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Module name: Living with Care: The Older Person

Module Code: BMHP6009

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Introduction

The report today will be focused on two countries how the elderly population are looked after. Countries that are very powerful in itself, and have health care systems that are so different from the view of point who and how to be treated (even if that will cost your life).

Definition of elder person UK vs USA

UK

According to, (Office for National Statistics, 2019) the population in UK of age 65 years old. Is considered as old. Most likely that is because it was the age of retirement for man and this age where considered as time for retirement.

By talking about job at 65 years old. This age is not considered any more for the age that a person have to stop working. So 65 years old is not old any more and the definition that I mention at the previous paragraph is out of date.

State pension age is rising and that the reason of many to work after age of 65 years old. (Office of National Statistics, 2019)

USA

The definition of elder person is changing all of the time. In the past when a person hit 60 is old. That might shock some people who are over that age and they are still running businesses and many more important such as doctors and lawyers.

9 of 10 people age 65 in US receive Social security benefits. 65 in US is considered legally as seniors. Individuals who are at the same age still have full independence and does not need any additional care, which might make the senior classification a little strange to be classified. (Worstell, 2022)

Statistics on the elderly population UK vs USA

UK

Late statistics are showing the the UK elderly population are growing. Result show that in 2021 the elder population is bigger than ever before. It have been counted to magnificent number as 11 Millions of people age 65 and above. That in total is 18.6% from all the population in England and Wales. Compare to 2011 when that number was 16.4%.

“The average (median) age in England and Wales rose from 39 years in 2011 to 40 years in 2021, reflecting the changing age structure of the population.” (Office of National Statistics, 2022)

However, (Centre for Ageing Better, 2022) considered dangerous. The number of people at risk is growing every single day. The latest data shows a sharp increase in pensioner poverty. That mean 1 in 5 older people are living in poverty. That is the period from 2019 to 2020. That 2 million of people that can no afford anything for them self. That mean more than 1 in 7 Americans are with age 65 and above. The number of the elderly increase with 14.4%

USA

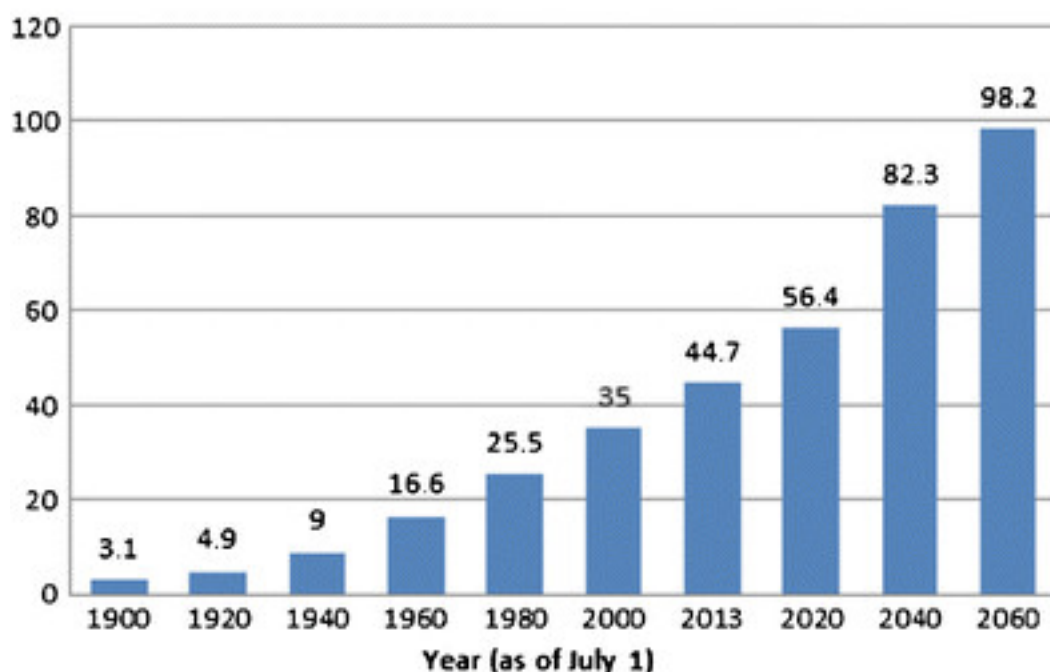
Statistics in US show that the % of the older population age 65 and above are 54.1 millions of people at 2019. That mean 16% of all of the population in US.

