

BSC Health and Social Care
Module: Living with Care: The Older Person
Assessment 1

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Introduction

Elderly care undertakes the requirements for elders by serving the needs and requirements of senior citizens. Elder care encompasses the assistance of living along with adult day care which also includes long-term care for homes which is also referred to as nursing homes and home care (Chika *et al.*, 2019). The aim of this report will cover the comparison and contrast of the care provided to elderly citizens in the UK and Italy. The overview will provide statistics on the ageing population along with a discussion of relevant theories in relation to loneliness and isolation and their impact on elderly people in both the UK and Italy. The next part will cover a critical examination and critical evaluation of the legislative policies based upon the policies in both the UK and Italy. The last section will highlight the technological advancement based on the future care plan for both the elderly citizens in the UK and Italy.

a) What it means to be an elderly person in the UK and another country of your choice

The older people in the UK are mostly considered aged 65 or more 65 regarding the society. The older people in the UK are mostly the people who are officially retired from their professional work and draw their state pension (Ons, 2022). However, there is no longer official retirement age and the state pension age is rising equally inclining the number of individuals working past the age of 65 years. Elder people are also living healthier lives as in 2018 a man aged 65 could expect to live for another 18.6 years and 21 years the lives of women in the nation (Ons, 2022).

In terms of the elderly people in Italy, their life is comparatively good and stable. Similarly, in Italy people will be considered older when they are aged 75 in the nation. Moreover, elderly people in Italy also live healthier and longer. In particular, it has been reported that 9 out of ten Italian seniors are in good health and one in three do physical exercise and eight out of ten state they are satisfied with their current lives (Fiorentino, 2018). On the other hand, it has been seen that compared to a century the life expectancy of the Italian people also inclined by 20 years.

b) Provide statistics on the ageing population and how these have changed in recent years.

UK

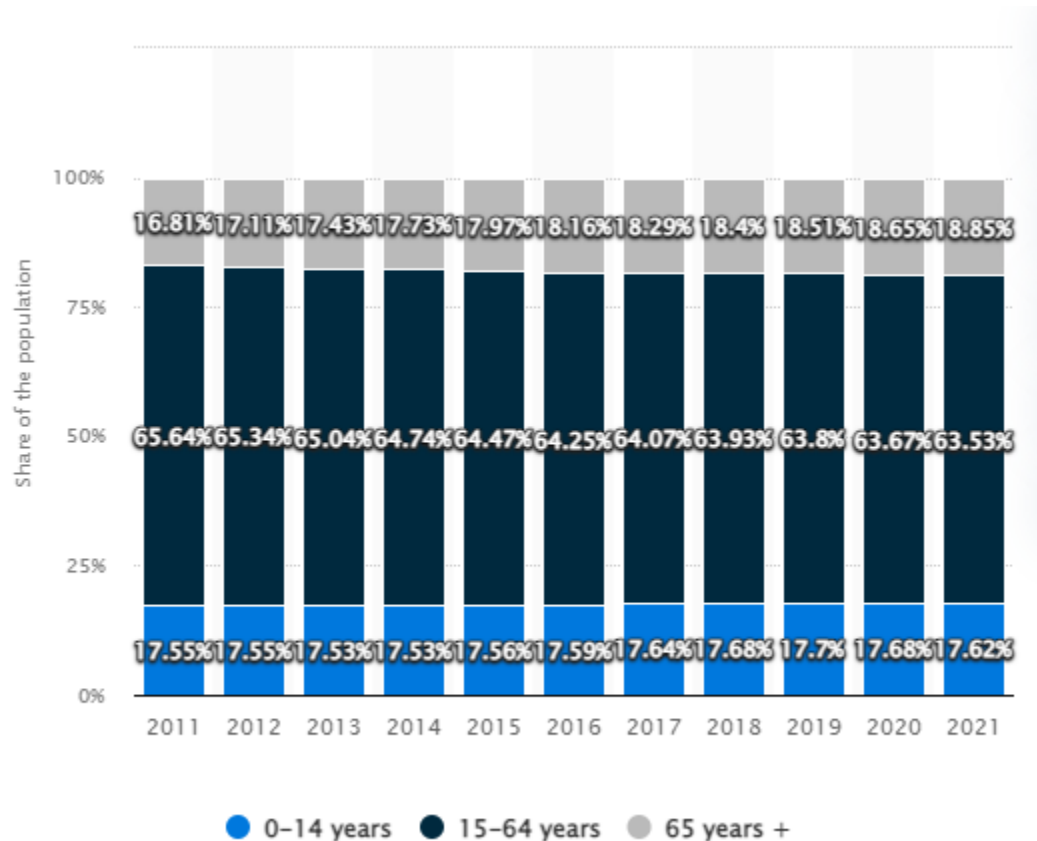


Figure 1: Population of England in Age Group 2021

(Source: Statista, 2022)

