



Module Title: Psychology in Health and Social Care

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1. Introduction

The psychological health conditions are quite popular among people who belong to the age group of more than 65 years. As a result of it, they suffer from a few of the psychological health conditions that include some of the chronic pain, anxiety, depression and many more. The other factors include loneliness, isolation, and living far away from loved ones. This arises from the complex scenarios and creates extra mental effects that would also become responsible for creating a negative impact on their health. Dementia also arises as a part of the complex environment.

The purpose of the context is to discuss the specific problems that are being faced by people aged 65 years in terms of psychological health conditions. It would also link up with some of the theories to develop a specific framework to discuss the issues and develop effective theories related to it. The theories would include Erikson's Psychological Development Theory and Cognitive Behavioural Theory. It would focus on critically analysing the application of the model and linking up with the superior issues of the context. It would also be made clear with certain skills that include the communication skills, framing and enhancing the concept.

2. Contextual Background: Psychological Health in Dementia Care Homes

It has been identified that almost 14.1% of people the aged above 65 suffer from mental disorders and other physical health conditions (WHO, 2025). This is quite popular and seems to be part of the psychological health conditions and the issues of dementia. The common health conditions related to these issues include depression, anxiety, and other behavioural issues. As per the data and the information, it can be identified that 22% of men and almost 28% of women are being affected by depression due to their age factor (MentalHealth, 2025). These problems can be solved by the essential role of the health and social care professionals.

The professionals who are related to health and social care provide the primary treatment to patients who suffer from diseases like anxiety, depression, and other mental disorders. The healthcare professionals, like the therapist, provide the essential treatment and support to help them overcome the barriers that they are suffering from. This is also incorporated with the social worker who works to provide non-medical support to the patients for their well-being, to maintain their stability.

Issues	Factors	Impact of health and social care
Depression	Chronic illness, isolation	It can be treated with suitable

		therapy.
Anxiety	Different types of phobias	Improvement through physical exercise.
Dementia	Mental disability due to ageing	Neurological treatment

Table 1: Core components

Source: (Self-accessed)

3. Theory One: Detailed Explanation

In order to develop the health and the behaviour of the people within the adult age, it can be related to Erikson's stage of psychological development. It is one of the efficient theories or models that helps to enhance a relationship between the self and the senses (Orenstein and Lewis, 2022). As per the information, this model can be categorised into certain steps that include the personal development lifespan, superior principles, conflict reductions, impact of the failure and other virtues. It would be an effective strategy for the healthcare worker to develop a strong relationship with the patients in order to treat issues like anxiety and depression, among people aged 65 years (Davis and Musolino, 2024). This superior linkage would focus on expressing the thoughts of the patients and fostering a sense of capability among themselves. The people who are related to healthcare and social care would be successful in implementing this strategy to know about the lifecycle of the patients and suggest solutions to them as per the terms and conditions or the requirements.

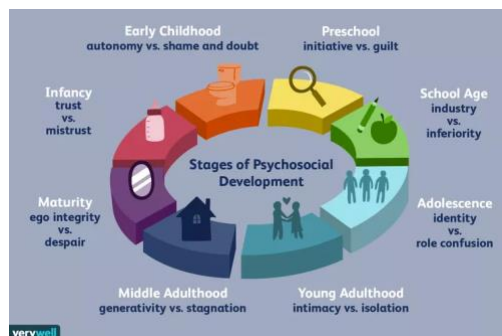


Figure 1: Erikson's stages of psychological development

Source: (Verywellmind, 2025)

4. Application of Theory One in Dementia Care Practice

The specified theory, which is Erikson's, can be utilised to solve the mental issues of people who belong to the age group of more than 65 years of age. The theory can be implemented in the different concepts to gather superior information about the patients and their activities. It can also

be practised as part of the daily requirements. The first step, on which it can be developed, includes the trust vs the mindtrust. It would be considered as part of the first step to enhance the relationship between the patients and create hope within the patients to cure their issues. As per the psychological stages of Erikson, the steps of integrity and despair can be maintained to develop a sense of contribution within people about their life (Simplypsychology, 2025). This would be included in the therapy list of healthcare workers to provide professional treatment to people in the age group of more than 65 years.