The number of the elderly increase with 14.4 million or thats (36%) and that since 2009. Compare to population under 65 which increase only with 3%.

Between 2009 and 2019, the number of Americans age 45-64 who in 10 years will reach the age of 65 grow with 4% that is 3.3 million of people since 2009, when that population own the number pf 80.3 million os people. The number of Americans age 60 and above increased by 34% from 55.7 2009 to 74.6 million 2019.

“In 2019, 30 million women and 24.1 million men were age 65 and older. That’s 125 women for every 100 men. At age 85 and older, this ratio increased to 178 women for every 100 men.”(U.S. Department of Health and Human Services, 2021, pp.4)

Number of Persons 65+, 1900 to 2060 (numbers in millions)



(U.S. Department of Health and Human Services, 2021, pp.4)

Social Isolation

Social isolation is not bad. Most people being alone can relax and be creative. Social isolation is unwanted and unhealthy. Social isolated people may not have luck of having friends or even close people from work. That can cause human loneliness and depression. The following symptoms associated with social isolation are warning signs of unhealthy social isolation:

- Avoiding social interactions
- Canceling plans
- Experiencing anxiety or panic when thinking about social interactions
- Spending big amount of time alone , very small amount of social contacts. (Tulane University, 2020)

Loneliness

“Loneliness are found as the distressing experience that we experience when one’s social relationships are seen to be less in quantity, and especially in quality, than desired. Being alone and experiencing loneliness are not the same thing.”(Psychology, 2023)

Though our need to connect with others. Loneliness is the state of discomfort that results in impact with the health of these individuals. Many people who are surrounded by others every day or people in long and happy marriages can still be lonely. “Research suggests that loneliness poses serious threats to well-being as well as long-term physical health.”(NHS, 2022)

According to (Mind, 2023) all people are feeling lonely sometimes to time. The feeling of loneliness are choice that every individual can have different experience.

Example, of loneliness is the emotion that we need to meet as criteria of our needs. Such as: relationship and social contacts.

However, loneliness is not always the same as being alone.

Example of this is how a person can choose to be alone and live happy life. While when if some one else, experience the same can be lonely and not happy individual.

Another example is a lot of social contacts big family and you can still feel lonely. And that is when you are not understood by the others who have around you. (Mind, 2023)

In time of my research I have found interesting facts that loneliness are involved.

Individual can experience [social phobia](#) – also known around as social anxiety – that is mental condition in which can be found difficult. Especially when in this activates other humans are involved. In this case could lead to feelings of loneliness. (Mind, 2023)

Comparison between two countries

The impact of loneliness and isolation on an older person living within a care setting. (UK)

First let explain more about the difference and how loneliness is connect to social isolation.

Loneliness is subjective feeling, on the other hand is social isolation is objective measure.

The older population are the most vurnuble to loneliness and social isolation and this can lead to serious effect on the health. (Age Uk, 2023)

According to NHS, the most vurnuble group is the age of 75 and above. However, Age uk have reported that there is 2 million of people age +75. That is the number of people in England who ives alone. More than a million say that sometimes can be mount till they talk to some one (that include family and friend).

On the other hand social isolated can be at any age. Example of is getting old, getting older, living the workplace, losing member of the family, new illnesses and disability can reflect on that too. (NHS, 2022)

The impact of loneliness and isolation on an older person living within a care setting. (USA)

(Centre for Disease Control and Prevention, 2021) linked loneliness and social isolation as serious health conditions.

The combination of loneliness and social isolation in elderly population are serious public health risks affecting a large number of people in the United States. The risk of serious mental conditions.

In USA one-third of adults aged 45 and above have feeling of loneliness , and nearly one-fourth of adults aged 65 and above are considered to be socially isolated. Older adults are at hight risk for loneliness and social isolation. That all because they are more likely to lose part of the family or friends, chronic illness and lost of hearing.

According to (National Institute on Aging , 2019). Support researchers on study that prove the difference between social isolation and loneliness, what are the rick factors and how they could help those who need help.

Social isolation and loneliness do not always go together.

The % of the older population in US who lives alone is 13.8 million of people. Only this percent of elderly lives alone in US and that is numbers out of 54.1 million 65 years old and above.