The population in England and Wales continues in ageing based on Census results as of 2021 who have been more popular in comparison to the older age group. Out of 11 million individuals, 18.6% of the total population were aged around 65 and above in comparison to the population of around 16.4% based on the previous census (Ons, 2022). From the above figure, 16.81% in 2011 were elder citizens which changed to 18.85% as of 2021 where the overall population in the UK amounted to 67.26 million (Statista, 2022).

Italy

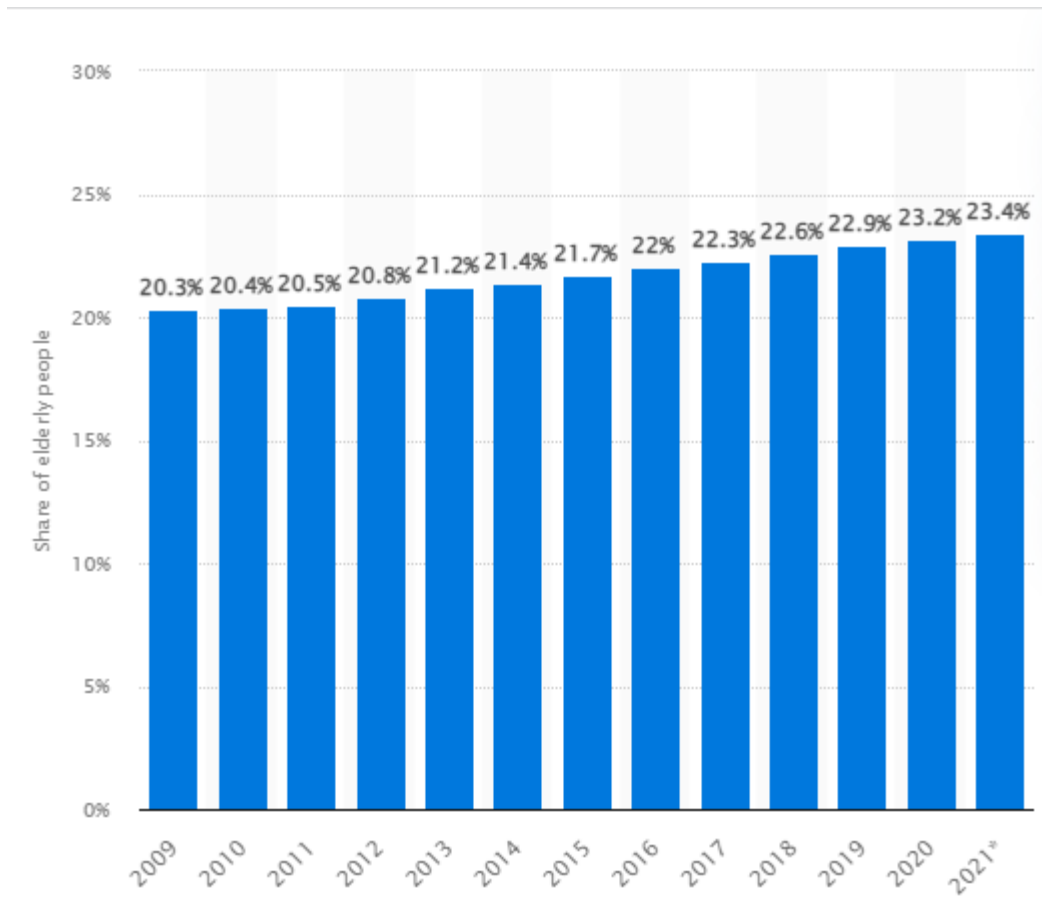


Figure 2: Rising population of senior citizens in Italy

(Source: Statista, 2022)

As of 2021, around 23.4% of the total population was aged over 65 years which has undergone an increment from 20.3% as of the figures indicated in 2009 (Statista, 2022). As of 2019, Italy's population had a vast amount of elderly citizens and the total number of the elderly population was around 22.8% (Statista, 2022). The total population in Italy constitutes around 60.5 million out of which the average and the median age of the citizens in Italy includes **45.9 years and 47.3 years respectively** (Statista, 2021).

c) Discuss relevant theories of loneliness and isolation and explore the concepts associated with loneliness, alluded to in literature.

