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1. Introduction

1.1 What it means to be an elderly person in the UK and South Africa

Anyone over the age of 65 is considered an adult in the UK. It is difficult to use a precise definition because people have different biological ages, so a 75-year-old may be healthier than a 60-year-old. (NHS, n.d).

According to the South African Seniors Act No. 13 of 2006, an elderly person is someone aged 60 years or older. (South African Human rights commission, n.d).

1.2 Statistics on the ageing population and how these have changed in recent years (UK and South Africa)

By 2030, one in six people in the world will be over the age of 60. By then, the number of people aged 60 and over will grow from 1 billion to 1.4 billion in 2020. By 2050, the world population aged 60 and over will more than double. (2.

1 million). Between 2020 and 2050, the number of people aged 80 and over is expected to triple to reach 426 million. (WHO, 2021)

Almost a fifth (19%) of the UK population, or around 12.3 million people, were aged 65 and over in 2019. Between 2009 and 2019, the number of people in this age group increased by 23%, while the overall population of the UK increased by only 7%.

The elderly population in the UK is set to expand by 2043, with people aged 65 and over accounting for 24% of the population. (17.

4 million people). The rate is expected to increase from 8 percent in 2018 to 13 percent in people 75 years and older, while it will increase from 2 percent to 4 percent in people 85 years and older. (UK parliament , 2021)

The elderly makes up 8.1% of South Africa's population, an increase of 0.1 percentage points from 2011. According to the Statistics South Africa report Social Profiles of the Elderly, between 2001 and 2016 the percentage of older people in the population increased from 7 to 0.8%.

2001'of %3. (Department statistics South Africa , 2017)

As of 2021, South Africa's population has reached approximately 60.14 million people, of which approximately 5.5 million people aged 60 and over and 595,000 people aged 80 and over. (Statista, 2021).

1.3 Exploration of relevant theories of loneliness and isolation and concepts associated with loneliness, alluded to in literature.

There are two main health problems in the elderly, namely isolation and loneliness. Loneliness is defined as a lack of communication with family and friends and a lack of participation in social organizations. Loneliness is the experience or feeling of being alone, and it also has health benefits. People who live alone often experience loneliness, but isolation and loneliness are often weak. (Caithilin E Coyle, Elizabeth Dugan, 2012).

Loneliness and isolation are associated with poor health and quality of life. These findings suggest that these strategies may have different effects on health and therefore should be considered as individual characteristics. (Olujoke A. Fakayo, et al, 2020)

Loneliness is a negative emotion that occurs when a good relationship is seen as insufficient in terms of quantity and especially quality. Loneliness is very real. A person does not feel lonely by being alone, he feels lonely even if he is surrounded by many people. People's feelings of loneliness usually remain stable in old age and do not begin to increase until age 75-

80. Loneliness has been associated with depression, lack of social support, neuroticism, and introversion. Loneliness increases disease risk and can shorten life. (Hawkley Louise, N.d)

1.4 Theories of loneliness

Attachment theory

Attachment theory was developed by psychologist Robert S. Weiss, who identified six social needs that, if not met, lead to loneliness. These needs include connectivity, integration, support, recognition of value, and a trustworthy sense of partnership. Continuity theory emphasizes the need for emotional attachment between infants and caregivers. According to this view, loneliness occurs when children with insecure attachment exhibit behaviors that cause their peers to reject them.

These rejections hinder the development of their social skills and lead them to wonder about other people, leading to loneliness. (Hawkley Louise, N.d)

Loneliness as a behavior is defined as a positive behavior that is associated with and can lead to negative patterns of interpersonal relationships. For example, loneliness

is associated with social anxiety, conflict (shame), sadness, hostility, insecurity, and low self-

esteem; these are all factors that influence people's ability to participate in meaningful and meaningful ways. In fact, research shows that lonely people have a harder time communicating and maintaining effective communication. They are also reluctant to share personal information with their friends, which may explain why they lack relationships with their friends. (Hawkley Louise, N.d)

One way of knowing loneliness is based on the observation that loneliness is the difference between a feeling and a feeling. Negative attitudes are common among lonely people who blame themselves for not being able to form social relationships. In addition, cognitive skills often describe connections and behaviors that explain (1) how failure to follow connections, relationships, parenting, and other needs leads to conflict in the relationship, which is seen as loneliness, and (2) loneliness is persistent. . from the self-

fulfilling prophecy that negative relationships lead to social insecurity and therefore loneliness. (Hawkley Louise, N.d)

1.5 Isolation theory

Temperamental discrimination theory attempts to explain why society prefers one temperament to another and how they view and interact with people with different temperaments. This means that some behaviors are more popular than others, and those who oppose them are intentionally or unintentionally banned or banned. Currently, the theory is not generally accepted by social scientists. (Jorge Rodrigue III, 2014)

