

Student name: ROSEMOND Y. ASANTE

Student ID:1916556

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Lecturer name: Diola Bijlhout

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1.0 Introduction

individual's lives have become more comfortable due to the growth of civilisation; nonetheless, the general state of their mental health is worsening for various reasons. In today's world, feelings of isolation and loneliness are too common, with some nations reporting that one in every three elderly persons experiences loneliness. According to the findings of several pieces of study, feelings of loneliness and social isolation may have a significant influence on both the physical and mental health of elderly individuals. Because of how they live their lives, such situations also impact the individual's lifespan and quality of life. This paper will analyse and critically assess the consequences of loneliness and social isolation in the older population. This section presents the present policy and state for the preservation of older people in the United States of America (USA). This paper will be compared the policy and conditions currently in place in the United Kingdom for the care of older people. This paper will also assess the relevant theories of loneliness and isolation, and the idea of loneliness itself will be investigated. A critical debate on the laws and policies now in effect sheds light on their objectives, which may raise awareness or reduce feelings of loneliness and isolation among the aged population.

In conclusion, an accurate picture of the current predicament and potential solutions can be obtained by looking into the foreseeable future of care for older people. This will consider all of the alterations that could be made to combat the isolation experienced by older people. In addition, the state of elderly individuals who suffer from loneliness and social isolation will be helped by the debate on the use of technology, which will help better their condition.

2.0 Aging in the UK and USA

It is crucial to understand what it means to be elderly in the UK and the USA before analysing the present policies and services for the care of the elderly in both nations. A person above 65 is often seen as elderly in the UK (Izekenova et al., 2016). This term, however, cannot be used as people age physiologically at varying rates across the world. For instance, an individual aged 75 years old may be in better health than someone who is 60. On the other hand, an older adult above 65 is considered a lethal person, according to the Oxford Dictionary. However, the US Government offers senior discounts to those over 50 since it considers them seniors (Neves, Sanders, and Kokanovi, 2019). To improve care for senior citizens experiencing social isolation and loneliness, a debate on what it means to be older in the UK and the USA will be held. In 2019, 19% of the population in the UK was 65 years of age or older. In the previous year, there were around 12.3 million individuals in this age bracket (Freedman and Nicolle, 2020). Between 2009 and 2019, there was a 23% growth in the number of persons in this

age group (Freedman and Nicolle, 2020). The population of the UK only grew by 7%, in actuality (Freedman and Nicolle, 2020). The 2017 census indicates that around 6.2 million elderly persons live in the United States (Freedman and Nicolle, 2020). It has been shown that seniors increased from 2 million to over 3.5 million between 1977 and 1997 (Manemann et al., 2018). The senior population of the USA, defined as those 65 and over, is anticipated to increase by roughly 68% during the next 20 years (Manemann et al., 2018).

3.0 Relevant theories of loneliness and isolation

3.1 Giddens theory of social isolation

Giddens claims that loneliness anxiety is a widely prevalent ailment in today's world. Even concerning the food they consume, the clothing they don, and the shelter where their home is located, the person no longer has an instrument sense (Coyle and Dugan, 2012). Humans are no longer directly responsible for developing and providing the water requirements of their families, communities, and nation. Modern males do not also benefit from support organisations and protection from their neighbours, claim (Marczak et al. (2019). They become socially isolated as a result, and older individuals, particularly in industrialised nations, are more likely to experience social isolation daily (Coyle and Dugan, 2012). The situation for individuals throughout the globe has worsened more than becoming a suburban or urban society with less genuine connection (Perissinotto and Covinsky, 2014).

3.2 Weiss loneliness theory

Being alone is a constant aspect of being human, and it is a topic that may be studied psychologically (Beridze et al., 2020). According to Robert Weiss' attachment theory, people's failure to meet their six social needs may lead to loneliness (Beridze et al., 2020). The six needs are attachment, social integration, verbal reassurance, a loving direction under trying circumstances, and a trustworthy partnership (Beridze et al., 2020). This attachment theory contends that although friendships supplement initiative and intimate relationships with apartments that are stepping off via loneliness, they are not a replacement for them (Firoz, Chaudhary and Khan, 2020). It is clear that loneliness may be defined by certain personality qualities that encourage unhealthy behaviours when there is some interpersonal contact. It is also essential to identify that loneliness is usually associated with melancholy, poor self-esteem, social inhibition, aggression, and social anxiety (Firoz, Chaudhary and Khan, 2020).

