



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Empowering the Older Person (BMHP6027_BIRM)

Week 7:

Empowerment Strategies for Older Persons Autonomy, Dignity, and Advocacy within Care

Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives



www.uwtsd.ac.uk

GROUND RULES

- **Attendance & Punctuality**
- **Class timings are according to your timetable**
- **Mobile phones should be muted**
- **Should not be eating, bringing coffees or any drinks (apart from water bottles), etc.**
- **Mutual respect to your peers, lecturers, and University staff in general**
- **Confidentiality**
- **The Student Code of Conduct of the University should be followed.**



Module Aim & Learning Outcomes

AIM:

To critically evaluate the contemporary provision when caring for and empowering the older person as well as implications for future development.

LEARNING OUTCOMES

- Identify and evaluate the care, empowerment and support needs of the older person and how these are met by current local and / or national
- Analyse the emergent technological provision and innovations in meeting the care, empowerment and support needs of the older person.

Objectives of today's session

- Define the terms autonomy, self-realisation, control, Pleasure, dignity, and advocacy.
- Discuss the role of autonomy, self-realisation, control, Pleasure, dignity, and advocacy for older adults in health and social care.

Individual task

**Find out the meaning of
Autonomy and Control**

Define Autonomy and Control

Autonomy:

Autonomy is defined as the right of an individual to be free from the unwanted interference of others.

Control:

understood as the ability to intervene in one's environment actively.

(Hodgins, Brown, and Carver 2007).

Group task

You need to answer the following questions while discussing In your group;

- Does Autonomy and Control depend on culture?
- Why it is important to know about Autonomy and Control for older adults in Health and social care?

Autonomy and Control

Autonomy and control is cultured. Different culture has different meanings and perceptions because of their cultural values and beliefs. For example;

Individualistic cultures stress the importance of individual autonomy, where personal desires and goals are paramount.

Collectivist cultures often view autonomy as an action that supports community-oriented goals and responsibilities. Also, it is more gendered where males have more autonomy and control than females.

(Surani, 2023)

Autonomy and Control: Caring for Older Adults in Health and Social Care

- In order to design interventions to support older adults to improve or maintain their quality of life, a care worker needs to know the level of autonomy, and control of the older adult.
- This will also allow to know more about what difficulties older adults encounter in everyday life, how they interpret them, and how they navigate and overcome them

Autonomy and Control: Caring for Older Adults in Health and Social Care

- Autonomy in health care is about the right of a patient to accept or refuse the treatment or care.
- Autonomy refers to older people's rights to make decisions without being influenced by others, and it is linked to older people's abilities and opportunities to govern themselves.

(Welford, et al 2012)

Defining Self-realisation

Self-realisation

- Self-realisation is the process of understanding one's true self, including strengths, weaknesses, values, beliefs, and passions. In Western psychology, it is the "fulfilment by oneself of the possibilities of one's character or personality"
- In different culture and religion self-realisation is considered the ultimate spiritual accomplishment.

(Ryff, 2013)

Defining Pleasure

Pleasure, in the inclusive usages is important in thought about well-being, experience, and mind, includes the affective positivity of all joy, gladness, liking, and enjoyment – all our feelings good or happy.

(Katz, 2005)

Key findings: Control, Autonomy, Self-realization and Pleasure tool used to assess quality of life of older adults

- **C**ontrol, **A**utonomy, **S**elf-realisation and **P**leasure is cultured and can be taken differently by different people.
- **CASP** has been used to assess the quality of life of older adults in different cultures, and countries
- Some of the findings from the studies will be shared here;

Findings using Control, Autonomy, Self-realisation and Pleasure tool used to assess quality of life of older adults globally

In a study conducted using **CASP** in British households in older people the results suggested that participants who entered early parenthood had a more mediocre quality of life. Moreover, other factors were associated with this: socio-economic, social support, and health factors. Also, there is an association between fertility history and quality of life.

(Netuveli et al., 2012).

Control, Autonomy, Self-realization and Pleasure tool used to assess quality of life of older adults

The English Longitudinal Survey on Ageing was conducted in England and the study found out that men had a better quality of life than women.

