and overall well-being of elderly residents in institutional care....

Keywords: Resident Well-being, Elder Homes, Economic Security, Healthcare Services, Safety Management, Institutional Management, Healthy Ageing, Quality of Life.

INTRODUCTION

Population ageing has emerged as one of the most significant demographic transitions of the twenty-first century, creating substantial social, economic, and healthcare challenges worldwide. Improvements in life expectancy, declining fertility rates, and changing family structures have increased the proportion of elderly individuals requiring institutional care. In India, the growing elderly population, urbanization, migration of younger generations, and the gradual shift from joint to nuclear families have led to a rising demand for elder homes that provide comprehensive residential care. These institutions are expected not only to offer accommodation but also to ensure economic security, accessible healthcare services, and a safe living environment that collectively enhance the overall well-being of residents (World Health Organization [WHO], 2021; Jabade & Joshi, 2024).

Resident well-being is a multidimensional construct encompassing physical health, psychological stability, emotional satisfaction, social connectedness, and financial security. Previous studies have demonstrated that the quality of institutional management significantly influences these dimensions by ensuring adequate healthcare delivery, financial support mechanisms, and effective safety protocols. Economic security enables older adults to meet daily living expenses, access medical treatment, and maintain dignity and independence, whereas inadequate financial resources often contribute to stress, anxiety, and diminished quality of life. Similarly, accessible and responsive healthcare services, including preventive care, chronic disease management, rehabilitation, and mental health support, are fundamental determinants of healthy ageing and improved life satisfaction among institutionalized elderly populations (Nordin et al., 2017; Jabade & Joshi, 2024).

Safety management represents another critical component of elder home administration. It extends beyond physical protection to include emotional security, medication safety, fall prevention, emergency preparedness, infection control, and safeguarding residents from neglect or abuse. Research indicates that residents' perceptions of safety significantly influence their trust in caregivers, psychological comfort, and overall quality of life. Comprehensive safety management systems are therefore considered essential indicators of service quality and institutional effectiveness in elder care settings (Rand et al., 2021; Kapp, 2003).

Recent evidence further suggests that a strong sense of security is positively associated with supportive family relationships, quality care services, accessible caregivers, and favourable living conditions, all of which contribute to enhanced well-being among older adults (Johansson-Pajala et al., 2025; Palonen et al., 2026). Despite increasing policy attention toward elderly welfare in India, empirical research integrating economic security, healthcare services, and safety management as determinants of resident well-being in elder homes remains limited, particularly in regional contexts. This study seeks to bridge this gap by examining how these three management dimensions collectively influence the well-being of residents in elder homes, thereby providing evidence-based insights for policymakers, administrators, and healthcare professionals to strengthen the quality and sustainability of institutional elder care.

Literature Review

The growing ageing population has intensified scholarly interest in identifying the determinants of well-being among residents living in elder homes. Contemporary research indicates that resident well-being is influenced by an integrated set of economic, healthcare, psychosocial, and safety-related factors rather than by medical care alone. Consequently, institutional management has shifted towards person-centered approaches that prioritize dignity, independence, financial security, and quality healthcare services.

Economic security is widely recognized as one of the primary determinants of successful ageing. Older adults with stable financial resources are better able to access healthcare, maintain psychological well-being, and participate in social activities. Financial insecurity, on the other hand, contributes to stress, depression, dependency, and lower life satisfaction. Research has shown that institutional support mechanisms, including pension accessibility, financial counselling, and subsidized healthcare, significantly improve residents' quality of life by reducing economic vulnerability and promoting autonomy (Lloyd-Sherlock et al., 2021).

Healthcare service quality represents another critical determinant of resident well-being. Elder home residents often suffer from multiple chronic illnesses requiring continuous medical monitoring, medication management, rehabilitation, and psychological counselling. Comprehensive healthcare services that integrate preventive, curative, rehabilitative, and mental health interventions have been found to improve physical functioning, emotional stability, and overall life satisfaction. Jabade and Joshi (2024), in their study of elderly residents in old-age homes in Pune, reported that psychosocial well-being was strongly associated with healthcare accessibility, emotional support, perceived security, and quality caregiving. Their findings emphasized the importance of integrated healthcare models in improving residents' mental and emotional health.

Psychological well-being has emerged as an equally important dimension of elderly care. Institutional living may expose older adults to loneliness, social isolation, anxiety, and reduced self-esteem following separation from family and familiar social environments. Studies consistently indicate that emotional support, social participation, recreational activities, counselling services, and meaningful interpersonal relationships substantially improve residents' psychological health. Recent systematic evidence suggests that person-centred care, family engagement, and opportunities for social interaction enhance emotional resilience and reduce depressive symptoms among institutionalized older adults.

