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# STRATEGIES TO IMPROVE THE CARE SERVICES FOR ELDERLY PEOPLE EXPERIENCING DEPRESSION IN THE UNITED KINGDOM

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# LITERATURE REVIEW FOCUS

- Elderly over 65 and more, experiencing depression.

- Strategies to improve the care service for the old people over on 65 and over.

- Providing a better life for elderly people and give them a chance to be an equal members of the society

# AIM AND OBJECTIVES

- Aim of the review is to investigate the strategies of improving the care services for the elderly people with depression in UK.

- The objective is to answering the research question above and describing a different strategy of providing a care service for elderly over 65 suffering from depression via secondary research conducted into the primary data.

# BACKGROUND

- Depression, as a serious mood disorder affecting the  feelings, act and thinking. Is a common issue among the elderly but is not a usual part of the aging process (National Institute of Aging, 2020).

- Is very important elderly to know that just because they are older, they no need to accept that, they will become depressed, or that, the depression cannot be treated (Health Direct, 2021).

- The estimation of the depression in old people is valued as over than 20%, due to the high prevalence of long-term physical conditions among the elderly age group (Taylor *et al*., 2018).

- According to the statistics, every four in ten people, which are care or nursing homes residents in England experiencing depression (NHS, 2019).

# INCLUSION CRITERIA

- The articles dated only at year 2013 or newest in English language only
- The age of the participants on the conducted primary research is 65 +
- The research was including the patient's experiencing depression or were showing the symptoms of i
- Male and female included.
- No upper age limit.
- Any alternative methods of managing the issue above.
- All the rases included.
- All religions included.
- Working, retired, or retired and working participants were included.
- Participants within care home settings.
- Participants on domiciliary or different care settings.
- Elderly with good physical health.
- Elderly with disabilities, or poor physical health

# EXCLUSION CRITERIA

- Articles or reviews published on language different than English.
- Articles or reviews older than 10 years.
- Male and female on the aged less than 65years.
- Individuals with no symptoms of depression.
- Article or primary date not related to the research topic.
- Articles and primary data out of United Kingdom context
- Children excluded.
- Individuals not experiencing depression.

# METHODS

- Secondary research
- The keywords used during the research -depression, elderly, strategies, care home homes, care services, United Kingdom.
- Sources – Google scholar, PubMed, BMJ, Uni Library.

# ETHICAL CONSIDERATION

- **The Systematic literature review has been conducted on the existing literature based on the primary research.**

- **For instance, one of the articles used for the research, "The Impact of the Physical Environment on Depressive Symptoms of Older Residents Living in Care Homes" (Potter *et al.*, 2018).**

# THEMES

- **Theme 1- Exercises for elderly people experiencing depression, in terms of receiving a better quality of care and minimising the prevalence( Underwood *et al*., 2013)**
- **Theme 2- Yoga for elderly experiencing depression improving their mental health and quality of life (Tew *et al.*, 2017)**
- **Theme 3- Medications or antidepressants for elderly with depression, to improve their quality of life, while providing care (Arthur *et al*., 2019)**

- **Theme 4 – Qualified staff to provide care for elderly with depressive symptoms and working together with their families (Litchfield *et al*., 2018)**
- **Theme5 – The elimination of any pain elderly experiencing to minimise the symptoms of depression and increasing the quality of life ( Rajkumar *et al*., 2017)**

# LIMITATION OF THE RESEARCH

- There was not enough literature about the topic above
- The data was very old and technically not useful
- Limitation the numbers of the articles related to the United Kingdom
- Limited numbers of articles with the solution of the problem have been found it.

# RECOMMENDATIONS

- Care providers to prepared to meet the needs for the elderly experiencing depression.
- Training courses for the staff working with the elderly with depression to be provide more often and the be required while during the recruitment.
- Plan for managing and preventing the depression among the elderly.
- General improvement for elderly care services.

# CONCLUSION

- From the research above is obvious that, the strategies of providing the care for elderly are available. However they have been applied , monitored and there are evidenced of that they do working. Furthermore the additional researches must be implemented in terms of providing the better life for our elderly.

Thank you !

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