Women's QoL was reduced 'being a carer, being not in employment because of looking after home and family and having increased contact with children and family.

Defining Dignity

Dignity reflects the importance and value a person possesses, which leads others to respect them or encourages self-respect.

(Seglow, 2016)

Dignity in Care

- Supports the self-respect of the person.
- Recognises their capacities and ambitions.
- Does nothing to undermine it.
- Includes respect for what they can do, who they are, and the life they've lived.



Let's watch: Dignity and Care

- <https://www.youtube.com/watch?v=msY02hif-Do> (5mins 50 secs)

What is Advocacy?



Supporting and empowering disadvantaged individuals so that their views and concerns are heard in order to secure enhanced rights and entitlements"

(The King's Fund, 2004)

Advocacy is....

A process of supporting and enabling people to:

- express their views and concerns.
- access information and services.
- defend and promote their rights and responsibilities
- explore choices and options.



(Cattaneo, and Chapman 2010)

Advocacy is Not...

- **Befriending**

An Advocate Will Not...

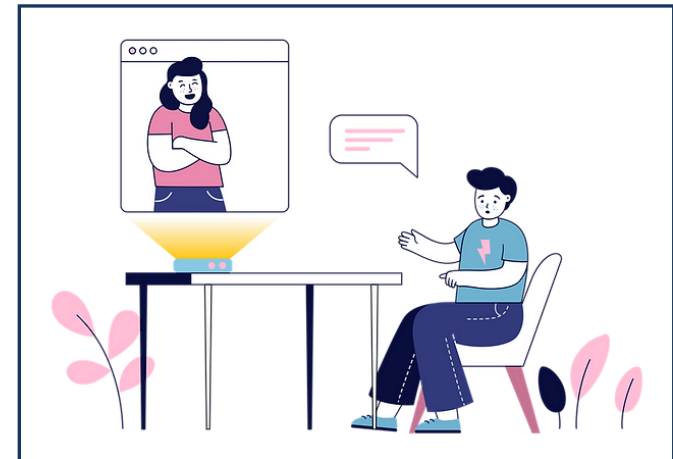
- give their personal opinion
- solve problems and make decisions for the person
- make judgements about the person

Types of Advocacy

- **a) Individual advocacy:** Supporting a single person to help them understand and assert their rights or access services they need.
- **b) Systemic advocacy:** Working to change laws, policies, or practices that affect groups of people or the wider community.
- **c) Legal advocacy:** Using legal processes or representation to protect a person's rights or resolve disputes through courts or tribunals.
- **d) Peer advocacy:** When someone with similar experiences supports another person to speak up and make informed choices.

Who Needs Advocacy?

Certain groups of people are at great risk of exclusion and ill-treatment, not only from society at large, but also from the very service systems which are designed to care for them.



(Henderson & Pochin, 2001)

Why Advocacy with Older People?

- The goal of advocacy is to promote changes in attitudes, policies and actions.
- Older people's issues have been a low priority for government and non-government bodies at a time when older people have become increasingly marginalised from their families, communities, and the development process for a variety of reasons.



Why Advocacy with Older People?

- This means that advocacy and awareness-raising with older people needs to promote changes to a variety of audiences
- -The public, service providers, NGOs, government, and even older people themselves.



Examples of Goals of Advocacy with Older People

- Ensure inclusion of older people in the mainstream activities of communities, government and non-government organisations.
- Develop strong and effective older peoples' organisations which facilitate their empowerment and the development of a powerful, co-ordinated voice for older people's issues.

(Lloyd, Tse, and Deane, 2006)

Examples of Goals of Advocacy with Older People

- Challenge negative stereotypes about older people by promoting positive images of their abilities and contributions.
- Raise awareness about ageing and the ageing process within communities and among service providers.
- Improve understanding of older people's needs to ensure appropriate support is provided.

Advocacy and Policy Environment

There are key **UK laws and policies** designed to promote rights, inclusion, and wellbeing, particularly for vulnerable groups such as people with disabilities, children, and those needing health or social care, including...