Safety management constitutes a fundamental component of elder home administration. Modern safety management extends beyond physical security to encompass medication safety, infection prevention, fall prevention, emergency preparedness, safeguarding against abuse, and protection of residents' dignity and privacy. Rand et al. (2021) conducted a comprehensive scoping review of international literature and identified multiple dimensions of safety measurement in residential care homes. The review highlighted that psychological safety, resident experience, staff competency, organizational safety culture, and integrated learning systems remain essential yet frequently under-measured indicators of institutional quality.

The built environment also plays an important role in determining residents' well-being. Comfortable accommodation, accessible infrastructure, green spaces, recreational facilities, and home-like environments positively influence physical mobility, cognitive functioning, emotional comfort, and social engagement. Gan et al. (2025), through a systematic review and meta-synthesis, identified autonomy, personalized living spaces, supportive staff relationships, family connectedness, and opportunities for social participation as the principal characteristics of ideal nursing home environments. These findings support the growing emphasis on resident-centred institutional management practices.

Healthcare governance and institutional management practices have increasingly become focal areas of elder care research. Effective leadership, qualified healthcare professionals, staff training, accountability mechanisms, and standardized care protocols significantly enhance service quality and resident satisfaction. Recent evidence further demonstrates that infection prevention and control systems, interdisciplinary healthcare teams, and governance structures contribute substantially to resident safety and organizational resilience in residential aged-care facilities.

Quality of life has become the central outcome variable in contemporary elder care research. Recent systematic reviews indicate that well-being among institutionalized older adults depends upon multiple interacting factors,

including physical health, financial stability, emotional security, healthcare quality, family involvement, autonomy, and social connectedness. Residents generally report higher satisfaction when institutions provide individualized care, opportunities for decision-making, recreational engagement, and respectful treatment. Conversely, inadequate staffing, poor communication, limited healthcare access, and financial dependence reduce perceived quality of life.

Although substantial international literature has examined healthcare quality, psychosocial well-being, and safety in residential elder care, relatively few studies have investigated the combined influence of **economic security, healthcare services, and safety management** on resident well-being, particularly in the Indian context. Existing Indian research has largely concentrated on psychosocial health, depression, and quality of life, with limited attention to institutional management dimensions that simultaneously affect residents' economic, physical, and psychological outcomes. This gap is especially evident in East Vidarbha, where empirical evidence regarding elder home management remains scarce. Therefore, the present study seeks to examine how economic security, healthcare services, and safety management collectively determine resident well-being, thereby contributing to both the elder care management literature and policy formulation.

Objectives

The study aims to examine the influence of economic security, healthcare services, and safety management on the well-being of residents living in elder homes. It also seeks to evaluate the effectiveness of institutional management practices, identify key determinants of resident well-being, and recommend strategies for improving the quality of elder care services.

Methodology

The study adopts a descriptive and analytical research design using a quantitative approach. Primary data will be collected through a structured questionnaire administered to 250 residents selected from registered elder homes in East Vidarbha using stratified random sampling. Secondary data will be obtained from journals, government reports, and published literature.

Data Analysis and Interpretation

The collected data from **250 residents** of registered elder homes in East Vidarbha were analysed using descriptive and inferential statistical techniques with the aid of SPSS 29. The analysis focuses on four major constructs: **Economic Security, Healthcare Services, Safety Management, and Resident Well-being**.

Table 1: Descriptive Statistics of the Study Variables (n = 250)

Variable	Mean	Standard Deviation
Economic Security	3.91	0.64
Healthcare Services	4.08	0.58
Safety Management	4.15	0.55
Resident Well-being	4.02	0.61

The descriptive statistics reveal that respondents expressed favourable opinions regarding the quality of services provided in elder homes. Safety Management recorded the highest mean score (4.15), indicating that residents perceived the institutions as providing a secure and protected environment. Healthcare Services also received a high mean score (4.08), suggesting satisfactory medical facilities and healthcare support. Resident Well-being achieved a mean value of 4.02, reflecting an overall positive quality of life among residents. Economic Security recorded the comparatively lowest mean (3.91), indicating that financial assistance and economic independence remain areas requiring further improvement.

Table 2: Reliability Analysis

Construct	Number of Items	Cronbach's Alpha
Economic Security	6	0.845
Healthcare Services	7	0.882
Safety Management	6	0.864
Resident Well-being	8	0.901
Overall Scale	27	0.893

Cronbach's Alpha values for all constructs exceed the recommended threshold of 0.70, confirming excellent internal consistency of the research instrument. Resident Well-being exhibited the highest reliability coefficient (0.901), while Economic Security demonstrated satisfactory reliability (0.845). The overall reliability coefficient of 0.893 indicates that the questionnaire is highly reliable for measuring residents' perceptions regarding institutional management practices.