“A key scientific question is whether social isolation and loneliness are two independent processes affecting health differently, or whether loneliness provides a pathway for social isolation to affect health,” Dr. Nielsen noted.(National Institute on Aging , 2019)

Current legislation and policies that deal with or aim to raise awareness or reduce loneliness and isolation in the elderly population

UK

The Care Act and Loneliness

The Care Act 2014 creates a clear imperative for a range of key local actors to take action to address loneliness and isolation.

The Act also describe the “wellbeing principle” – making promoting wellbeing the core purpose of local authorities’,also create more opportunities to find those people who are high in risk of loneliness and social isolation.

Better Care Fund and Loneliness

That is areas for action to prevent and low the number of loneliness and isolation.

“Tackling loneliness has also been endorsed as a key form of primary prevention, and was recognised by the Kings Fund as a way of making best use of the Better Care Fund.”

Adult Social Care, Public Health and NHS Outcomes Frameworks

“There is positive evidence that action of reducing the loneliness is improving a cross big group of domains of and for their wellbeing. NHS, Public Health and Adult Social Care Outcomes Frameworks. This includes, but is not limited to, outcomes which explicitly relate to social contact.”

Transforming Primary Care

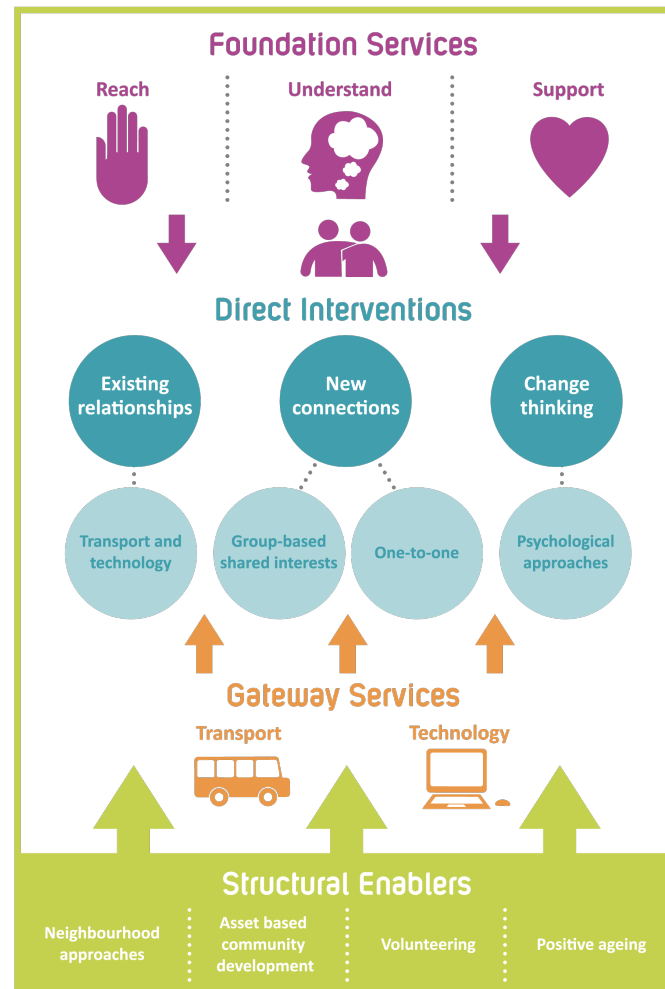
“The Transforming Primary Care paper includes explicit reference to loneliness as one of the wider determinants of health, make sure that the issue needs to be considered by GPs and care coordinators as they determine an appropriate programme of care for vulnerable patients.”

Integrated Personal Commissioning

Health and social care which is likely to provide provision of services and supports designed to tackle loneliness.

NHS Five Year Forward View and New Models of Care Vanguards

The prevention of ill-health and promoting wellbeing should act to address loneliness, as this has been recognised as a key form of primary prevention. (Campaign to End Loneliness, 2013)



(Campaign to End Loneliness, 2013)

USA

The Older Americans Act of 1965 was amended in 2020 to address social isolation and loneliness.

Social isolation and loneliness in USA around the black elderly population. Especially now during the covid-19 time when the nation health where at risk. That article says that the difference in the culture from when this elderly people move from their communities, different language can reflect strongly on that how this people are feeling. This can increase the number of loneliness and self isolation.

To help improve the % of social isolation among African American and Black older adults, the National Caucus and Center on Black Aging (NCBA), recommends organisations encourage technology to be used including social platforms such as Facebook, Skype and twitter.

