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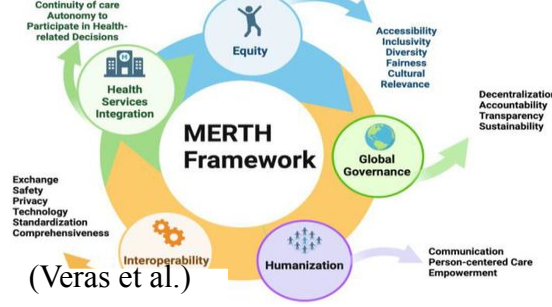
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Module name: Empowering the Older Person

Module code: BMHP6027_LON

Lecturer's name: Laila Surani

Introduction: The empowerment of older adults has become increasingly important in response to the rapid growth of the global ageing population (Kam, 2023). It is projected that by 2030, individuals aged 60 years and above will constitute one in six people worldwide, with this demographic expected to exceed 2 billion by 2050 (World Health Organization, 2025).



needs of older people: Older people need appropriate health and social care to maintain their independence, functional ability and wellbeing. According to the World Health Organization, healthy ageing focuses on supporting older adults to remain active and independent for as long as possible (World Health Organization, 2015).

Challenges Encountered by Older People:

Physical Health Decline: Many older adults suffer from chronic illnesses like arthritis, cardiovascular disease, and mobility issues. These conditions can diminish functional ability and increase reliance on health services. (Stuart-Hamilton, 2012).

Social Isolation: Loneliness and social isolation are common among older adults, especially after retirement or the loss of loved ones. Social isolation can negatively impact mental health and increase the risk of depression. (Age UK, 2022).

- **Recommendations:** Expand community-based healthcare services to support independent living.
- Promote social participation programmes to reduce loneliness and isolation.

Develop policies that support active ageing and lifelong participation in society (Walker, 2002).

2 Theories and two policies

The Activity Theory

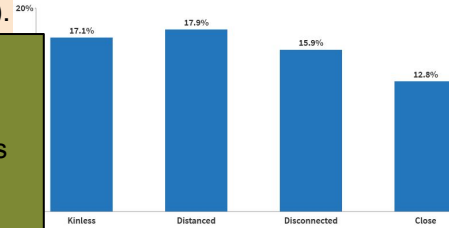
The Activity Theory of Ageing indicates that older adults find greater life satisfaction by remaining active and socially engaged. Engaging in social activities, volunteering, and participating in community groups can enhance both mental and physical well-being. (Havighurst, 1961).

The Continuity Theory

The Continuity Theory of Ageing suggests that individuals maintain their behavioural and lifestyle patterns as they age. By sustaining familiar roles and relationships, older adults can adapt positively to the process of ageing. (Atchley, 1989).

Care Act 2014.....

NHS Long Term Plan.....



Conclusion: Older people face health, social and economic challenges that affect their independence. However, good policies and support services can improve their quality of life (Phillipson, 2013). The World Health Organisation states that promoting independence is key to healthy ageing (World Health Organisation, 2015).

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