Weiss' theory of loneliness: Based on Weiss's theory of loneliness, includes 6 social needs which if unmet can give contributions to loneliness among older individuals. The

6 needs include social integration, reassurance, nurturance, a sense of reliable alliance, attachment and receiving guidance in stressful situations (Ojembeet *al.*, 2022).

Application of Weiss theory of loneliness

Based on Weiss' theory of loneliness, the **6 needs of the individuals to elderly citizens** can be met with the utmost care by providing them with effective services which can help them in catering to their needs. Through social integration and reassurance, elderly citizens by acknowledging the opportunities for social interaction for the citizens.

Social Cognitive Theory of Loneliness: The social cognitive theory gives an illustration of individual experiences of the action of others along with the environmental factors based on individual health behaviours (Beauchamp *et al.*, 2019).

Application of Social Cognitive theory of loneliness

In relation to the social cognitive theory of loneliness, elderly citizens can undergo interactions with each other by providing a positive impact on their overall behaviour. The elderly citizens get guidance in the behaviour of change interventions which can get guidance in changing behaviours and interventions.

According to Dr Vivek Murthy, loneliness happens to be a natural sign of the body which has similarities to hunger, and thirst which also serves to be of utmost importance for establishing a connection. In relation to the concept of loneliness, it makes the elders lonelier by not being able to interact with each other thereby driving them into utmost depression.

d) Discuss the impact of loneliness and isolation on an older person living within a care setting

Older people's life mostly gets harder as they get older or age toward the end of life physical ability decline. However, it is mandatory for every older people as some older people lead a healthier and physically fit life. However, in the context of issues like loneliness in older people which highly impact their life. On the other hand, it is considered that older people are especially vulnerable to loneliness and social isolation affecting seriously their health. It is identified that as per the Age UK more than 2 million individuals in England over age 75 live alone.

More than 1 million older people go without speaking to a friend or family member (Nhs, 2022). In this context, older people in the care setting of the UK like SANE older people also get affected due to loneliness. It is because in the care setting older people do not get enough attention much rather than their care. However, loneliness among older people leads to various mental illnesses such as depression, and a decline in physical health as well as their well-being. In terms of other nations such as Italy loneliness and isolation is equally an issue for older people.

The older people in Italy also suffered from mental illness and depression their life as they were isolated in society and left alone to live. According to Carlo (2022), 28% of Italians over 65 age live by themselves and it is nearly 50% of women aged 75. Similarly, people in the care setting also suffer similarly with loneliness and feeling isolated. It is because apart from treatment older stay alone and do not have the opportunity to interact with other people. In terms of age UK, 1.4 million people in the UK are often lonely and it is a key issue in the society of the UK (Ageuk, 2022).

e) “Critically examine current legislation and policies that deal with or aim to raise awareness or reduce loneliness and isolation in the elderly population”

Loneliness is a common problem associated with the elderly population. In the UK, the government has launched a campaign called “Every Mind Matters Loneliness Campaign” which was launched in order to encourage the younger generation to commit acts of kindness to help lonely adults (Gov, 2022). Furthermore, a high-profile charity group, called the Tackling Loneliness Network has been established that helps in providing innovative ideas to deal with loneliness. In Italy, loneliness is being tackled at different levels. For instance, a report by Giuffrida (2020) stated that at a local level, Italian cities are appointing loneliness councillors to tackle the rising incidents of loneliness. However, at the national level, no such government-induced policies can be traced. Nevertheless, in Italy, several steps were taken at the local level. For example, in the city of Milan, a project called “Take Home a student” was initiated. The project was launched by MeglioMilano which is a non-profit organisation of Italy (Charlton, 2018). The project started as a mutually beneficial programme whereby migrant students would stay with elderly individuals in Milan in exchange for money and

commitment to carry out household tasks, as well as, spend time with their elderly hosts. While the initiative has been praised a lot for its ability to foster solidarity between two generations, it has been criticised for its drawbacks. According to Charlton (2018), this might increase the householder's needs while at the same time give rise to conflicts. Similar initiatives have been found in the UK as well. In the UK, a similar initiative, called Homeshare, mainly pairs older individuals with younger persons. Here, younger persons agree to provide support and company to older individuals in exchange for good-quality accommodation (Homeshare, 2022).

