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Living with Care: The Older Person

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Introduction

According to the UK Parliament, 2015 the number of elderly people with long-term health conditions will continue to rise with age this also suggests this will have an impact on the NHS as well as, social care. Likewise, 55% of welfare spending is being paid to older people and is expected to increase in the next 5 years.

With that said older people population is just as diverse as the general population. In other words, no two people are identical therefore, should not assume everyone has the same difficulties and needs. many older people live independently as well as, engage and contribute to the economy and are healthy (Office for National Statistics, 2022).

There are three main arguments, In this supporting paper based on the group debate presentation, I will discuss why the ageing population does not pose challenges for the health and social care systems.

Older people contribute to the economy.

To begin with, The older generation contributes to society just like the younger generation does. Older people use services and donate to charities more than younger generations. In addition to this, they use their time in offering their services to volunteer, whether that would be helping in their local communities, working in charity shops, or fundraising for a good cause as well as looking after their grandchildren so that their children can go to work to give back to society without looking for other alternatives for example, childminders with a possibility of missing work.

Furthermore, older people provide care to their spouse or other family members for example, washing, cleaning, helping the other person get dressed as well as making sure the person is eating properly, and taking them to their GP appointments. Without this care that the person provides the family member would have no choice but to be admitted to a care home, therefore, posing challenges in the health care system (Menec, 2012).

Age UK, older people 65 years and over have contributed £61bn to the economy which is 4.6% gross value added, therefore 6 times more money spent on social care from the local authorities in England. Age UK, nd also noted that 16.4% of older people aged 65 years and over in the UK are working whether that would be from paid employment, informal care, childcare, or from volunteering. Many older people work because they are in good health and want to share their experiences and valuable skills.

Better health outcomes

Secondly, there are many health benefits among older people who volunteer whether to stay healthy or by improving the individuals health. Voluntary work such as social care and helping in local communities meets social needs, therefore, is beneficial to society (Principi, et al. 2014).

Moreover, volunteering helps social connections by engaging in their communities and making friendships. In addition by staying connected with people and having a routine can reduce isolation therefore improving older peoples self-esteem as a result research has shown this increases older peoples dopamine. With that said volunteering enhances physical functioning for example staying active can reduce arthritis and cardiovascular diseases. Furthermore, by planning and getting involved in daily activities volunteering can improve older peoples cognitive functioning therefore, reduces risks of dementia. Similarly, their psychological well-being is also increased for this reason can reduce depression.

(*Volunteering and Health for Aging Populations*, n.d.). Finally NHS,2019 acknowledged 58% of women and 68% of men are overweight this suggests that individuals have poor diet and limited exercise. work allows the older What's more is these factors can lead to a early death if a individual does not improve their health. Voluntary generation to remain active and build connectedness with the world, therefore, contributing to their physical and social wellbeing.

Less dependency for older people (other arguments)

Finally, innovation technologies can help older people lead independent lives as well as, monitoring their health therefore, reduces the significant burden of care provided by caregivers. Additionally, smart artifacts are effectively useful to prevent social isolation by connecting with other people, social support as well as, engaging in activities. Such technologies have the potential to improve older peoples safety (Stara et al, 2022).

Government support services supporting the elderly population

UK Parliament, 2015 also suggests policies such as Active ageing can improve significant impacts on healthcare by encouraging people over 55 years to remain active and healthy. Additionally staying healthy can transform the healthcare system and reduce costs.

COVID-19 pandemic on older people

During the COVID-19 pandemic Derrer-Merk et al, 2013 noted a decrease in social connectedness for older people. A study showed how this affected older people's routine lives in daily sports, for example, a game of badminton as well as not waking up in the mornings to prepare their day for volunteering in their communities. It was also acknowledged there was a loss of social connection with their children and grandchildren due to a fear of spreading COVID-19. On the other hand, the study showed that older people felt more valued by their family members with daily phone and video calls. \

Conclusion

In conclusion, older people wish to continue to contribute to the social economic as this can benefit their health and mental wellbeing. Additionally, older people should continue to share their valuable skills and experience with the younger generation in the workplace however, the workplace needs to be more adaptable to the older people's needs.

Finally, keeping older people engaged and active can help stimulate their brains and keep them healthier. It can reduce hospital hospitalization and, therefore, reduce costs in the health and social care systems.

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