



Assignment 2

Comparison Report about Loneliness and Isolation Within the Elderly in Care setting Between UK and Nigeria.

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Introduction

This assignment is going to examine the difference between the United Kingdom and Nigeria's elderly people in the concept of loneliness and isolation within the care setting and will still go ahead and discuss some of the impacts of isolation and loneliness on these types of people living in a care setting in both countries. The report will move a little bit to explore and critically evaluate the present policies and legislation that help to raise awareness that helps to deal with loneliness and isolation in these two countries.

This investigation is still going to move around compare, and evaluate all the global, local, and national providers of services for older citizens in these nations by current policy and initiatives and how changes made to the system, and how they use of technology could be applied to the programs and likewise recommendation for improvement will be explained in this report.

What is an elderly person?

The United Kingdom: As observed by NHS (N/A) that older person is someone above 65 years might be regarded as an older person. Moreover, it is difficult to bring a strict clear outline of meaning, because someone can be biologically age at various age rates, for example, 75 years old might be healthier than that of a 60-year-old person. That frailty is the major factors to impacts someone's likelihood to require support and care, instead of age. (NHS, N/A)

Nigeria: According to a study conducted by Ayokunle et al., (2015) the investigation reveals that firstly, there are various dimensions of the meaning of an elderly person that might include respect, blessedness, frailty, inability to do handwork, inactivity, and growing old. Secondly, in South-Western Nigeria State, anyone who has gotten to the age of 50 years and above should be seen and regarded as an elderly person and honored as an elder (Ayokunle et al., 2015)

What are loneliness and isolation?

Rossall et al., (2015) describe loneliness as a person's personal, subjective feeling of closeness, lacking desired affection, and social communication with other people, or as someone's subjective emotional state see figure 1. And nevertheless, loneliness and social isolation are two different things. Although there is a social aspect between them (Rossall et al., 2015)



Figure 1

Image of a lonely elder. Source: www.ghp.com

Good Therapy, (2018) demonstrated that isolation is the personal observing of being disconnected from others. It may be a result of being physically kept apart from others example when someone is

living in a remote surrounding and it can also be a result of being emotionally ejected from a community and social isolation is the absence of social association. It is not the same as solitude, which is the state of being alone. Social isolation can happen in the vicinity of others or solitude (Good Therapy, 2018)

Statistic of Ageing Population.

United Kingdom: An investigation of the United Kingdom's aging populations carried out by the UK Parliament, (2021) subjected that between 19% (one-fifth) were aged sixty-five or above in the year 2019, were between 12.3 million people. And that around this age group between 2009 to 2019 the figure increased by 23%, even when the whole of the country only increases by 7%. And likewise, the aging population in this country is projected to rise to 24% (17.4 million aged 65 and above) by the year 2043, and within the same period, age 75 and above is projected to increase from 8% in the year 2018 to 13% in 2043, while in the category aged 85 and above is projected to increase from 2% to 4% (UK Parliament, 2021)

Nigeria: With a population of about 206 million citizens as of 2020, of which 9.4 million were 60 years and above according to Statista, (2022) and women made up 46% of the old population which is about 4,346,236 and while the men are 5,023,895 of total 9,370,131 of the elderly population in Nigeria (Statista, 2022)

And, Kay Ugwuode, (2019) concluded that Nigeria's elderly population increased from 8.7 million in the year 2013 to 9.6 million in the year 2016 and is also expected to rise to 20 million by 2050 and is combined with the loss of financial freedom because of retirement and passing of peers, while these can be a difficult phase of life and trying time, (Kay Ugwuode, 2019) see figure2 chart table.

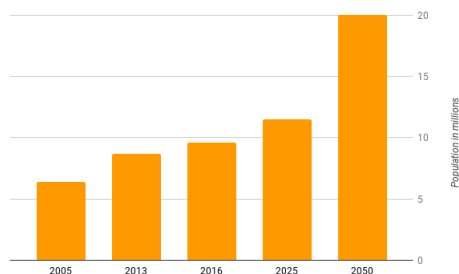


Figure 2, Nigeria's aging population chart.

Source: National Population Commission and United Nations Population Division [2005].

The Theories of Loneliness and Isolation Among Elderly

Disengagement Theory of Aging: According to Nickerson, (2022) emphasizes that Disengagement theory is a now-disbelieve theory of old age that places that, successful old age will come with voluntary withdrawal from the social positions of active adult life, which is seen as functional and advantageous for society. The evidence claims that there is not a powerful deal of variation in lifespan around species, for example, human-being die within 80 years old, spider monkey dies within 25 years and elephants die within 70 years of age, on average. This show that some changes can be made due to a medical reason, other demographic factors, and nutrition. this means dying and growing older is inevitable (Nickerson, 2022) that someone becomes available to disengagement when they noticed the scarcity of their own time and shortness of life, as the person sees the years they have left keep on decreasing, the person will lose ego energy.