In addition to these, the UK government appointed a 'Loneliness Minister'. Currently, the post is held by Baroness Barran. In 2017, the conservative government of the UK conducted an investigation with the help of non-profit organisations. The results of the survey found that nearly 14% of the UK's population was suffering from loneliness. As a result, the government of the country decided to launch the Ministry of Loneliness in 2018 (Pimlott, 2018). While the initiative of the government has been subject to criticism, it has been resolving loneliness-related issues to some extent through the launch of campaigns like "Loneliness Awareness Week" (Gov, 2022).

In the UK, the Care Act 2014 is a key piece of legislation that promotes the well-being of older individuals. The Act was originally enforced to put forth new legal frameworks for delivering care and support to the UK. The Act places a statutory duty on the local authorities to undertake required actions to prevent the development of the need for care and support. Furthermore, loneliness is an eligible need under this Act. Therefore, under this Act, local authorities are required to take promising approaches to eradicate loneliness (Campaign to end loneliness, 2022). In contrast, the Italian government does not have similar provisions for handling the rising toll of loneliness in the country. Hence, the government of Italy should frame suitable policies to start a fight against loneliness at a national level.

f) Critically evaluate and compare the local, national and global provisions of services for the older person in line with current initiatives and policy

Local

As per the statement of Palacios *et al.*(2020), a healthier workforce based on local provision can help in making reduction regarding the overall amount of sickness absences which can bring improvements in overall productivity. UK's healthcare policies are crucial in providing public healthcare based on all the residents where the healthcare coverage is free based on their point of need. The local healthcare policies for Older people through the introduction of Linkage Plus where the pilots have explored several ways in bringing improvements to the local services to individuals especially the lonely elders (Gov, 2022). On the other hand, the local healthcare policies indicated by the Italian government provide care to 100 local healthcare units where it also focuses on outpatient specialist care including health-related services (Commonwealthfund, 2022).

On the contrary, Tiirinkiet *al.*(2020) stated the limitations of much more government control in relation to longer waiting times which gives rise to higher costs incurred by the government. The local government in the UK faces various unprecedented challenges based on the ageing population, uncertainty in the economy and youth unemployment (Apse, 2022). On the other hand, even Italy faced issues regarding the pandemic which also led to post-traumatic stress disorder among elderly citizens who have been suffering from an uncomfortable situation (Bbc, 2021).

National

The national provision for healthcare happens to be the set of policies and guidelines given out by the government which ensures that quality and equality are maintained based on different health and social care providers. According to Lozano *et al.* (2020), national healthcare policy is of utmost importance in offering efficient health-related services to every age group by laying focus on universal health-related services at a fairly reasonable cost. Various advancements were made in the healthcare provisions for older individuals which have helped them in living longer in comparison to what it was a couple of years back (Nhs, 2022). For instance, elderly individuals in SANE can receive the services given out by NHS in order to bring improvements in their issues of isolation and loneliness. Reframing frailty based on the long-term condition by making a reduction in the overall amount of time spent. On the other hand, the provisions in Italy based on national levels bear a heavy legacy of categorical fragmentation. The

Associazione Nazionale Anziani Pensionati has played a helping hand in providing utmost care to the individuals in the promotion of national coordination among individuals (Famiglia, 2022).

On the contrary, Ebbeviet *al.* (2021) stated the downside of National Healthcare provision includes facing longer waiting periods based on electronic procedures which also leads to a downfall of decrement in the overall quality of care. These issues can create challenges for the SANE and **Associazione Nazionale Anziani Pensionati** where they may not be able to provide proper care to the elders regarding their issues of loneliness.

Global

The global health system primarily lays emphasis on various issues such as healthcare financing, funding and other human resources for health. As per the arguments of Rudnicka *et al.* (2020), global health initiatives have been primarily established in tackling various global health-related threats by making reductions in disparities within the communities between various nationals in living a healthier and safer life. WHO has organised a focus on older individuals by catering to their needs and goals which would focus on the unique needs and goals of individuals. Various care goals have also been set out by WHO in both the UK and Italy which can help them in providing efficient self-management support (Who, 2022).

