



UNIVERSITY OF WALES
Trinity Saint David
London

BSc Health and Social Care

Empowering the Older Person (BMHP6027_LON)

Component 1: Individual Poster Presentation

Student name: Angie Camila Vasquez Sanchez

Student number: 2325813

Name of Tutor Laila Surani

Evaluating the Care and Support Needs of Older People

Introduction

- **Chronic illness, frailty, cognitive decline, social isolation and financial insecurity** reduce independence and quality of life in older adults (Centre for Ageing Better, 2022; Office for National Statistics, 2024).
- **Growing complex needs** require person-centred, integrated and preventative care (Baird, Fenney and Jefferies, 2024).
- **Effective care** promotes functional ability, autonomy, dignity and informed choice to support healthy ageing (Department of Health and Social Care, 2021; Care Quality Commission, 2025).

A Critical Evaluation of the Care, Empowerment and Support Needs of Older People

- **Healthy ageing:** Maintains functional ability and independence, but inequalities remain a challenge (World Health Organization, 2023).
- **Person-centred, holistic care:** Improves quality of life and independence but is limited by workforce and organisational pressures (Damant *et al.*, 2026; Heaven *et al.*, 2025).
- **Personalised care planning:** Promotes dignity, autonomy and shared decision-making, enabling informed care choices (Heaven *et al.*, 2025; Damant *et al.*, 2026).
- **Community-based services and social prescribing:** Improve wellbeing and social connectedness, although outcomes depend on local service availability and funding (Westlake *et al.*, 2022).

Table 1. Key challenges affecting independence and evidence-based interventions for older people
(Crocker *et al.*, 2024; WHO, 2023; Fenney *et al.*, 2025).

Challenge	Impact on Independence	Recommended Intervention
 Frailty and long-term conditions	Reduced mobility, falls risk and functional ability	 Reablement
 Cognitive decline	Impaired memory and decision-making	 Person-centred care planning
 Social isolation and loneliness	Poor mental wellbeing and reduced social participation	 Social prescribing and community support
 Financial insecurity	Reduced access to health and social care	 Integrated health and social care
 Health inequalities	Unequal access to health and social care	 Personalised and integrated care

conclusion

- Older people require **integrated, person-centred and evidence-based care to maintain independence and healthy ageing.**
- Current UK approaches **support functional ability but remain constrained by workforce shortages, funding pressures and inequalities.**
- Without sustained investment and equitable access to integrated services, meeting the growing needs of an ageing population will remain a significant challenge.

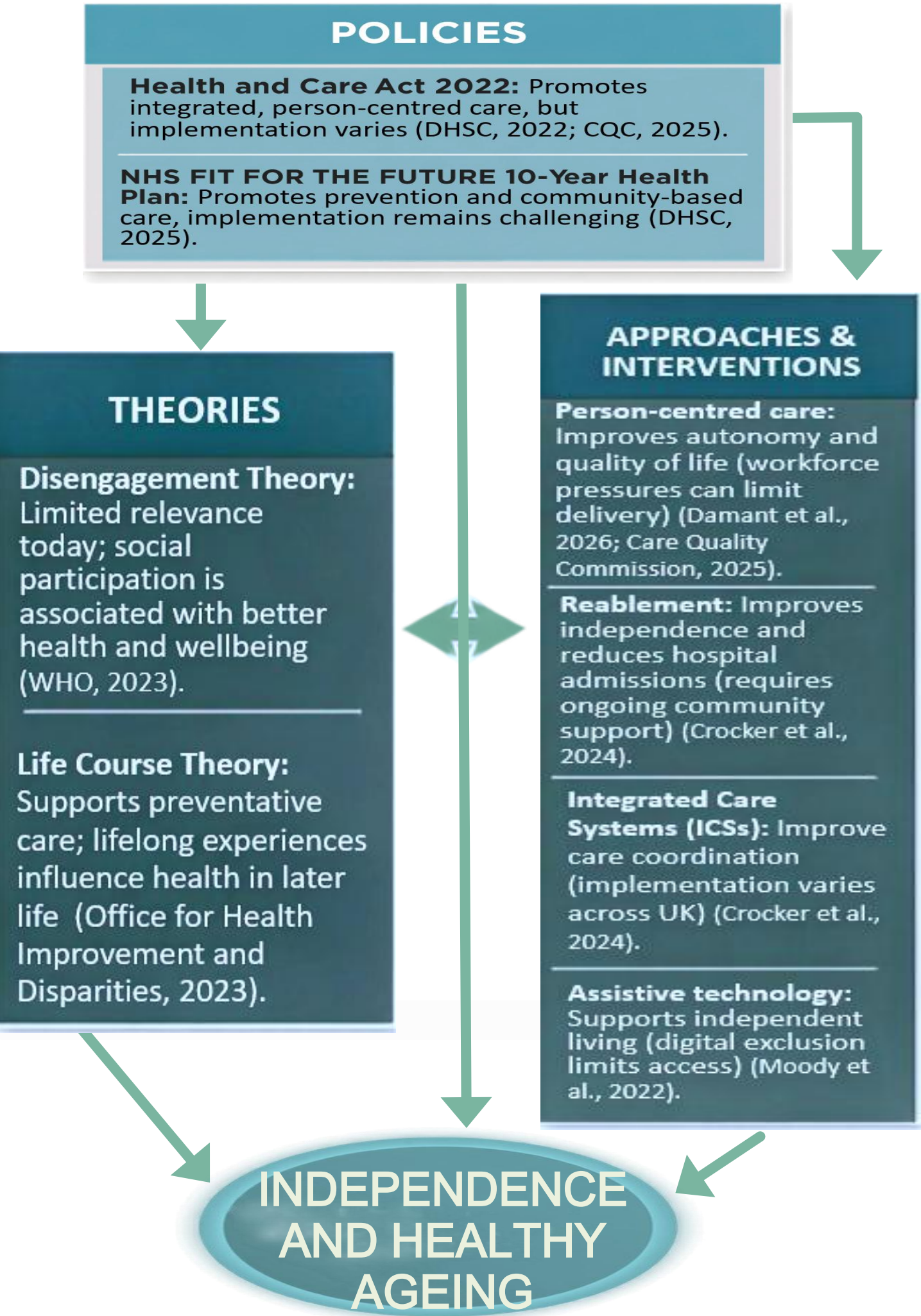
	Age group	Population
	Aged 50+	22 million
	Aged 65+	11 million
	Aged 75+	5 million
	Aged 85+	1.4 million

The UK has a significant and growing population aged 50+, reflecting an ageing society.



Conceptual Framework:

Linking Policies, Theories and Interventions to Promote Independence and Healthy Ageing



Recommendations for Improving Services to Empower Older People

- **Increase investment** in the health and social care workforce to improve access to person-centred care (NHS England, 2023; CQC, 2024).
- **Expand reablement, social prescribing and community-based services** to promote independence and reduce hospital admissions (National Institute for Health and Care Excellence, 2023; Westlake *et al.*, 2022).
- **Improve equitable access** to assistive technology and digital support to reduce inequalities (WHO, 2023; Moody *et al.*, 2022).
- **Strengthen integrated, multidisciplinary care** to provide coordinated, personalised support for older people with complex needs (Damant *et al.*, 2026).

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