

Course: BSc (Hons) Health and Social Care
Module: Independent Project (BMHP6020_LON)

Assessment title: Stage 1 - Project Proposal

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Word count: 500

Main Project Proposal

My project title: To reduce the Impact of depression in older adult's wellbeing in the UK

1) Aim: To reduce the Impact of depression in older adult's wellbeing in the UK

2) Objectives:

1. Explore the impacts of depression on mental wellbeing of an elderly adults in the UK.
2. To understand what triggers depression and eliminate them, encourage older adults to speak up and seek for medical attention, when they feel down or depressed.
3. To reduce prevalence of depression on elderly adult wellbeing and to encourage more healthy living and physical activities.
4. To ensure that older adults understand, the importance of an active lifestyle can improve their mental wellbeing and helps the importance of healthy living with moderate physical activities.

3) Background:

This report will use thematic analysis, also, peer reviewed papers, journal articles will be analysed, information from National Health Services (NHS) England, Public Health England, Mental Health Act 2007, Legislation.gov.uk, (2022), Equality Acts 2010, MIND UK and World Health Organisation (WHO). Furthermore, the report will investigate government policies about the topic in the United Kingdom. The relevant acts to safeguard and protect vulnerable adults in the UK, Safeguarding Vulnerable Groups Act (SVGA) 2006. The report will also, explore the Historical background, Theoretical background and the current International context and National/Local context.

4) Methods:

The method of Systematic review will be used to conduct this project proposal report.

5) Resources: Series of search questions will be created and executed on different engines, notably by Google Scholar, PubMed, and EBSCOhost, e-books, books and uwstd library as well as numerous databases such as Medline, CINAHL, Cochrane Database, and Health Technology Assessments, to meet the studies of depressions and elderly adult in the UK and mental health.

Keywords 'Depression', 'mental health', 'UK', 'wellbeing', 'older adults', 'elderly', 'older', 'impact', 'reduce' and '65' years',

6) Timescale: I intend to complete the project before or at the timescale outlined below.

Introduction	Word	1000	1 st Nov - 15 Nov 2022
Background	Word	2000	16 th Nov – 30 Nov 2022
Methods	Word	2000	1 st Dec – 15 Dec 2022
Results and Discussion	Word	4000	3 rd Jan – 20 Jan 2023
Conclusion and Recommendations	Word	1000	2 nd Feb – 15 Feb 2023

7) Self-reflection as researcher (any strengths or challenges):

Strengths: My strengths are to use the knowledge acquired from level 5 to complete the research. I believe that I have good knowledge of review and researched papers, I look forward to learning and excited about writing my dissertation. My challenges are to identify the correct articles that relevant to my topic: To reduce the Impact of depression in older adults in the United Kingdom.

References

Legislation.gov.uk, (2007) *Mental Health Act 2007*

Available at <https://www.legislation.gov.uk/ukpga/2007/12/contents> (Accessed: 26/10/2022)