

Student Number: 2213492

Module Code: ECAY5005

Assessment: 2

Introduction

Assessment 2: Critically reflect upon the differences between Health and Wellbeing.

- Provide common definitions for *Health* and *Wellbeing* and by doing so, begin to determine the key differences between the two (The World Health Organization, 2020; Sartorius, 2006; Farre and Rapley, 2017; Department of Health, 2014; White, 2008; Mind, 2024; Mental Health Foundation, 2023).
- Explore Health and Wellbeing from a *functionalist* perspective whilst demonstrating the similarities to the *medical model* (Adinoyi, 2014; Cheshire *et al*, 2021; Parsons, 1951; Stolley, 2005; Fuller, 2017; Bunbury, 2019).
- Investigate how Health and Wellbeing is measured in accordance with ageing (Santoni *et al*, 2017; Diaz and Banerjee, 2023; Hackert, Exel and Brouwer, 2021).
- Examine *The Care Act 2014* and its emphasis on Wellbeing (*Care Act 2014*; Social Care Institute for Excellence, no date)
- Look at how Health and Wellbeing is applied in practice in care homes, highlighting common issues facing the social care sector (British Geriatrics Society, 2021; Care Quality Commission, 2023).

Health

- 'Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity'

(The World Health Organization,
2020, p.1)

- The absence of disease or impairment

- A state that allows a person to function sufficiently with the challenges of daily life

(Sartorius, 2006, p.662)

- An illness or disease which requires the use of medicine that concerns itself only with the 'physical aspects of illness' (p.2)

(Farre and Rapley, 2017, p.2)

Wellbeing

-Considers a person's feelings and outlook on life based on personal factors and society's social norms and values.
Encompasses two key elements:

- 1. Subjective Wellbeing (personal wellbeing)**
- 2. Objective Wellbeing**

(Department of Health, 2014, p.6)

- The level of life satisfaction of the individual, including thoughts, feelings, their purpose and how well they are coping with everyday life

(Mind, 2024, np; Mental Health Foundation, 2023, p.3)

Figure 1: Conceptualising Wellbeing



(White, 2008, p.3)

Functionalism

- Views healthcare as a means to uphold the well-being of its individuals within society, so that it can continue to function. (Mooney *et al*, 2002 cited in Adinoyi, 2014, p.1)
- Being sick equates to deviance as the individual can no longer actively contribute to society during this period.



(Adinoyi, 2014, p.1)

- The ***Sick Role***: - A role that is entered into once granted by a medical professional (Cheshire *et al*, 2021, p.299).
- Comprises of four key principles (Parsons, 1951, p.294)

Barriers

- Does not consider chronic illness and the fact that not all illnesses can be cured.
- Requires the medical professional to take charge and does not consider the opinions of the patient.

(Stolley, 2005, p.30)

The Medical Model

- Embodies the 'cure, prevention and management of biological diseases' based on knowledge, expertise and evidence within medicine (Fuller, 2017, p.E640).
- If an individual's impairment cannot be '*fixed*' or improved by a medical professional, then that person's ability to contribute to society is hindered. (Bunbury, 2019, p.28).