According to a study, older persons who experience social isolation and loneliness are more likely to develop several medical and mental disorders (Sundström et al., 2018). Gardiner, Geldenhuys, and Gott (2018) claim that such situations in older individuals may lead to medical and mental diseases such as heart disease, high blood pressure, obesity, melancholy and anxiety, Alzheimer's disease, a reduced immune system, and even mortality. Additionally, social isolation might put seniors at higher risk of passing away than other variables like obesity and inactivity (Sundström et al., 2018). Studies show that having few social ties increases the likelihood of dying young and is comparable to smoking 15 cigarettes daily. According to Sundström et al. (2018), social isolation is linked to a 50% increased risk of dementia in older persons. When elderly persons experience loneliness and social isolation, their sleep quality also suffers. In the USA, between 1999 and 2017, the suicide rate for adults aged 45–74 rose from 6.0 to 9.7 per 100,000 adults aged 45–64 and from 4.1 to 6.2 per 100,000 adults aged 65–74. White males over 85 are the most likely to commit suicide (Hedegaard et al., 2018). According to studies conducted by the governments of the USA and the UK, elderly individuals are more probable to die before their time if they experience loneliness and social isolation for a lengthy period (Hedegaard et al., 2018).

4.0 Evaluation of current legislation and policies aiming to raise awareness or reduce loneliness in elderly people

An exceptional opportunity to reduce the danger of loneliness and social isolation in older adults is provided by the Nations Decade of Health Aging 2021–2030. With the backing of all global governments, social organisations, and people, they aspire to revolutionise society (Cudjoe et al., 2020). According to the UK's Government Loneliness Strategy 2020, loneliness is stigmatised, and individuals become alienated and lonely due to these psychological hurdles. The Care Act of 2014 established a new legislative framework for the UK's assistance and care provision for older adults who experience social isolation and loneliness. A need that is covered by the act is loneliness. According to the report, the preventative responsibility and the well-being principles strongly support the need for action on loneliness. According to Hwang et al. (2019), the act defines wellbeing as including aspects like protecting one's dignity from abuse and neglect, maintaining one's physical and mental health and emotional well-being, maintaining one's domestic family and personal relationships, having a prosperous social and economic life, and making a positive contribution to society (Hoogendijk et al., 2020). It is also essential to identify that this law establishes guidelines for various strategies that may be used to lower the risk and raise awareness of social isolation and loneliness in older individuals. The prevention and reduction of social isolation and loneliness in seniors are crucial, according to the laws

and regulations for the care of older persons in the USA. According to Cotterell, Buffel, and Phillipson (2018), the country may avoid these issues using various consultation techniques, including bilateral meetings, online consultations, and national and regional roundtables. The campaign to eliminate loneliness, which is a network of over 600 regional, national, and local groups, is also referenced in the US law as working to develop community action research policy and practice that would reduce the loneliness of older Americans living in the country (Hoogendijk et al., 2020). The preservation of its welcoming and female environments, where participants will respect the age-friendly communities with initiation already in existence in the USA, is also addressed in this law (Hoogendijk et al., 2020).

5.0 Evaluating and comparing older people's local, national and global services providers align with current initiatives and policy.

Ige et al. (2019) claim that various services are being offered to senior individuals in the UK who are experiencing loneliness and isolation to assist them in dealing with the problem. It has been noted that the care link service is offered to adults. Through this service, individuals may use assistive technology and get guidance on combatting their loneliness and bringing calm to their minds. At the same time, it is apparent that adults in the USA are receiving home care, which enables older people to manage their issues while remaining in their homes (Kasar and Karaman, 2021); for example, given these unique problems, US lawmakers may think about several comprehensive solutions that help the social, physical, and financial wellbeing of older people. Some states have adopted Master Plans for Aging, which are plans for how state and local policies, programs, and funding should be changed to meet older people's and their caregivers' needs. Four states have made or are making "master plans" that outline long-term, all-encompassing ways to help older people in areas like health, human services, housing, transportation, employment and income security, business development, and other areas. Since people have a mental illness, home care may provide them with the right strategies to use in their everyday life to lessen their loneliness. Thus, it emphasises lowering the individual's stress level and preserving physical and mental stability. Through the Let's Talk Loneliness campaign, policymakers have been fostering a national dialogue on loneliness as part of the UK project since 2019. The government has persisted in urging individuals to take action to assist both themselves and others during the last year. The UK government collaborated with organisations including BT, TikTok, and Royal Mail to reach millions of people in June during Loneliness Awareness Week (GOV.UK, 2022). The government made an exciting change and joined the long-running Better Health: Every Mind

Matters campaign, which offers guidance on protecting people's mental health and well-being, for the most recent phase of the loneliness campaign activities (GOV.UK, 2022). Additionally, it has been seen in the USA that group therapies are superior to one-on-one interventions because older individuals learn about other people's situations and may also pick up new coping mechanisms that they may use in their everyday lives (Jamieson et al., 2018). It has also been observed that people who can socialise readily and maintain themselves inside the group often benefit from the support groups and these discussion sessions (Jamieson et al., 2018).