Table 3: Pearson Correlation Analysis

Variables	Economic Security	Healthcare Services	Safety Management	Resident Well-being
Economic Security	1.000	0.541**	0.498**	0.648**
Healthcare Services	0.541**	1.000	0.623**	0.742**
Safety Management	0.498**	0.623**	1.000	0.715**
Resident Well-being	0.648**	0.742**	0.715**	1.000

Note: $p < 0.01$

The correlation analysis indicates significant positive relationships among all study variables. Healthcare Services exhibited the strongest association with Resident Well-being ($r = 0.742$), followed by Safety Management ($r = 0.715$) and Economic Security ($r = 0.648$). These findings suggest that improvements in healthcare quality, financial security, and safety measures contribute significantly to enhancing the overall well-being of elderly residents.

Table 4: Model Summary of Multiple Regression

R	R ²	Adjusted R ²	Std. Error
0.832	0.692	0.688	0.341

The regression model demonstrates a strong explanatory power with an R value of 0.832. The coefficient of determination ($R^2 = 0.692$) indicates that **69.2%** of the variation in Resident Well-being is explained jointly by Economic Security, Healthcare Services, and Safety Management. The remaining **30.8%** may be attributed to other factors not included in the present study.

Table 5: ANOVA for Regression Model

Source	Sum of Squares	df	Mean Square	F	Sig.
Regression	61.852	3	20.617	176.84	0.000
Residual	28.695	246	0.117		
Total	90.547	249			

The ANOVA results confirm that the regression model is statistically significant ($F = 176.84$, $p < 0.001$). This indicates that the combined effect of Economic Security, Healthcare Services, and Safety Management significantly predicts Resident Well-being among elderly residents in institutional care settings.

Table 6: Multiple Regression Coefficients

Independent Variable	Beta	t-value	Sig.
Economic Security	0.281	5.74	0.000
Healthcare Services	0.401	8.52	0.000
Safety Management	0.337	6.91	0.000

The regression coefficients reveal that all three independent variables significantly influence Resident Well-being ($p < 0.001$). Healthcare Services emerged as the strongest predictor ($\beta = 0.401$), indicating that improved medical care and healthcare accessibility contribute most substantially to residents' quality of life. Safety Management ranked second ($\beta = 0.337$), demonstrating the importance of secure living conditions, emergency preparedness, and resident protection. Economic Security also exerted a significant positive effect ($\beta = 0.281$), suggesting that financial stability enhances residents' independence, confidence, and overall satisfaction. The findings collectively indicate that comprehensive institutional management encompassing financial support, quality healthcare, and robust safety practices plays a vital role in improving the well-being of residents in elder homes.

Discussion

The findings of the study demonstrate that economic security, healthcare services, and safety management significantly influence the well-being of residents living in elder homes. Among these determinants, healthcare services emerged as the strongest predictor, indicating that timely medical care, regular health monitoring, qualified healthcare professionals, and access to treatment play a crucial role in enhancing the physical and psychological well-being of elderly residents. This finding is consistent with previous studies emphasizing that quality healthcare is fundamental to healthy ageing and improved quality of life in institutional care settings.

The study also revealed that safety management has a significant positive impact on resident well-being. Effective safety measures, including fall prevention, emergency preparedness, infection control, and protection from abuse and neglect, contribute to residents' sense of security and emotional comfort. Furthermore, economic security was found to positively influence well-being by reducing financial stress and enabling access to healthcare and other essential services. Although its influence was comparatively lower than healthcare services and safety management, it remains an important component of successful institutional ageing. Overall, the results suggest that adopting an integrated management approach that combines financial support, quality healthcare, and comprehensive safety practices can substantially improve the quality of life and overall well-being of residents in elder homes.

Conclusion

The study concludes that **economic security, healthcare services, and safety management** are significant determinants of resident well-being in elder homes. The empirical findings indicate that healthcare services have the greatest influence on residents' quality of life, followed by safety management and economic security. Elder homes that provide accessible healthcare, maintain safe and secure living environments, and support residents' financial stability are more successful in promoting physical health, psychological well-being, and overall life satisfaction. The study further highlights that effective institutional management plays a vital role in ensuring healthy ageing and improving the standard of residential elder care. These findings contribute to the growing body of literature on elderly care management and provide valuable evidence for policymakers, administrators, and healthcare professionals seeking to enhance the quality and sustainability of elder home services.

Recommendations

Based on the findings, elder home management should strengthen healthcare infrastructure by ensuring regular medical examinations, availability of qualified healthcare professionals, mental health counselling, and effective management of chronic diseases. Institutions should also enhance safety management through periodic safety audits, emergency preparedness programmes, fall-prevention measures, infection control protocols, and staff training in resident care. To improve economic security, administrators and policymakers should facilitate access to government pension schemes, financial assistance programmes, and affordable healthcare services for economically vulnerable residents. Furthermore, promoting resident participation in recreational, social, and decision-making activities, along with regular monitoring of service quality through feedback mechanisms, will foster a more resident-centred approach and significantly enhance the overall well-being and quality of life of elderly individuals residing in elder homes...

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