Gerotranscendence: As observed by Rajani, (2015) that old age is a pure developmental procedure toward wisdom and maturity. She claims that this progression in years is followed by a gradual move in the meta-paradigm of an old person, which was termed as Gerotranscendence, and it was also referred to as “old and transcendence meaning, rising above. The research also mentions that it is a move in meta-perspective from physical comfort and rational seeing of the universe to a more cosmic and transcendent one, usually followed by more expectation in life satisfaction (Rajani, 2015)

The impact of Loneliness and Isolation on the Elderly.

United Kingdom: The research carried out by SCIE, (2018) reveals the impact isolation and loneliness can have on the social health, mental, and physical of an isolated elderly person is well documented in this finding that, lack of social contact is as bad for health as smoking fifteen cigarettes in 24 hours. While a lonely people are more likely to use more medication and have a higher rate of falls and are more likely to book appointments with their GP (SCIE, 2018)

As stated by Experience Life, (2022) that the health impact of loneliness and isolation will be difficult to compare precisely. Different findings suggest that, in addition to a heightened risk of heart disease, stroke, and premature death. And loneliness correlates with a higher rate of anxiety, depression, suicide, stress, impair sleep, inflammation, and driving behavior such as smoking and drinking. While isolation raises the chances of having dementia by 50% and makes it stressful to access medical care, nutritious food, and exercise (Experience Life, 2022)

Nigeria: As observed by Igbokwe, C.C et al., (2020) that loneliness among old people is a risk factor for bad health outcomes like poor quality of life, decreases cognitive functions, functional disability, and depression. Also, loneliness has been seen as an offshoot of retirement likewise, retirement can disrupt social networks and limit the pressure of looking for other jobs. Often in an advanced Countries, including Nigeria, an elderly person who retired from work surroundings could have jobs related to chronic sickness. And they may start to experience a lack of good welfare package, financial security, and post-retirement challenges that may include depression, loneliness, and anxiety symptoms (Igbokwe, C.C et al., 2020)

A study conducted by Ekoh, P.C et al., (2021) demonstrated that during the pandemic period the social life of people living in both urban and rural area areas **of** Nigeria because of the induced restrictions, social distancing and lockdown have deprived old people of social connection that has to lead to loneliness or unlike the younger adult, a lot of these elderly people are not unable to adapt and make use of new tech to cope with crises, that lead to double exclusion, because the social connection with friends, neighbor and family is very crucial for the psychological and emotional wellbeing of the elderly, has it has contributed to limited relationships between the older people and their family and friends who always visit them (Ekoh, P.C et al., 2021)

Present Legislation and Policies.

United Kingdom: A connected society, according to HM Government, (2018) this strategy by the UK government is a turning point in knowing how we act on loneliness, both within society and government, more broadly. The focus on the government, individuals, and community is to reduce loneliness and help to support citizens' social connections with the assistance of local authorities, the voluntary sector, businesses, and the government by collaborating for them to build a good socially connected nation.

- ✚ Local government for example, in their Strategy planning decision-making on someone's well-being, the council should consider how to reduce loneliness in the community.
- ✚ All employers and businesses should help their employees by assisting them to enhance their social relationships within the work surrounding and outside.
- ✚ Health and public services should be aware of the significance of someone's social well-being and find a way how they can identify and support those at risk.
- ✚ Voluntary sector has ready to play a crucial role in trying to reduce loneliness by bringing people together (HM Government, 2018)

Testing Promising Approaches in Reducing Loneliness: this is another local Age UKs program to test and enhances loneliness services provisions. This initiative was launched in 2015 due to the promising Approaches to isolation and loneliness in later life. And the first phase of this program started from April 2015 to October 2016 and 8 local Age UKs were chosen to take part are South Lakeland, North Craven, North Yorkshire, Barrow-in-Furness, Blackpool, Wirral, Oxford, and South Tyneside. And for the local partner to focus on improving the three approaches.

- ✚ Support: to help provide well-structured support to the elderly who are lonely by giving emotional and practical help that encourages resilience and confidence.
- ✚ Reach: to contact hard-to-reach elderly people who are lonely by giving power to community services and local health to be conscious of loneliness and its signs and be current with news about the local loneliness services.
- ✚ Understanding: is better to understand someone's loneliness from the conversation and answer the person's needs (Age UK, 2021)

The Care Act 2014 and Loneliness: The Act has set a basic structure for the delivery of support and care services in England. It has established a clear required action on isolation and loneliness by different important local actors including, Health and Wellbeing Boards, Adult Social Care and CCGs and Public Health.

