

A photograph of three elderly women in winter clothing huddled together outdoors in a wooded area. The woman on the left wears a red knit hat and a red puffer jacket. The woman in the middle wears glasses and a dark jacket. The woman on the right wears a brown knit hat and a dark blue puffer jacket. They are all looking down and appear to be in a moment of shared emotion or grief. The background shows bare trees and a cloudy sky.

Den værdige død i hverdagen - bidrag fra plejehjemslivet på Dagmarsminde

May Bjerre Eiby · Palliation i Bevægelse - Fagligt Selskab for Palliationssygeplejersker 2026

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Så fik hun fred.

Matematiklæreren

Dagmarsminde i tal

Faste præparater dagligt

1 (ekskl. terminale forløb)

Danske plejehjem: 8

Hospitalskontakter

2 %

Danske plejehjem: 61 %

Underernæring

est. 8 %

Danske plejehjem: est. 45 %

Fald

25 %

Danske plejehjem: 50 %

Sygefravær blandt ansatte

2 %

Danske plejehjem: 8 %

Levetid efter indflytning

3½ år

Danske plejehjem: 2 ¾ år

Beboerne på Dagmarsminde

6,8

Clinical Frailty Scale

CFS 6 · moderat

CFS 7 · svær

CFS 8 · meget svær



Tryksår, yoghurt og manglende stillingtagen



Beboernes forløb

Dagmarsmindes plejeform følger beboernes livsfaser

Opbyggende og
stabiliserende fase

Afkræftet fase

Sidste fase



CASE REPORT

Open Access



When life is lived with dignity and decline: integration of rehabilitation and palliation in dementia care – a case report

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Abstract

Background The loss of meaning in life often underpins a desire to die, while rediscovering purpose and forming relationships can restore the will to live. This pursuit of meaning and the ability to express one's identity are central to both rehabilitation and palliative care. This case report examines the integration of these care principles within the framework of "Omsorg," a Danish word and concept of care rooted in genuine acts of kindness, as implemented at Dagmarsminde, a nursing home for residents with moderate to severe dementia.

Case presentation Kirsten, an 86-year-old woman with advanced dementia, moved to Dagmarsminde in 2020. Upon arrival, she retained some mobility but exhibited limited facial expressions and impaired language. Her care plan emphasized deprescription, authentic surroundings, and "Omsorg," fostering engagement and reducing reliance on pharmaceuticals. This integrated approach combined rehabilitation to improve her physical skills and independence with palliative care to support her search for meaning and dignity in daily life. Following a pelvic fracture in 2023, Kirsten underwent tailored rehabilitation, regaining her ability to walk before her condition deteriorated due to dementia progression. In her final stages, Dagmarsminde prioritized dignity and comfort, employing minimal doses of opioids and benzodiazepines to alleviate suffering. Kirsten passed away peacefully in November 2024, surrounded by her family.

Conclusions Dagmarsminde's holistic care philosophy integrates rehabilitation, palliative care, and "Omsorg" to empower residents in expressing their identity and engaging in a meaningful community. By prioritizing authenticity, individualized care, and acts of kindness, this approach fosters dignity and well-being throughout life and in its final stages. The case of Kirsten highlights the profound impact of personalized care in affirming an individual's significance, even amid the cognitive and physical challenges of dementia.

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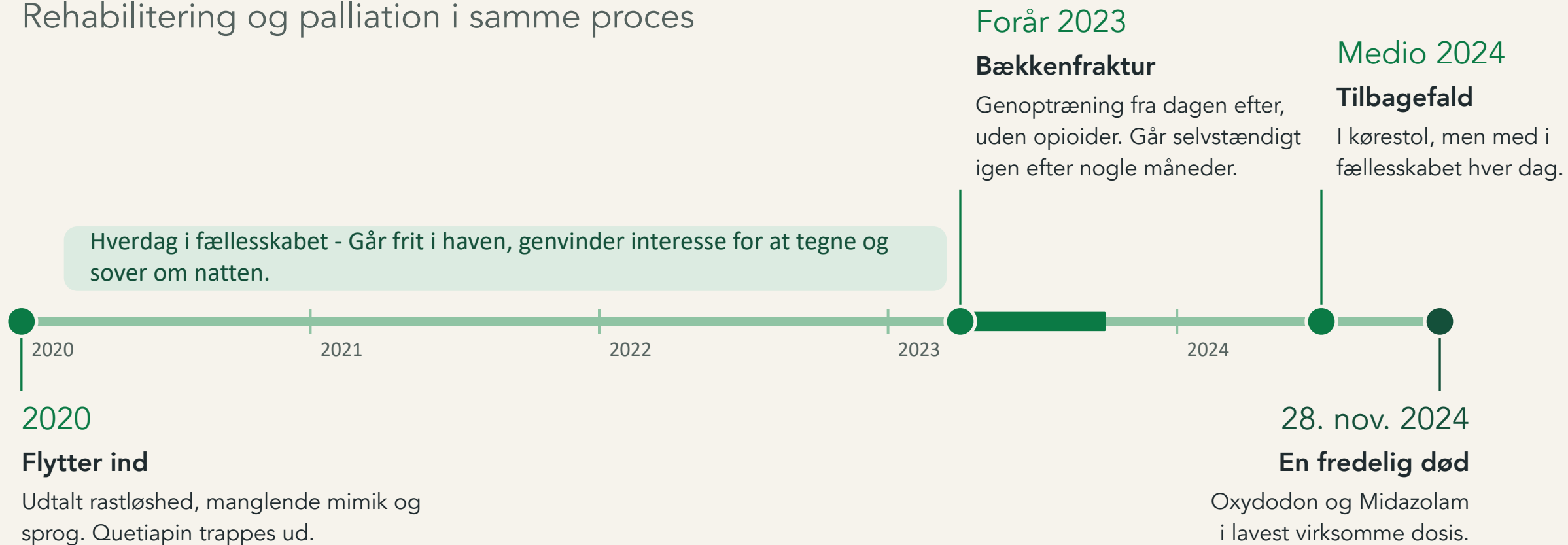
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Kirsten - fire år på Dagmarsminde

