

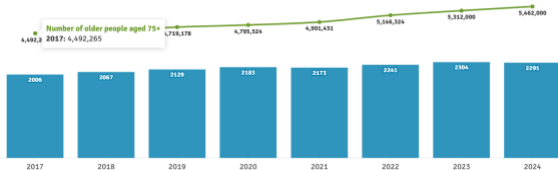
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Evaluating Care and Support Needs of Older People

Introduction

Evaluating the care and support needs of older people is crucial to ensure they live healthy, fulfilling lives. As people age, their needs change and assessing these needs helps identify areas where support is required.

The UK has an ageing population, with increasing numbers of people aged 65+. This creates growing demand for health and social care services provided by organisations such as the National Health Services and local authorities. Supporting older adults requires a

Care, Empowerment & Support Needs

Care Needs

- Mobility support, personal care, chronic disease management
 - Access to healthcare services (GP, nursing, community care)
 - Enhances safety and health
- Over-dependence may reduce independence

Empowerment Needs

- Participation in decision-making and care planning
 - Access to assistive technology and information
 - Promotes autonomy and dignity
- Cognitive decline may limit effectiveness

Support Needs

- Social interaction, emotional support, community engagement
- Integrated support from health and social services



Challenges to Independence

- Unmet care needs (about 1.4 million)
- Frailty and age-related health decline
- Fragmented health and social care system
- Social isolation and loneliness
- Financial constraints and inequality
- Digital exclusion.
- Limited awareness/access to services

Recommendations

- Increase funding and staffing for NHS and social care
- Enhance staff training in person-centred care

holistic approach addressing physical, emotional, social, and psychological needs.

Statistics

- The UK has around 11 million people aged 65+
- By 2043, older adults are projected to represent 24% of the population
- 1 in 7 people aged 65+ live with multiple long-term conditions
- Approximately 944,000 people living with dementia
- About 1.4 million older adults experience loneliness, affecting mental and physical health

- Reduces isolation and improves wellbeing
- Access may be unequal

Approaches & Interventions

- Person-Centred Care - Tailored to individual preferences, improves satisfaction and wellbeing
- Reablement / Rehabilitation – Short-term goal-oriented support, restores independence
- Integrated Care – Multidisciplinary collaboration between health and social care, reduces hospital admissions
- Home-First / Community Care – Enables recovery at home, reduces hospital stays and costs

Benefits of Interventions:

- Improves independence and functional ability
- Reduces hospital admissions and long-term care reliance
- Enhances quality of life and confidence

- Expand community-based and preventative services
- Improve integration of health and social care services
- Promote access to assistive technology and digital support
- Reduce inequalities in access to care
- Encourage co-production and shared decision making

Conclusion

Older people have complex physical, social, and emotional needs

Person-centred, recovery support, and integrated approaches are effective

Challenges: funding, workforce shortages, and inequality

Improving services requires investment, integration, empowerment, and inclusion

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