The Act allowed local governments to make sure they stop the development of needs for support and care because of the well-evidenced effect on physical and mental, and that action on loneliness should be an important part of this Act. This point should be reinforced by encouraging the prevention of social isolation and loneliness through the provision of services such as community activities and befriending (Campaign to end Loneliness, 2014)

Nigeria: Research carried out by Tanyi et al., (2018) reveals that the announcements of the neoliberal state have reduced the social connection and made the situation worse for the old people living in the country. The privatization of the program and removal of state subsidies has emasculated the elderly who did not have means of economic livelihood. The finding went on to say that in Nigeria there is nothing like a national social security system to help provide economic assistance to the elderly. In the year 1989, the government of Nigeria introduced the national social development procedure, with the help to provide a structure for protecting old people from material and moral neglect and giving public help when is important. And report suggested that with all the advancements in the social national social development procedure to care for old people, there has not been any adequate execution of the government official for elderly in the rural area (Tanyi et al., 2018)

Humanitarian, (2018) emphasizes that Nigeria has no working national policy on the care and welfare of elderly people. The collapse of family structure, and the absence of social security system in addition to changes in demographic in the country, present a unique battle for the elderly in the country, and the investigation analyses the present policies

lacuna and future issues regarding older people. It posits that a vacuum in policy formation and execution in which the elderly are not able to deliver around the social safety net has been created because of the introduction of neoliberal economic policies, sees figure 3 for diagram (Humanitarian, 2018)



Figure 3

image of pensioners in Nigeria. Source: Vanguardngr.com

Provision of Services for Older People

United Kingdom:

- 🌍 Global- International Day of Older Person 1 October, this is a United Nation initiative that was launched in 1990 to there is digital inclusion for all ages, to help with knowledge of the importance of digital involvement of the elderly, while tackling discrimination that is associated with digitalization and stereotypes (United Nation, 2021)
- 🌍 National: through the NHS and care services in England the elderly are getting, 1. Help the elderly to stay healthy by providing them with free influenza immunization, for all aged 65 and above to enhance oral health and increase access to dentistry within the older generation. 2. More access to services that will allow the elderly to have free sight tests and enhance access to cataract delivery, expanding the breast screening procedure to 70 years for women (Department of Health, 2001)
- 🌍 Local: Through the local Age UK, there are lots of various services for the elderly in the UK.
 - (1). Day centers are aimed to enhance the quality of life for the elderly by assisting them to be more independent.
 - (2). Cafés and restaurants, these are friendly and relaxed restaurants where the elderly meet to have a cup of tea and have a home-cooked meal for themselves.
 - (3). Social activities, your local may have a different schedule to others local like classes and clubs, for example, coffee morning, photography club, arts and crafts, quizzes, and pub lunch (Age UK, 2021)

Nigerian: Research by Salami and Okunade, (2020) highlighted that the consistent increase in the population of the old people is faced with not available comprehensive support procedures for the elderly in Nigeria, which has placed the old people on psychosocial problems in old age in the country, so the older generation has now become poverty target due to their financial challenges because when it comes to assistance from the government, they are absent (Salami and Okunade, 2020)

The Prospective Future of Care For the elderly

Socially assistive robots: As noted by Caic et al., (2018) it showed that socially assistive artificial intelligence in elderly care through services like safety and health monitoring that there are different benefits someone can get from it that may include reductions in loneliness and stress, maintaining dignity, prolonged independence, and enhance the quality of life and well-being (Caic et al., 2018)

As demonstrated by Anita Ho, (2020) with the global experience of an aging population that is facing the sustainability of the old way of own traditional care model that put hope on in-person caring and the research argues that artificial intelligence is suitable to replace or enhance the care for the elderly, if automated monitoring AI systems that can bring a comprehensive picture of the elderly, and the surrounding contexts within which different symptoms manifested, this will be valuable tools for the elderly if develop ethically, it will be good for cognitive assistance for old people, healthcare professionals and family caregiver (Anita Ho, 2020)

Recommendation

My recommendation will be for the United Kingdom government to focus more on research that can find a lasting solution to the problems of loneliness and isolation within the elderly population in the country by inventing some artificial intelligence that does more than what the family or caregiver of an elderly is doing, as it going to minimize the financial burden on the government. And, for the Nigerian government to start implementing policies and legislation that will safeguard the elderly in the country from abuse and starvation, they should start drawing a clear plan and create all necessary organizations that can improve the lives of lonely and isolated elderly within the country for good.

Conclusion

This report has made me understand that there is still a lot for both UK and Nigeria governments to do and with good implementation of policies in place, the elderly in the UK population we have a healthier longer life that is going to decrease loneliness and isolation within them, but for Nigeria, I have concluded that the government has no plan for the aging population that is there is no clear procedure for these type of people.

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