- Human Rights Act 1998
- Mental Capacity Act 2005
- Mental Health Act 2007
- Equality Act 2010
- Care Act 2014
- Care and Support Statutory Guidance (latest updates)
- NHS Long Term Plan 2019
- NICE Guidance on Older People's Care



Good Practice in Advocacy

- The ability to be clear thinking and focused on the service user's agenda
- Non-judgemental approach towards service users
- Good listening skills, communication skills and patience
- Ability to keep one's own agenda firmly to one side
- Good support network for off-loading and use as a sounding board

ADVOCACY



Advocacy- Key Issues...

- **Funding**
 - Inadequate and unreliable funding
 - Funding from public bodies could challenge the independence of the service
- **Lack of training and development**
- **No UK-wide standards or guidelines for organisations**
- **Lack of opportunity for evaluation**
 - advocacy organisations often lack resources or capacity to see what works and what doesn't

Advocacy- Key Issues

Discuss...

- Which of the issues identified do you think has the biggest impact on advocacy services, and why?
- How might limited funding or lack of training affect the support an older person receives from an advocate?
- Why is independence so important in advocacy, and how could funding threaten this?
- What could be done to improve advocacy services in the UK?

Advocacy as a Career Path

- Roles in voluntary and statutory sectors
- Opportunities in mental health, learning disability, older people's services
- Requires strong communication and ethical practice
- Often linked to legislation and rights-based frameworks

Organisations



Job Roles

Independent Advocate

Posting date: 04 March 2025

Salary: £23,088 to £23,292 per year

Hours: Full time

Closing date: 03 April 2025

Location: B9 4AA

Remote working: On-site only

Company: POhWER

Job type: Contract

Job reference: P/133-10866

Job Roles



Independent Advocate – BSL Level 6

Talent.AI Limited Small Heath, Birmingham (B9), B9 Part Time Published: 1 week ago
 GBP 14545.0 per annum.

Apply >

Save

Are you qualified for BSL Level 6? Do you thrive in a dynamic, fast-paced environment? Are you ready to take on a role that impacts your community? An exciting opportunity has arisen for a part time Independent Advocate to join our Birmingham team. This role covers statutory advocacy services including Independent Mental Capacity Advocacy, Independent Mental Health Advocacy and Care Act Advocacy. The post will be home based working across Birmingham including providing advocacy support for the Deaf and hard of hearing people in care homes and on hospital wards in our area.

As an Independent Advocate, you will provide crucial support to vulnerable adults facing significant health and social care challenges. Your role involves delivering persuasive verbal and written representations on behalf of clients, collaborating with public and voluntary organisations, and taking directed actions to address client issues. This role demands flexibility, excellent communication, and the ability to handle sensitive information confidently.

Job Roles



Independent Mental Health Advocate (Birmingham)

Advent Advocacy - 3.2 ★

Birmingham

Job details

Permanent | Part-time

\$ £20,813.33 - £22,026.67 a year

Benefits

Health & wellbeing programme

Additional leave

Annual leave

Company pension

Free or subsidised travel

Sick pay

Qualifications

IT

Full job description

At Advent Advocacy we are offering an exciting opportunity to become an Independent Mental Health Advocate. As an Independent Mental Health Advocate, you will visit secure mental health service(s) supporting qualifying individuals under the Mental Health Act 1983. You will also visit residential and care home service(s) supporting individuals with learning difficulties, physical health problems, mental health problems, acquired brain injury and dementia.

Is Advocacy for You?

- Do you value independence and fairness?
- Are you confident speaking on behalf of others?
- Can you remain neutral and non-judgemental?
- Are you comfortable working within legal frameworks?

“Advocacy is about empowering others, not speaking for them.”

Week 7 Conclusion

Autonomy is defined as the right of an individual to be free from the unwanted interference of others.

In different culture and religion **self-realization** is considered the ultimate spiritual accomplishment.

Advocacy is about supporting and empowering disadvantaged individuals so that their views and concerns are heard in order to secure enhanced rights and entitlements. This is particularly important for older people, especially those receiving care and support.

Any Questions?

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