5.1 Prospective future of the care of the older person

5.1.1 Programs designed to alleviate the issue of loneliness among older adults might be changed.

According to Wu (2020), several adjustments need to be made, among other things, to alleviate loneliness. Therefore, the social care system should plan programs that seek to lessen isolation. Therefore, the UK's care system could try to connect with their former pals through social media. Social networking or phone chats with former acquaintances might lessen alienation and loneliness. For example, in the future, To expand the national dialogue on loneliness, the UK government intends to continue working with partners as part of the Better Health: Every Mind Matters initiative. We will keep telling people that it is OK to be lonely and urging everyone to use social media to do something to better themselves and others (GOV.UK, 2022). The nursing home should take action to expand and improve social media, therefore improving their networking abilities (Wenger, 2021). Social care facilities need to support initiatives that keep senior citizens engaged. This program should occupy the more senior population over 65 with activities that will keep them occupied and prevent them from reflecting on their loneliness (Conroy et al., 2020). The social care system should emphasise developing its communicative abilities, enabling it to interact with individuals on social media afterwards. They will be able to access social media platforms thanks to technology developments or strategies for telephonic outreach. The care facility needs to enrol in programs that teach the elderly population how to utilise the application (Wenger, 2021). As a result, they will be inspired to engage in more social interaction, ultimately reducing their sense of isolation (Wenger, 2021). The UK's social care system needs to follow the example of the United States and implement group exercise programs, which are the most efficient means of lowering feelings of loneliness and isolation and enhancing mental health. Stretching is one of the workouts that will increase their self-assurance and help the senior population's mental health. They will be able to fight off loneliness and isolation if they have stable mental diseases.

5.1.2 How technology might be used to offer care for older adults who are alone.

Most older Britons over the age of 65 have been found to prefer living with their residents as long as they can continue to work (Hawkley et al., 2019). In this situation, technological developments may help to care for elderly individuals who are lonely. Technology advancements may positively impact the health of the elderly, according to Burholt et al. (2020). If older folks are given some modern technology, they can age better. The latest technology might assist seniors in managing their health issues (Hawkley et al., 2019). Elderly folks employ developing technology, including linked scales, remote sensors, and blood pressure monitors (Hawkley et al., 2019). As offered in the USA, these technologies may provide individuals access to voice commands, predictive analytics, telemedicine, and medication adherence tools (Hawkley et al., 2019). These technologies may be used by seniors who are lonely and isolated to analyse their heart rates and sleep patterns, which will help them work on themselves to lower their anxiety levels (Lee et al., 2020). Social media is another alternative made possible by technological development, increasing their exposure to a broader audience (Stuart et al., 2022). They could be able to make new friends who might lessen loneliness and, in turn, lessen older people's despair and loneliness (Lee et al., 2020).

The USA believes that by strengthening social media networking, older adults will be able to lessen their loneliness and better their quality of life (Lee et al., 2020). By focusing their attention elsewhere, people may lower stress and depression rates by fostering stronger social connections. As a result, their health will improve, which will also affect the mortality rate of the elderly (Lee et al., 2020).

6.0 Recommendation

6.1 Supportive legislation and actions from the government

Government policies and measures to combat loneliness and social isolation are vital. (Sandu, Zólyomi, & Leichsenring, 2021) The United Kingdom and Canadian governments are engaged in many initiatives to combat loneliness and social isolation among the elderly. However, nothing is more significant than government backing and the participation of local agencies and residents in helping older persons live better lives (Sandu, Zólyomi, & Leichsenring, 2021).

6.2 Motivating older people as part of the local community and groups

This activity will assist in developing a strategy to enhance their lifestyle and quality of life if they are willing to be more sociable and spend more time with individuals they like (Lee et al., 2020). It is possible to set up old age groups or local communities of the same age for them to immediately connect with

individuals of the same mindset (Giebel et al., 2021). Additionally, the elderly may pursue their interests and share their thoughts with their loved ones (Lee et al., 2020).

6.3 Bridging up the mental gap between older people the younger adults

In order to identify older adults who are experiencing social isolation and loneliness and to begin potential preventive interventions after identifying those at elevated risk due to life events (Noone et al., 2020). healthcare practitioners and providers should assess using one or more validated tools (e.g., loss of a significant relationship, a geographic move, and relevant health conditions).

For older persons who suffer from social isolation or loneliness at the moment (or are at a elevated risk of feeling lonely or isolated), healthcare providers should go through the harmful health effects linked to These elderly folks' social exclusion and loneliness, together with their legal appointed officials. Providers need to make the necessary effort to provide older adults who are alone or isolated with the necessary social care (Noone et al., 2020). Also, Health resources are available to older persons who are now socially excluded or lonely. Treatment providers should identify the root causes and adopt evidence-based methods to address those causes effectively (e.g., hearing loss and mobility limitations) (Noone et al., 2020).

7.0 Conclusion

Nowadays, elderly individuals are experiencing social isolation and loneliness due to various social and psychological causes. Increasing loneliness and social isolation not only have a detrimental impact on their health, but they are also psychologically disturbed due to such circumstances. Early mortality is also one of the primary causes of increased social isolation and loneliness among the elderly. The analysis compared the UK and US governments' programs and regulations for older persons to reduce the risk of loneliness and social isolation. Proper monitoring and preventative interventions should help seniors break free from loneliness and social isolation bonds. Making a different club and community for older people would be beneficial because they can pursue their interests and discuss their likes and dislikes with individuals their age. Spending time with them will also enable them to leave their childhood and youth with more excitement and peace of mind.

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