

Bsc Health And Social Care

**Evaluating the Care and Support
Needs of Older People in the UK.**

Module Code: BMHP6027

Title: Empowering the Older Person

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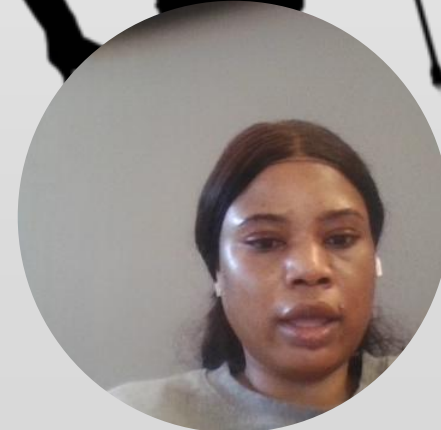


Evaluating the care and support needs of older people in the UK



Introduction

- **Purpose:** Evaluate the care and support needed by the older people living across the UK
- **Ageing:** Complicated multi dimensional process of growing older which includes biological psychological and social developments (World Health Organisation, 2025).
- **Biological Genetic Programmed theory:** Ageing is pre-determined
- **Wear and Tear theory:** Cellular damage signifies the context of vulnerability related to aging (Pamplona et al., 2023).
- **n**
- Technological innovation in elderly care, analyse care study and deliver evidence-based recommendations



The Ageing Population: Setting the Scene

- UK ageing population of older individuals above the age of 65 years old is growing
- 3.3 million (36.3% of females and 22.7% of male), as of 2021 (ONS, 2023)
- Physical Needs: arthritis and dementia, Social needs: community inclusion and psychological needs: anxiety, loneliness, isolation and depression (Hounkpatin et al., 2025).
- 940,000 older individuals face extreme levels of loneliness with 1 in 11 people over the age of 65 having dementia in the UK (Age UK, 2024; NHS, 2023)
- Innovation, policy and empowerment is vital
- Telecare support, independent living support and person-centred care
- Example: Digital virtual wards of the NHS provide mobile-based care which is accessible and person-centred (NHS England, 2024)
- Care Act 2014 and Equality Act 2010 in providing accessible and dignified care to such groups (GOV.UK, 2025)



Theoretical Frameworks

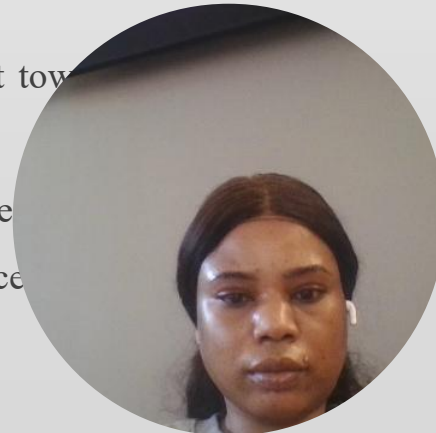


Activity Theory

- Proposes that physical activity and social engagement can enhance satisfaction and wellbeing in later life which
- Challenges the view that ageing declines activity (Gao et al., 2023)
- Promoting active lifestyle for the elderly individuals
- Purpose: Promotes care and support focused on active engagement of older adults in the UK
- Meaningful activities like community-based groups, group sessions, group exercises to empower inclusion, empowerment and continuous support for developing active health (Gao et al., 2023).