Based on the theory, the other strategies that would be incorporated within the healthcare and the social care workers, to provide effective privilege include the suitable communication skills to communicate with the people, to know their problems, emotional behaviour to stay connected and build superior connections, and the last one would be the supportive plans as per the behaviours. There are also certain challenges that are related to the concept of this theory. The first one is that the healthcare worker would not be able to provide treatment to the patients without knowing the details of the patients. If the worker fails to connect with the patients and develop superior trust, then the procedure cannot be implemented.

5. Theory Two: Detailed Explanation

The next theory, which can be chosen as part of the health and social care theory, includes the cognitive behavioural theory. This is one of the effective theories or the models that helps to incorporate the true thoughts and the feelings within the patients and help them to stay positive as well as healthy (APA, 2025). It works with several principles that include enhancing the thoughts and the actions, the next one is interconnecting with them, and the last one is understanding the behaviours and patterns of the patients in order to treat them. It has superior relevance to the people of the age group of more than 65 years. The first option for them would be to understand the behavioural pattern and understand their issues or problems. It is also part of the critical thinking pattern to solve the critical issues of the patients, which would help the health worker boost their confidence level. The critical thought process and the emotions would be incorporated to create a superior linkage between the thoughts and the emotions. This theory can also be considered as part of the therapy, to provide treatment to the patients and cure them.

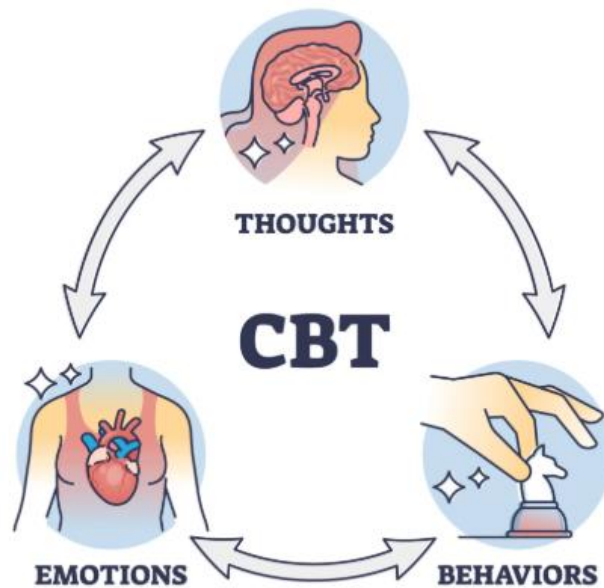


Figure 2: CBT

Source: (Simplypsychology, 2023)

6. Application of Theory Two in Dementia Care Practice

As per the real-life scenarios, it has been identified that cognitive behavioural treatment is used by healthcare workers to treat patients who suffer from dementia (Ncbi, 2025). It is one of the best solutions that would be incorporated to solve issues like depression, anxiety and other mental disorders. This would be solved by the suitable principles of cognitive behavioural theory. The behavioural pattern of the patients has to be identified, which incorporates the feelings of worthlessness among themselves and provides less importance to their work. After identifying this pattern using the principles and the terminologies of the cognitive behavioural theory, it would become convenient for the health worker to develop the strategies and help the patients to come out of the mental issues.

It can also be critically evaluated that the nurses and the other health workers would form collaborative strategies for the patients in order to provide them with the best solution. They would also be able to improve the mood of the customers and develop an emotional attachment with them. There would also be certain limitations related to this theory, which states that the professionals are required to be expert enough to cope with the situations and develop the actions accordingly. The effective mistake with the identification would create failure in the whole procedure.

7. Conclusion

As per the above information, it can be concluded that the issues within people aged more than 65 years would be solved using the different theory that includes Erikson's psychological theory and the cognitive behavioural theory. These would help to enhance the superior solution to develop the framework and to treat the issues like anxiety, depression and others. The collaborative work among the health workers would help to solve these kinds of problems and cure the patients in a superior way.

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