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The Importance of Maintaining Independence in Older People

A Health & Social Care Perspective |

BMHP6027 - Empowering the Older Person
Component 1: Individual Poster Presentation
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The importance of Maintaining Independence in Older People

Introduction

Maintaining independence is a key aspect of healthy ageing. It enables older people to make choices, remain active and participate in society. Promoting independence improves quality of life and supports person-centred care.

Care and Support Needs

Older people need support to maintain functional ability, physical health, mental wellbeing and social participation.

Person-centred care promotes dignity, independence and freedom of choice, enabling individuals to remain active for longer (Kitwood, 1997).

Challenges to Independence

Challenges to Independence Loneliness, frailty, chronic illness, reduced mobility and digital exclusion can reduce functional ability and increase dependence on health and social services (WHO, 2020).

Conclusion

Maintaining independence is essential for healthy ageing, dignity and wellbeing. Effective services, community support and assistive technology can help older people remain active and independent for longer.

Current UK Services

NHS Community Service, Reablement Services, Age UK and Social Care Services help older people remain independent at home. However, access to these services may vary depending on local resources and individual needs (Care Act, 2014; NHS Long Term Plan, 2019).

Recommendations

- Improve community support programmes
- Increase digital skills training
- Expand access to assistive technology
- Strengthen integrated health and social care

These actions can reduce barriers to independence and promote healthy ageing (NHS England, 2019).

Theories

The person-centred approach promotes dignity, choice and independence by involving older people in decisions about their care (Kitwood, 1997).
Biopsychosocial model (Engel, 1977).

Legislation:

- Mental Capacity Act 2005
- Care Act 2014

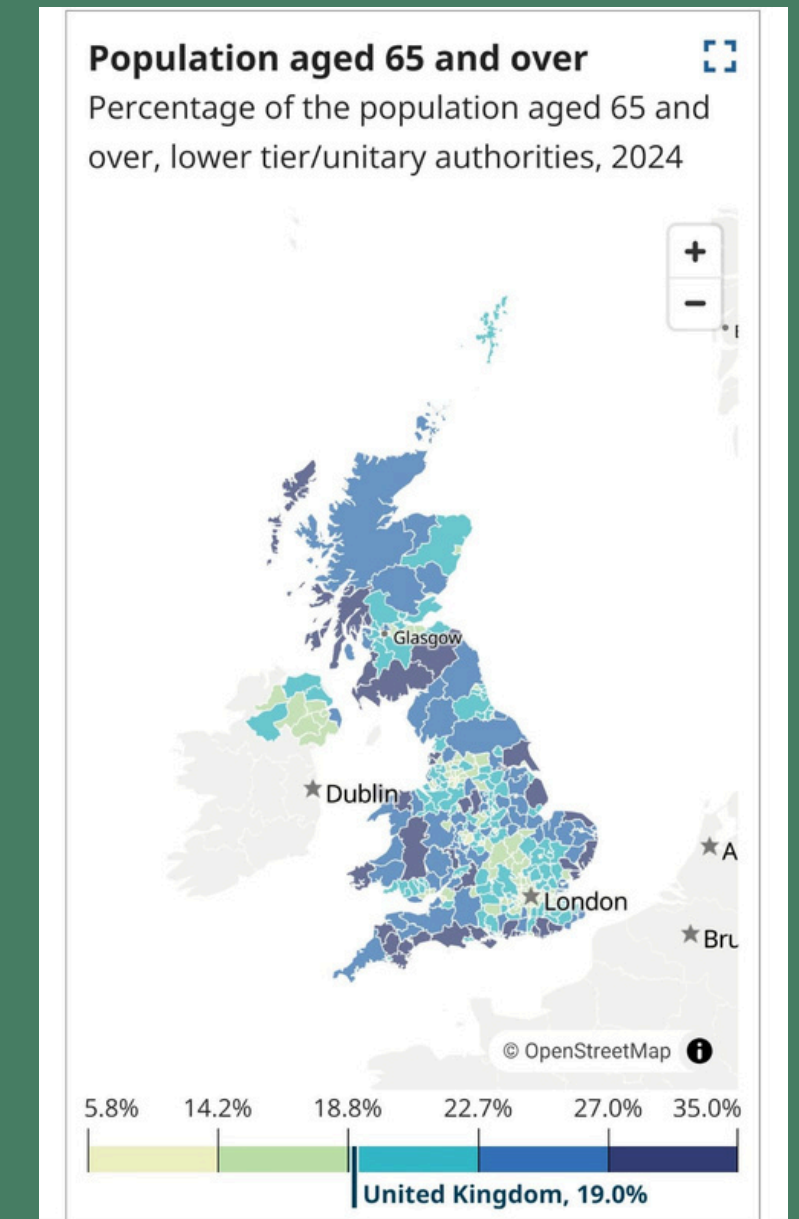


Figure1: Population aged 65 and over (Office for National Statistics, 2025).

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