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Living well with the older person and the impact of ageism on the older person.

Discrimination also can be defined as age discrimination. It is often the case when someone mistreats an older adult because of their age, discriminating against them from activities; the World Health Organisation (2021) suggests that discrimination and abuse can involve an individual being treated differently and unequally, which are unfair and unjust, some of these may include. poor service that does not meet the individual's needs, verbal abuse and exclusion from activities, which will have a profound effect on them and could affect their worth. This can have a negative effect on them; it could lead to mental health issues such as anxiety and depression (Villines, Z, 2021 emphasises that it can Reduce life expectancy: Ageism has been linked to earlier deaths in older citizens, as well as reducing their life expectancy, on average, 7 to 8 years. Kang,(2020) suggests that ageing is often considered a complex and mentally challenging process for an individual, especially when they lose their confidence in their self; their well-being will decline, especially when their mobility declines as well as their hygiene (tvomi, et al,(1997)agrees that the changes could also involve their visual site and also the decline in having access to the outside world, Not being able to go for walks, go to the doctors and food shopping on their own, Seegert, L,(2016) suggest that there are three fundamental areas of well-being and their Freedom, independence and choice, when you lose your independence you lose your Freedom and then choice. Age UK (2018) describes ageism as Age stereotypes and negative assumptions about an individual's physical and mental capabilities, as well as social skills, political and religious beliefs, and other traits based on the individual's age. Age UK is an organisation that helps everyone make the best of their life at an older age, Nelson, (2005) emphasises that Age UK helps to promote and encourage independence and dedicates time to those who need it, with advice and companionship. Nelson,T.D(2005) acknowledges that an active elderly citizen often remains more independent than someone who is not as active; being active will help independence and reduce the risk of falls and fractures, which in turn will lessen the strain on the NHS, E, Redman (2003) suggests that the elderly generation should prioritise a healthy eating plan and have loads of good nutrition, as well as plenty of sleep,

prioritising their well-being first. Hill (2020) suggests that to support the health and well-being of the older person you should consider their mental well-being as well as their optimism and sense of belonging; they should feel a sense of belonging. It is essential for any human to feel like an individual, feel valued and be able to express themselves with no judgment. Encouragement to help them do physical and social activities could involve community centres through Age UK or local authorities. They also follow advice from the hierarchy of needs model, which was first presented in 1943.

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