Local, national and global provision of services for the older person in line with current initiatives and policy

UK

The National Service Framework for Older People is the key while to make sure that the needs of older people are at the heart of the reform programme for health and social services.

Such as :

- standards of care
- Easy access to services
- fairer funding
- independence
- stay healthy
- voluntary and private sector.

The NHS and Social Care Services in England are leading the world in many ways of care for older people. Actions are all ready taken:

- Improve standards of care
- Extend access to services
- Help older people to stay healthy (Milburn, 2001, pp.1-11)

USA

Older Americans Act

“The act take place in 1965. That is the respond that the policymakers about a lack of community social services for elderly population. The original legislation explain authority for grants to states for community planning and social services, research and development projects, and personnel training in the field of aging. The Administration on Aging (AOA) is the principal agency of the U.S Department of Health and Human Services designated to carry out the provision.” (Admission for Community Living, 2022)

Other local organisation for supporting elder population:

- About the Administration on Aging (AoA)
- Office of Supportive and Caregiver Services
- Office of Nutrition and Health Promotion Programs
- Office of Elder Justice and Adult Protective Services
- Office for American Indian, Alaska Natives and Native Hawaiian Programs
- Office of Long-term Care Ombudsman Programs
- Older Americans Act and Aging Network. (Admission for Community Living, 202)

The prospective future of the care of the older person; what changes could be made to the programmes aimed at addressing the problem of loneliness among the elderly

UK

According to (AgeUk, 2022), till we are still inn the middle of the pandemics thad had been over our planet, which include so much sadness and last of the lovers. It is important to ta one step behind and look what is the important key that we have to focus, to considered how the future will be of care for older people. “The worth remember, after all, that crises can often illuminate important factors that we're always there but less visible in more normal times.”

USA

There is two different programs that USA are providing for elder people. The first one is called Medicare is the federal health insurance program for Americans age 65+. This insurance does not cover long term nursing care, assisted living facilities, or custodial care.. Most people who need long-term care must buy their own private insurance or dip into retirement savings, which is a significant challenge for low-income and even middle-class seniors. The second one is Medicaid this program is considered for Low-income American. Government and state health insurance program for different groups, including the elderly

and disabled. State Medicaid programs also provide for those who need nursing home care, long-term care, or home healthcare. (Waronecki, 2020)

Use of technology for the provision of care provision to lonely older persons.

UK

According to the Campaign to End Loneliness, more than a half a million older people have at least five or six days a week without to see any one or even speak to one. The number of people aged 85 are more than half living alone and 38% of those aged 75 to 84 live alone.

Age UK counted that there are 1.4m chronically lonely older people living in England. As I had the opportunity of having chance to be touch be the research of how technology can be useful for the elderly population. And and got to point of being able to confirm that the technology really helped elderly especially during the bad time during the pandemic every elder person was able to communicate over the phone with their loved and friends. If we have to think of pandemic this large present of elderly population, from what we seen at the report this 2 countries UK and USA are having growing up elderly population. In this case without technology and he crisis that been around the human population. I believe and the many that have done the researches that thanks to the technology we been able to safe mentally and emotional many of the older and disabled population(vurnuble)

Technology can be part of the solution, connecting people at a distance and providing access to essential services online. During Covid-19, many organisations distributed tablets and other devices to older populations to help them stay in touch.

There are many devices, which designed with, and for, older people. Others, while not explicitly designed for this population, are well-suited to it. (Ability Net, 2023)

Recommendations

Will allays will have need need recommendation for both of my choosing countries (UK and USA). For start with this faster growth elderly populating services should be prepared for action. From what I have read and see in videos. Staff is needed every where. Money should be invest in this people who all ready give a lot to the countries they below. Present centred care should be improved , by being age to provide better way of dealing with the approaching problems. And we all know that the problem are always around. USA can learn from UK on the way every one standing the from of NHS will be taking care of . Let not forger how many old and poor loneliness and social isolated older people have.

Conclusion

The conclusion of all the words that I have presented at this report of being old. And how this loneliness and socialisation are related to people in 2 different continents. After all this hours of research and finding information to much with the idea I had how to present this assessment I have found that both countries need to change something the % of the older people who are vurnuble and lonely to be able to live their list that even years in happiness. With every this that is all ready done is showing improvement of the way the care systems are working, but let not forget that there are still many thing to be improve to have the perfect care stem that covers all the need from age 65+.

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