2. Comparison between two countries

2.1 The impact of loneliness and isolation on an older person living within a care setting. (UK and South Africa)

Loneliness has been identified as a serious problem in nursing homes in the UK, with nursing home residents (22-42%) caring for critically ill patients at more than double the general population test (10%). (Aging health, 2012)

Loneliness is associated with greater restriction in activities of daily living, indicating increased risk of personal health, disability, reduced mobility, cognitive impairment, d

depression, poor health, and ultimately death among nursing home residents. (A. H. Jansson, S. M. Muurinen, et al, 2017)

Separation from acquaintances is also an important cause of loneliness. Moving from living in your home to a new home with or without furniture can feel overwhelming and personal. This experience can cause you to lose sight of the people you used to see, a drastic change in your daily routine, and you may lose sight and smell of your surroundings. Nursing home residents can feel lonely if nurses or caregivers work hard and don't have time to be with them.

On the other hand, other introverts may choose not to socialize with anyone, so it can be difficult to gauge how well the person connects. (Helping Hands, n.d)

Contrary to the UK findings above, a study of the impact of separation on the social profile and demographics of older people in nursing homes in South Africa Residents reported that even if residential care does not prevent separation, residents' arrangement can provide a care. barrier to provide some help. (Mary Ann Jarvis, et al, 2021)

Loneliness and isolation have a huge impact on longevity, health and well-being. Among adults, isolation and loneliness increase the risk of heart disease, stroke, diabetes, cognitive impairment, dementia, depression, anxiety and suicide. They also shorten the life span and reduce the quality of life. (WHO, ITU, UN, 2021). Its effect on mortality is comparable to that of other well-established risk factors such as smoking, obesity, and physical inactivity. (WHO, N.d)

2.2 Current legislation and policies that deal with or aim to raise awareness or reduce loneliness and isolation in the elderly population (UK and country of choice)

The UK government recognizes that a single program cannot solve all problems, but by working together they can have a greater impact and reach more people. They then encourage members to share their experiences, learn from each other and identify projects with which UK government and civil society members can collaborate in the years to come. In May 2021, the Preventive Medicine Network published the Preventive Medicine Network Action Plan Emerging Together: Outlining the steps that network members and governments will take to address loneliness as part of the collective response to COVID-19. (GOV.UK, 2021)

The Ministries of Housing, Communities and Local Governments, Trade, Energy and Industry and Trade and Transport have made their work independent. In addition to the Ministry of Health and Social Care, the Ministry of Culture, the Ministry of Media and the Ministry of Sports. Loneliness is integrated into the regular decision-making process by integrating 'policy considerations' into action plans. (Department for Digital, Culture , media and support, 2022)

As part of NHS England's long-term strategy, the grant connects patients through a range of activities such as cooking classes, walking clubs and theater groups to reduce stress on the NHS and improve patients' quality of life.

GPs, rather than medicine, may refer patients to social workers who provide services to help people improve their health and well-being. This is called a social prescription. (GOV.UK, 2018)

A number of well-known businesses including Sainsbury's, Transport for London, Co-op, British Red Cross, National Grid and Civil Service have committed to do more to improve the health and well-being of their employees.

It is recommended that loneliness be included in the personal relationship's curriculum from September 2020, so that primary and secondary school students understand the importance of loneliness and relationships. (GOV.UK, 2018)

Funded from various organizations and charities in partnership with the UK government, the above projects aim to raise awareness about loneliness and help people connect and live better and stay healthy. Various projects and publications have also been prepared for the same purpose.(Department for Digital, Culture , media and support, 2022)

In relation to what is being done in UK, South Africa at the moment has no written policies and legislations to raise awareness and reduce loneliness and social isolation. (Vera Roos, et al, 2019)

2.3 Local, national and global provision of services for the older person in line with current initiatives and policy (UK and South Africa)

Various face-to

face or digital interventions have been developed to reduce isolation and loneliness

among older adults. These include skills training, community and group work, friendships and behavioral skills. Building older-friendly communities by improving access to transport, information and communication technologies, and infrastructure can also help reduce social isolation and loneliness. Laws and policies that address conflict and discrimination can promote better relationships. (WHO, N.d)

In some countries, loneliness and social isolation are beginning to be recognized as a public policy and public health issue. This was done during Covid 19, when physical distance measurement increased the importance of this topic. In 2018 the UK government appointed a loneliness watchdog and published a strategy for a connected community to combat loneliness. (WHO, ITU, UN, 2021)