Rehabilitering og palliation i samme proces



Fire måneder efter indflytning

Et aktuelt beboerforløb, 2026

Fast medicin

11 → 4

præparater
18 tabletter dagligt → 4
(afmedicinering pågår)

Trappet ud

Depotmorfin (siden 2019) · sertralin (2021) · zolpidem (2022) · donepezil (2022) · metoprolol (2024) · bisacodyl
Paracetamol (+10 år)

Ændret

Fast paracetamol gennem 10+ år → efter behov ·
losartan 100 → 50 mg

Fortsat

D-vitamin · acetylsalicylsyre · rosuvastatin · losartan ·
macrogol 3 × ugentligt

Ved indflytning

Kraftig uro eller søvn - omvendt døgnrytme. Svimmelhed.
Ingen appetit. Utryk og kaldende. Kuldefornemmelse.
Stort set sengeliggende efter to år på plejehjem - intet
initiativ.

Nu

- Deltager i alle aktiviteter
- Spiser - har taget 4 kg på
- Bedre korttidshukommelse og samtale
- Vurderer selv behov for hvile - og stiller krav
- Initiativer til at dyrke velkendte interesser
- Pårørende har fået ro

«Vi føler, vi har fået vores mor tilbage.»

Datter, september 2026

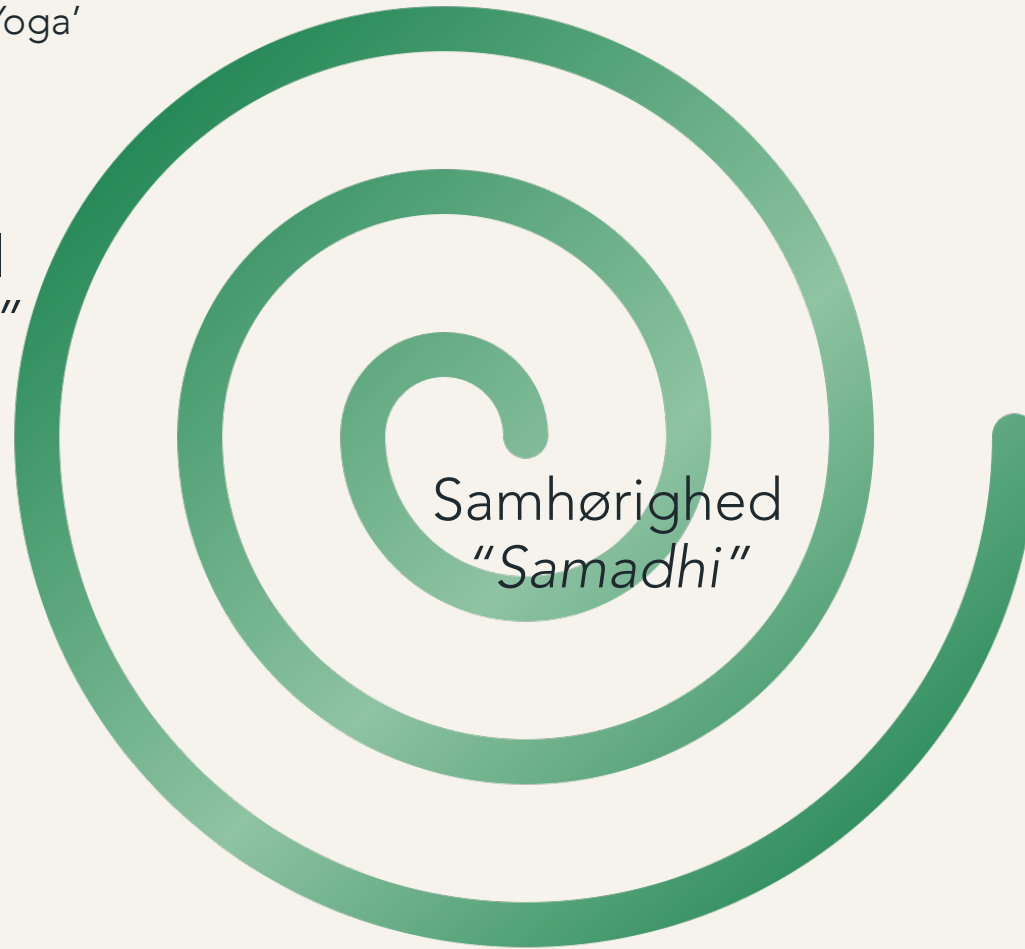
Omsorgsspiralen

Frit efter Desikashar 'The Heart of Yoga'

