



(Wired, 2013)

Isolation within the United Kingdom and Wales

Reuben Jack Dunne
1804552

Issues relating to Isolation within our society

- Physical health such as cardiovascular death, non-fatal stroke, high blood pressure or even suicide. (Aging life care association the experts in aging well, 2018)
- Mental health such as depression, anxiety, and low self-worth. (National Assembly For Wales Health, Social care and Sport Committee, 2017)
- 18% of people feel lonely very often, which is roughly 458,000 within Wales. (National Assembly For Wales Health, Social care and Sport Committee, 2017)
- 1 in 5 Adults within Wales feel Isolated / Lonely. (National Assembly For Wales Health, Social care and Sport Committee, 2017)
- 9 million Adults across the United Kingdom feel like they are missing a meaningful connection. (Llywodraeth Cymru Welsh Government, 2018)

Who are at a high risk of Isolation?



(Llywodraeth Cymru Welsh Government,2018)
(GOV.UK,2015)
(The Guardian,2018)

Isolation within the elderly community

- 1 million elderly people aged sixty and over stated, that they were often lonely/isolated. (Home Care Plus,2010)
- People in the elderly community are very more vulnerable to loneliness / social isolation. (NHS,2018)
- This can have a major health problem for the person who is suffering from isolation. (NHS,2018)
- More than a million elderly people stated that they would frequently go over a month without communicating with anyone even their family member or friends. (NHS,2018)

Define isolation (social isolation)

- Social isolation is an objective state (External feeling) In which is well-defined by the relationships of the overall quality of social relationships and contacts in a person life. Social Isolation has a strong link to Loneliness. (Age UK Love Later Life, 2015)
- Loneliness is subjective of an (Internal feeling) that is a negative feeling. which is connected with an apparent gap between the Quality of a personal relationship of what we have and what we would want. (British Red Cross,2016)

How does wales see isolation and social isolation?

- 440,000 People in Wales Feel isolated and lonely
- 5 part plan to make life better they are Early Years, Housing, Social Care, Mental Health, Skills and Work.
- Wales has a long-term plan to combat Isolation such as the community, individuals and voluntary and the third sector parity's.
- The Welsh government stated that they can not solve this problem on their own but will the need the help of all of the Welsh community.

(Llywodraeth Cymru Welsh Government,2018)



(Wales.com, No Date)

Pick more than one theories and discuss in-depth

- Hierarchy of Needs theory



(Simply Psychology,2018)

Disengagement theory of aging

- Was created by Cumming. E and Henry. W (1961) in a book named Growing old. And was the very first theory on the aging process of a person within the community. (Morgan. I .A . Kunkel. R. K. 2007)
- Since this theory has been presented it has had a very strong criticism against it. (Morgan. I .A . Kunkel. R. K. 2007)
- This theory brings up, that aging is an inescapable withdrawal of disengagement within a person of a certain age. (Morgan. I .A . Kunkel. R. K. 2007)
- Decreased interaction between a person of a particular age and other people who belong to a social system in which he or she identifies with. (Morgan. I .A . Kunkel. R. K. 2007)
- Cumming. E and Henry. W state that it is a natural process and it is acceptable for the older community to isolate themselves from society. (Morgan. I .A . Kunkel. R. K. 2007)
- Three different psychosocial theories which illustrate how people develop when they get older they are. The activity theory and continuity theory in which the disengagement theory of aging comes to a different disagreement with. (Morgan. I .A . Kunkel. R. K. 2007)
- They came up with nine stages to get a clear understanding of their theory. (Morgan. I .A . Kunkel. R. K. 2007)

Link to the impacts on people

- Isolation booths
- There was 200 England, 12 Wales, 6 Scotland and zero in Northern Ireland. (BBC News, 2018)
- More than 5,000 young adults/children with learning difficulties will face some sort of isolation within the school system at some point within their learning. (BBC News, 2018)
- The overall impact of these cases would have had an Education Health Care plan (EHCP) provided for them. Especially the ones with a very serious learning difficulty. (BBC News, 2018)
- Young adults who have ADHD and autism have been put into isolation booths more frequently. (BBC News, 2018)
- schools will stop the individual from social stimulation within their break or lunch break this will stunt a young individual from learning the necessary social skills they will need to have to become a healthy adult. (BBC News, 2018)

Conclude

- That isolation is a very serious problem that will take a very long, term plan to help resolve the issue.
- The British Government has invested 20 million pounds to try and combat loneliness which will go to organizations and community groups who help those in need. (GOV.UK,2018)
- To encourage the young community to volunteer in such places as retirement homes, with pets and outdoor environmental programs.
- To educate people on the dangers of isolation especially with the use of retreating into their mobile phones.
- To inform the people on basic information on the organizations that help with the issues of isolation such as mind, the red cross, men's sheds, and Samaritans are just some of the organizations that try and help people in a crisis.
- To push people out of their comfort zones and to try new things such as going out of the house more often.
- In my option, we all need to all make a conscious decision to try and help the people who need it. And look at the small things that might show us that someone is feeling isolated and lonely.

The End



(Presenter News, 2014)

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Image Reference

- Image 1 Wired, 2013. Available At: (Accessed: 04/01/2019)
<https://www.wired.com/2013/03/social-isolation/>
- Image 2 Wales.com, No Date. Available At: <https://wales.com/regions>
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- Image 3 Simply Psychology ,2018
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