

COURSE: BSc (Hons) Health and Social Care

Module Independent Project (BMHP6020-BIRM)

Component 1: Element 1 – Project Proposal

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**A CRITICAL INVESTIGATION INTO WEST MIDLANDS ELDERLY CARE AND PROVISION
IN RESIDENTIAL CARE**



Online Pictures: Powered by Blog. (Accessed: 8 February 2026)

1. Aim

This research critically examines elderly care provision in West Midlands residential care homes, identifying gaps in service delivery, policy implementation challenges, and care practice effectiveness to enhance quality of life, dignity, and wellbeing for elderly residents.

2. Objectives

First to examine conceptual underpinning quality elderly care including person-centred care models and dignity principles. Second, to analyse the regulatory frameworks governing residential care provision and identify policy-practice discrepancies. Third, to evaluate current care practices including assessment procedures, staffing arrangements, and service integration. Fourth, to provide evidence-based recommendations for improving care quality whilst keeping economic sustainability.

3. Background and Rationale

* The ageing population, particularly those aged 85 and above presents significant challenges for residential care provisions (Kingston, A. et al., 2018). The West Midlands exemplifies workforce difficulties, financial pressures, and quality variations affecting the sector nationally (Spilsbury. K. et al., 2018). Regulatory investigations highlight concerns about staffing levels, training adequacy, and meeting complex health needs (Care Quality Commission, 2023). Research shows that residential care quality significantly changes resident outcomes and wellbeing (Tower, A. M. et al., 2020). However, translating person-centred care principles into consistent practice remains challenging (Edvardson, D., Winblad, B., and Sandman, P. O., 2008) This research addresses critical gaps in understanding how theoretical quality models translate into regional practice, providing insights for local policy development and service improvement whilst responding to calls for rigorous evidence on effective residential care optimization (Skills for Care, 2024).

4. Methods

This investigation employs secondary research method, utilising published literature, policy documents, statistical datasets, and regulatory reports (Johnson, M.P., 2017). A systematic narrative review approach will synthesize diverse evidence types relevant to complex health and social care questions (Greenhalgh, T., Thorne, S. and Malterud, K., 2018). Academic literature will be shown through PubMed, CINAHL, PsycINFO, and Social Care Online databases using structured search terms combining elderly care residential settings, and

quality provisions concepts. Policy documents from the Department of Health and Social Care, NHS England, and West Midlands local authorities will be examined alongside Care Quality Commission (CQC) inspection reports and statistical data from NHS Digital, office for National Statistics, and Skills for Care. Sources will be included if addressing elderly residential care in UK contexts, published in English, and originating from credible sources. Analysis employs thematic synthesis to show patterns and relationship (Braun, V. and Clarke, V., 2006) with critical appraisal considering evidence quality and generalizability to West Midlands contexts.

5. Resources

This project uses university library database subscriptions for academic literature retrieval, physical library resources for theoretical grounding, and publicly accessible resources including Care Quality commission (CQC) inspection reports, Skills for Care workforce statistics, Office for National Statistics demographics data, and NHS Digital Service utilisation information. No specialized equipment or additional funding is required beyond standard university provision.

6. Timeline

The twelve-week project timeline includes initial literature searching and source identification

- (Week 1-2) Detail sources review and information extraction
- (Week 3-5) Thematic analysis and evidence synthesis
- (Week 6-8) First draft completion and recommendation development
- (Week 9-10) Revision and incorporation of any supervisor feedback
- (Week 11-12) Final proof-reading and submission

7. Self Reflection as a Researcher

My health and social care background provides foundational knowledge of care systems and theoretical prospectives. However, this is my first extended independent research project, requiring enhanced organisational and time management skills. Synthesising diverse evidence sources into coherent narratives whilst critically evaluating quality and applicability will require skill development. Support strategies include regular supervision meetings, engagement with research methods resources, peer support network, maintaining a research journal for reflective practice, setting realistic interim deadlines, and viewing challenges as learning opportunities whilst seeking proactive support.

References

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