On the contrary, Watt *et al.* (2019) stated the disadvantages of global healthcare provisions which create economic disparities and also create challenges in accessing various healthcare services. Despite relentless progress in healthcare sectors, communities all across the world still suffer from limitations from basic health education and other healthcare services. The challenges have also arisen based on poorly prepared healthcare workers where healthcare workers will be unprepared based on the management of the healthcare needs of the individuals (Who, 2022).

g) Examine the prospective future of the care of the older person; examine what changes could be made to the programmes aimed at addressing the problem of loneliness among the elderly and applied in the provision of care provision to lonely older persons.

UK

The implication of AI for the elders has made a revolutionary impact where decisions have been implemented based on the shortage of caregivers. Therefore, Sensors and AI has been implemented in monitoring the Dorset for social care patients. The AI-based Lilli patient has a requirement for a requirement consent before the instalment. The data was retrieved from the participants' homes (Bbc, 2021). Some other technological advancements were also introduced by the UK healthcare organisations including SANE which includes Intuition Robotics, Ageless Innovation and Neuro Rehab VR. Through intuition robotics, a proactive cognitive AI provides guidance to Seniors in keeping in touch with family members along with ageless innovation which provides companionship through living independently in care communities (Cnbc, 2019).

Italy

Various technological advancements were observed in cases of timely alerts and SOS in cases of emergency procedures. Along with that, being easily reachable. The important use of technology was also formulated were around 82% of the respondents which is of utmost importance in having a need for SOS in case of emergency (Statista, 2022). Making use of video texts and other phone calls gives guarantees the immediate opportunity by connecting with voice by having a conversation. AI also act as a substitute for Human contact in Italy for elder individuals by helping them in dealing with loneliness (Bbc, 2020).

Nursing Diagnosis	Goals and Outcomes	Nursing Intervention	Rationale for Intervention
Risk-based violence based on self and other post-	Curing the elderly from post-pattern depression	Making decrements in the environmental	It can help in bringing improvements from

patterns related to depression.		stimuli by providing frequent rests and other solitary activities as necessary	anxiety and mania. This will be undertaken in allowing the individuals to have problems of anxiety and agitation.
Risk regarding self-care deficit in relation to chronic depression and other bipolar-related depression.	Maintaining the safety of the care receiver based on hygiene and self-care	Monitoring both intake and output by providing encouragement of hygiene and advising the patients to stay out of bed.	From the perspective of the nurse, it is of utmost importance in ensuring the safety of the patient by maintaining their overall health and safety.

Table 1: Care Plan for the elderly individuals

(Source: Created by the learner)

h) Give recommendations.

- ***Keeping in touch through cell phones:*** In order to help them recover from social isolation, it is recommended in keeping in touch through mobiles which can help them in getting cured of the loneliness and depression they have been suffering (Nhs, 2022).
- ***Starting conversations:*** Elderly individuals have been facing issues regarding problems of depression where they always feel lonely. Therefore, it is strongly recommended for SANE and ServizioSanitarioNazionale in socialising with elderly individuals in order to help them in getting cured their depression. It can be done by pausing between sentences and questions and giving them the opportunity in digesting the information (Nhs, 2022).

- ***Efficient services:*** Services like helping out with household tasks and offering them practical help can significantly help them in improving their poor health. This can be implemented by the UK and Italy's care centres to improve the mental health of elderly citizens (Nhs, 2022).
- ***Sharing the time:*** By offering practical help to them through volunteering, the befriending schemes for the isolated individuals can help them in establishing one-on-one contact with them. It is strongly recommended for both the UK and Italy's care centres in establishing royal voluntary services through the network of Local Age UK groups (Nhs, 2022).

Conclusion

Both UK and Italy have played a crucial role in preserving the health and safety of elderly individuals based on their loneliness and isolation. Based on the given study, it can be concluded that both UK and Italy observed growth in the elderly population in the past decade. The social cognitive theory and Weiss' theory of loneliness also give an insight into the overall impact of loneliness being laid upon elderly individuals. The current legislative policies have both positive and negative impacts based upon which both SANE and ***Servizio Sanitario Nazionale*** in taking action for the elderly citizens. The critical evaluation of global and national policies has also indicated a positive and negative side for the healthcare provisions in relation to both the UK and Italy. Both countries have different types of technology implementation to deal with the issues of loneliness for elderly individuals based on which recommendations have been formulated.

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