Measuring Health and Wellbeing in Older Age

Health

- Chronic morbidity
- Mild and severe disability

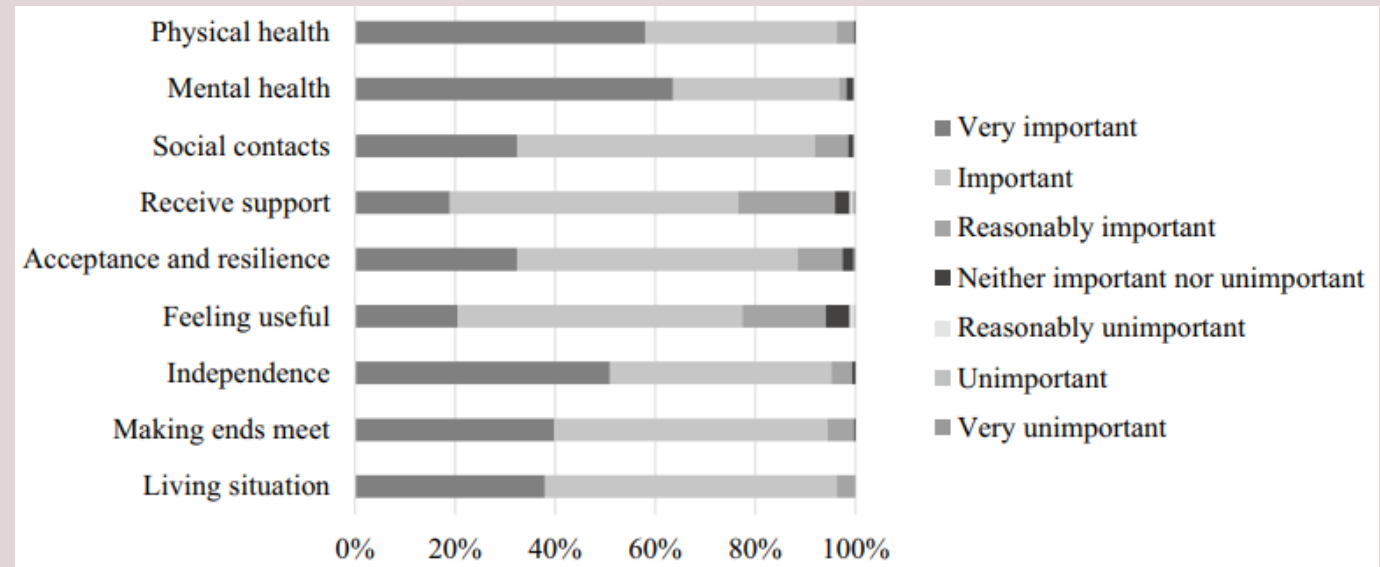
(Santoni *et al*, 2017, p. 1124)

- Intrinsic capacity
- Functional ability

(Diaz and Banerjee, 2023, p. 2)

Well-being

Figure 2: Importance of the WOOP items to the well-being of respondents themselves (N = 269). WOOP, Well-being of Older People measure



(Hackert, Exel and Brouwer, 2021, p.7)

Policy: *The Care Act 2014*

Promoting Well-Being

- personal dignity
- physical and mental health and emotional well-being
- control by the individual over day-to-day life
- social and economic well-being
- domestic, family and personal relationships
- suitability of living accommodation
- the individual's contribution to society.

(Care Act 2014, c.23 PART 1)

Preventing the need for care and support

- Ensure the individual receives a personalised assessment that covers all bases
- Identify the needs of the individual from all those who play an active role in their care
- Discover what outcomes or goals the individual would like to achieve in their daily routine

(Social Care Institute for Excellence, no date, np)

In Practice: Health and Wellbeing of service users in care homes

Key Concerns in Care Homes

‘There is much more to health than healthcare’

(British Geriatrics Society, 2021, p.8)

- Up to three quarters of residents living in care homes have some kind of cognitive impairment such as dementia
- Care home residents may suffer from feelings of loneliness and isolation

(British Geriatrics Society, 2021, p.8)

Barriers in Health and Social Care

Staff shortages



Impacts the functionality of care services



Becomes more difficult to prioritise person centred care and create meaningful relationships with service users

(Care Quality Commission, 2023, p.106)

Conclusion

- Often, health, or good health, is associated with the lack impairment or disease (Sartorius, 2006; Farre and Rapley, 2017). Whereas wellbeing relates to levels of life satisfaction , positivity and happiness, based on objective and subjective factors (Department of Health, 2014; Mind, 2024; Mental Health Foundation, 2023, White, 2008).
- The functionalist standpoint largely concerns itself with the smooth operation of society and therefore to be unwell is seen as deviance (Adinoyi, 2014; Parsons; 1951).
- Research shows that although physical health is an important aspect of wellbeing in older age, social and environmental aspects, as well as having a sense of purpose is deemed as being just as important to older people (Hackert, Exel and Brouwer, 2021).

Conclusion

- There is a large emphasis on wellbeing and incorporating preventative measures into health and wellbeing services in *The Care Act 2014*.
- Information provided by The British Geriatrics Society (2021) suggests that ensuring the happiness and overall wellbeing of service users is just as important as maintaining their health.
- Based on findings from the Quality Care Commission (2023), staff shortages within the health and social care sector can have detrimental effects on both staff and service users.

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