Samspil
"Dhyana"

Samhørighed
"Samadhi"

Beslutning (fokus)
"Dharana"



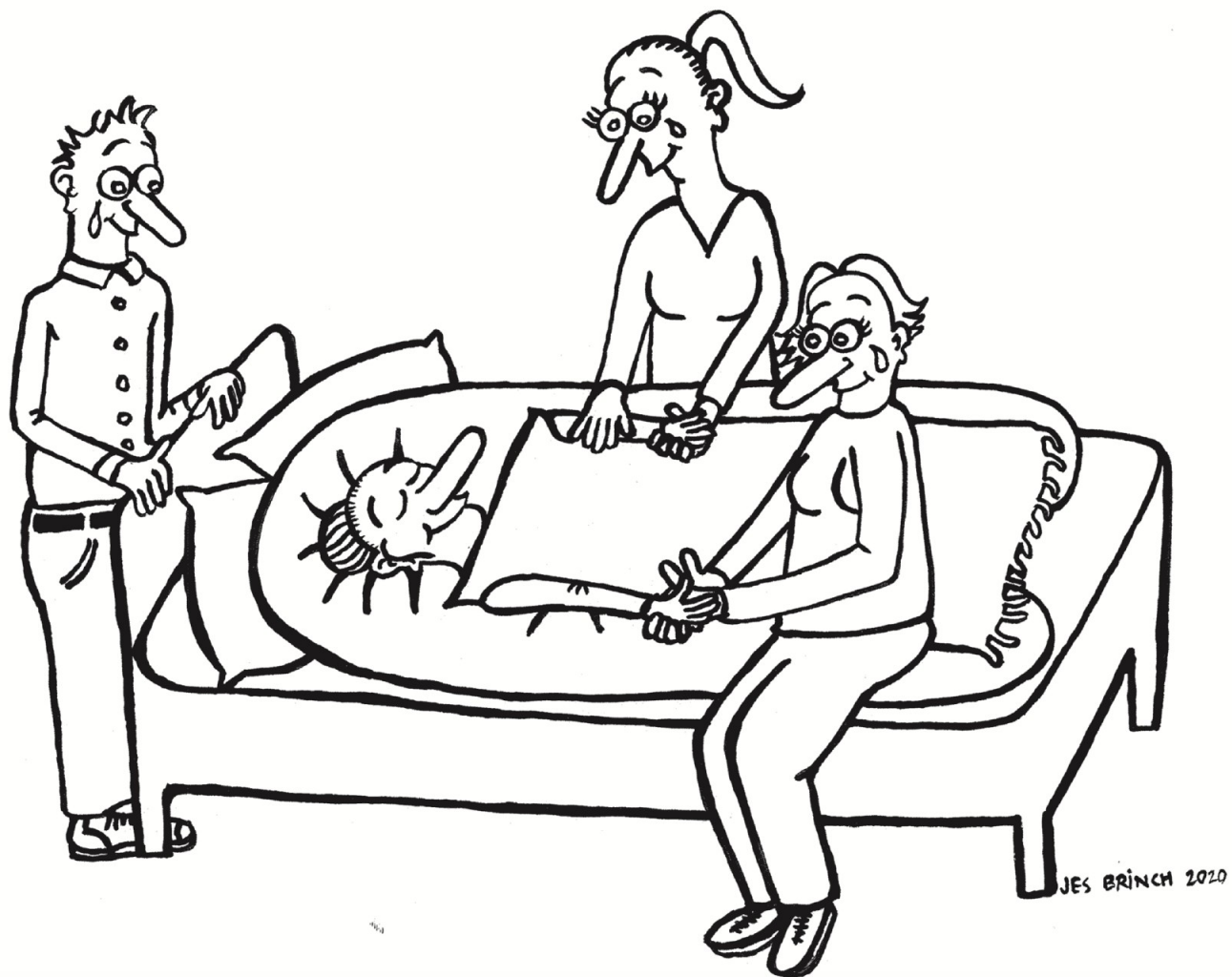


Illustration: Jes Brinch, 2020 til Omsorgsmanifestet







Tak for i dag

Spørgsmål og tanker er meget velkomne.

LinkedIn

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Podcast

May & Dagmarsminde

Billedet vises med samtykke fra beboeren selv og hendes familie.