The UK government has launched a major effort to combat loneliness during the coronavirus pandemic and social distancing. The strategy aims to ensure that staying at home does not lead to loneliness for people of all ages and backgrounds. It includes many methods such as:

1. Let's talk about loneliness in public so everyone can talk about loneliness and take supportive steps to keep themselves and others safe.
1. Financial aid and support are provided to support national institutions and organizations working to resolve loneliness and build relationships, helping them maintain and update their important work.
2. NHS volunteer responders in communities.
3. A network of top organizations, businesses and citizens joined the Government's Dealing with Loneliness Network to help connect groups at risk of loneliness. A guide to employers and loneliness was made available in 2021 as a starting point for a broader discussion of what organizations can do to combat loneliness.
4. 4. The Association was Announced on October 15, 2018. This is the world's first government initiative to address loneliness. It is the result of many years of work by many individuals and organizations and is the government's first major service to the national debate on the importance of solitude and social relations.

nships. The strategy is an important first step, but the government is also committed to working long-term to overcome loneliness.

5. Many campaigns, such as Talking About Loneliness, have raised awareness about loneliness, brought attention to the problem and reduced stigma, and encouraged people to talk about loneliness and act.
6. The government is committed to regularly publishing information on how to deal with loneliness and highlighting the current lack of evidence. He created Power Growth, a digital platform that allows organizations and institutions to collaborate, share knowledge, and conduct research.
7. Loneliness therapists from the UK and Japan meet to discuss self-healing. They agreed to strengthen bilateral cooperation through regular talks between the UK and Japan to share information measures and policies and work to raise global awareness of loneliness. (Department for Digital, Culture, media and support, 2022)

There is no evidence of protests or initiatives in South Africa to address loneliness, but reports of loneliness in the forced removal of older South African women suggest that people are involved in all cultural and spiritual practices to reduce loneliness. Independent man busy with housework and gardening. (Vera Roos, et al, 2019)

2.4 The prospective future of the care of the older person; what changes could be made to the programmes aimed at addressing the problem of loneliness among the elderly and Use of technology for the provision of care provision to lonely older persons. (UK and South Africa)

The Age UK network has run a variety of digital engagement projects over the years, from one-on-

one support and ad hoc meetings to large community meetings and networking projects. As the Digital Angel and One Digital projects have shown in recent years, there is a common denominator in the delivery of these projects.

Digital Angels helps people get online and collaborate in their communities, for example, by holding digital teas at community centers and libraries. As part of the One Digital project, so-

called digital champions have been trained and supported to encourage others to go

online, reaching 8,241 adults so far.

While not appealing to all adults, digital participation can be a way to help people who are lonely or isolated.

Digital inclusion can help people form or maintain new relationships that can help them maintain their independence and improve their health.. (Age UK, 2020) .

Meet with tech companies to talk about loneliness - Digital and Creative Industries Ministers Tracey Crouch and Margot James will discuss technology's impact on loneliness and how they can help prevent it. (GOV.UK, 2018)

In South Africa, there is no information on the use of technology to care for elderly people alone, but a report on the promotion of self-care for older people in South Africa acknowledges that technological development is one that can be used for development. Personal care for the elderly. (Tinda Rabie, 2015)

3. Recommendations

In the UK childcare should be done at home and skilled carers should live with the person, 24/7 assistance and social support for the elderly should be encouraged as this shows that well-

functioning people can have mobility with others. A happy life filled with goals and developing skills. This may be the best solution to reduce the isolation and loneliness common in the elderly.

The South African government should prioritize isolation and loneliness by providing support to researchers in the field of isolation and loneliness in identifying and focusing on the underpowered, adapted to the specific situation of the elderly, and based on specially generated evidence. The influence is given for having the oldest population in Africa.

4. Conclusion

Loneliness emphasizes the importance of relating in special situations. In the face of ongoing conflict and social isolation, relationships are essential to identity and survival. Self-

awareness of loneliness and isolation can make it difficult to provide standard treatment. Because there is no one-size-fits-

all approach to managing loneliness or isolation, treatment must be tailored to the individual, the needs of a particular group, or the level of loneliness experience that can be met. Therefore, future research should focus on identifying which interventions work for whom, in particular settings, and how.

Despite having the oldest population in Africa, South Africa does not have the right to deal with loneliness and isolation. This may be due to other health and economic problems that exist today that have not been prioritized until now. However, some studies have reported that loneliness causes serious diseases, as in some cases, and therefore, priority should be given regardless of the country's economy. United Kingdom is a highly developed nation and emerged as the first ever nation to develop a policy to tackle loneliness should therefore take the initiative to guide other nations regarding the tackling loneliness as a way of improving health among the elderly.

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