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Assignment: Written Report

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Part A: Annotated Bibliography

1. Erikson, E.H. The Life Cycle Completed (1982). W.W. Norton, New York.

Summary

According to Erikson's theory of psychosocial development, there are eight phases that span the lifespan. The last stage, ego integrity vs. despair, is especially pertinent to older persons. At this point, people look back on their lives and either feel regret (despair) or fulfilment (integrity). In older life, the approach highlights the significance of life review, acceptance, and meaning making. Erikson contends that while failure can lead to melancholy and discontent, attaining ego integrity results in wisdom and psychological wellbeing.

Critical Remark:

In health and social care settings, particularly in residential care facilities where elderly residents may face bereavement, loneliness, or deteriorating health, this theory is extremely pertinent. Promoting life review exercises, like reminiscence therapy, can help residents develop a feeling of integrity. The hypothesis might be critiqued, nevertheless, for being somewhat universal and failing to adequately take individual or cultural variations in ageing experiences into account. Despite this, it offers a solid framework for comprehending emotional demands in later life.

2. Bowlby, J. (1988) *A Secure Base: Parent-Child Attachment and Healthy Human Development*. London: Routledge.

Summary

According to Bowlby's attachment theory, early attachments have a significant impact on how people feel and behave throughout their lives. The idea, which was initially created for children but has since been expanded to include adult development, contends that attachment patterns have an impact on how people build relationships and manage stress in

later life. While insecure attachment can result in anxiety or retreat, stable attachment is associated with improved emotional regulation and resilience.

Critical Remark

Understanding how older persons react to carers and adjust to residential care is made easier with the use of attachment theory in care home settings. By establishing dependable, trustworthy relationships with residents, staff may foster a sense of security. Applying a childhood-based paradigm to older adults, however, can oversimplify complicated life experiences. Nevertheless, it emphasises how crucial emotional ties are to fostering wellbeing.

3. Havighurst, R.J. (1961) 'Successful Aging', *The Gerontologist*, 1(1), pp. 8–13.

Summary

According to Havighurst's Activity Theory, good ageing happens when senior citizens continue to participate in social, physical, and mental activities. According to the hypothesis, preserving roles and connections enhances general welfare and life satisfaction. Activity withdrawal is thought to be a risk factor for a deterioration in mental and physical health.

Critical Remark

In residential care settings, this notion is especially pertinent for encouraging active lifestyles. Promoting involvement in hobbies, social gatherings, and group activities can lift individuals' spirits and lessen feelings of isolation. However, people who prefer solitude or those with physical constraints could not be adequately considered by the hypothesis. As a result, care providers must modify activities to accommodate a range of needs and capacities.

4. Seligman, M.E.P. (2011) *Flourish: A Visionary New Understanding of Happiness and Wellbeing*. New York: Free Press.

Summary

Instead, then just treating sickness, Seligman's positive psychology approach focuses on improving wellbeing. Positive emotion, engagement, relationships, meaning, and achievement are the five essential components of wellness identified by his PERMA model. According to the hypothesis, people can enhance their quality of life by developing these

Critical Remark

Because it promotes a strengths-based approach rather than concentrating just on decline, positive psychology is very useful in care facilities. Residents' mental health can be greatly enhanced by engaging in activities that foster enjoyment, purpose, and social contact. Critics counter that it might ignore systemic problems like inadequate staffing or scarce resources in care facilities. However, it offers useful methods for improving wellness. aspects, even as they age.

Part B: Short Report

Improving Psychological Wellbeing in Older Adults Using Activity Theory

Introduction

In health and social care settings, especially in residential care facilities, promoting psychological wellbeing in older individuals is a top goal. Havighurst's Activity Theory, which highlights the significance of ongoing participation in worthwhile activities, is a helpful foundation for promoting wellbeing. This study analyses possible difficulties, offers a real-world example, and investigates how this theory might be used in practice.

Application of Activity Theory in Care Settings

According to activity theory, older persons who continue to engage in social, physical, and mental activities have greater psychological wellness. This can be accomplished in a care home setting by offering organised activities including social gatherings, music classes, group workouts, and arts and crafts. By determining residents' interests and promoting engagement in activities that suit their preferences, carers can assist residents. For instance, a care home's tiny garden space could be maintained by a person who used to like gardening. This fosters a sense of purpose and aids in identity preservation. Keeping up social ties is also essential. Shared areas and group activities can promote communication among residents, lessening feelings of isolation and loneliness. Employees are crucial in promoting these exchanges.

Case Scenario

After her spouse passed away, Mrs. Smith, an 82-year-old resident, moved into a care facility. She first exhibited signs of depression and withdrawal. Employees discovered that she used to like knitting and interacting with people in local groups. Using principles from Activity Theory, staff introduced her to a weekly knitting group within the care home. Over time, Mrs. Smith reported feeling happier and more connected, started interacting with other residents more, and restored a sense of routine. This illustration shows how engaging in meaningful activities can enhance social interaction and emotional health.

Challenges and Strategies

Not every resident has the physical or mental capacity to engage in activities, which presents a problem for the application of activity theory. Engagement may be restricted by ailments including dementia, mobility problems, or chronic sickness. Care providers should take a person-centred approach and modify activities according to each person's ability to get around this. For instance, individuals with restricted mobility could engage in sensory activities or sitting exercises. Simple, well-known tasks might be more suitable for those with dementia. Lack of resources, such as money or staff time, is another problem. Care facilities can address this by planning and executing activities with the help of volunteers, family members, or community groups.

Conclusion

A useful foundation for fostering psychological wellness in senior citizens receiving residential care is provided by Havighurst's Activity Theory. Care providers can improve residents' quality of life by promoting participation in worthwhile activities and social

interaction. Despite obstacles, person-centred care and resource creativity can help overcome them.

References

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