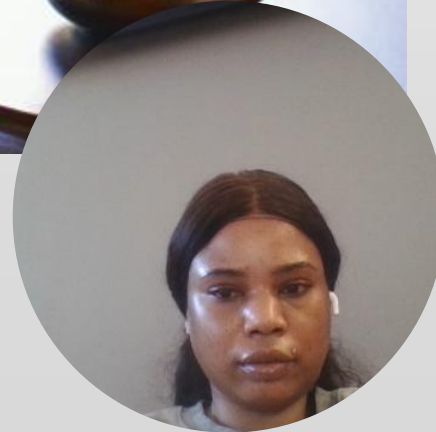
Continuity Theory

- Asserts that older people maintain and adapt to changes in their lives
- Similar habits, activities, personality and relations by connecting personal connections to past experiences (Ng, Lim and Hsu, 2021)
- Assessing and delivering the care based on personal value and history.
- Purpose: Protects identity, dignity and respect to choices (Ng, Lim and Hsu, 2021)
- Challenges the support services which ignore personal beliefs and values of the elderly service



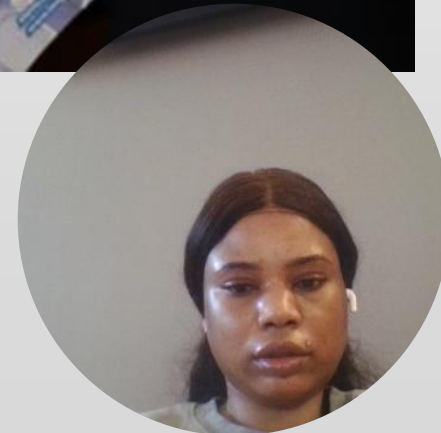
Policy and Legislation

- **Care Act 2014:** Independence, wellbeing, personalised and safeguarding services for the UK older adults (Legislation.gov.uk, 2026).
- **Purpose:** Person-centred, empowerment, gives older people choice and control over their care planning.
- **Equality Act 2010:** Prevents age discrimination for older adults in health/social care provisions (Uwazuruike and Pyper, 2024).
- **Purpose:** Fair, equal and inclusive care practice for older adults and influences funding for developing equitable resource allocation
- Protects older adults against unfair practices.



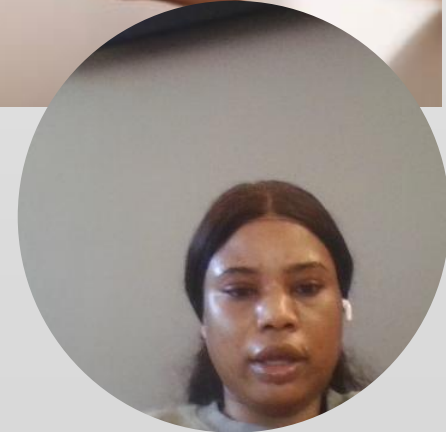
Policy and Legislation

- **Human Rights Act 1998:** Rights to care, dignity, respect, family life and freedom for older adults (Citizens Advice, 2026).
- **Purpose:** Ethical practice where dignity and autonomy of the older adults are respected.
- **NHS Long Term Plan:** Community care, recovery, mental health support and integrated care for older adults in the UK (NHS England, 2026).
- **Purpose:** Social engagement, ensuring funding and accessible services for developing independence and overall wellbeing of elderly individuals.



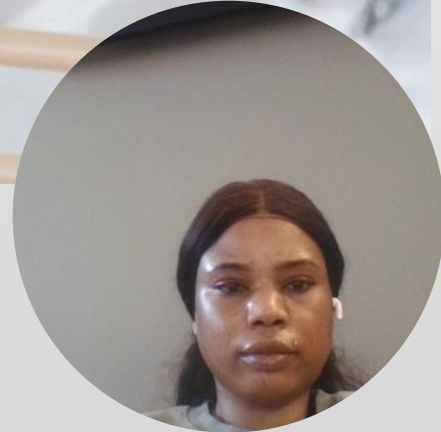
Evaluation of Current Care Provisions (Critical Analysis)

- UK older adults: residential care homes and hospice care
- **Residential care homes** provide 24/7 hours of care services
- Like accommodation, personal care and nursing support.
- 16,500 care home in the UK with nearly 441000 older adults in care (Berg, 2021)
- **Hospice care provides** specialised palliative care for end of life
- Focused on dignity, family support and pain management
- Every year around 310,000 aged adults (Hospice UK, 2023).



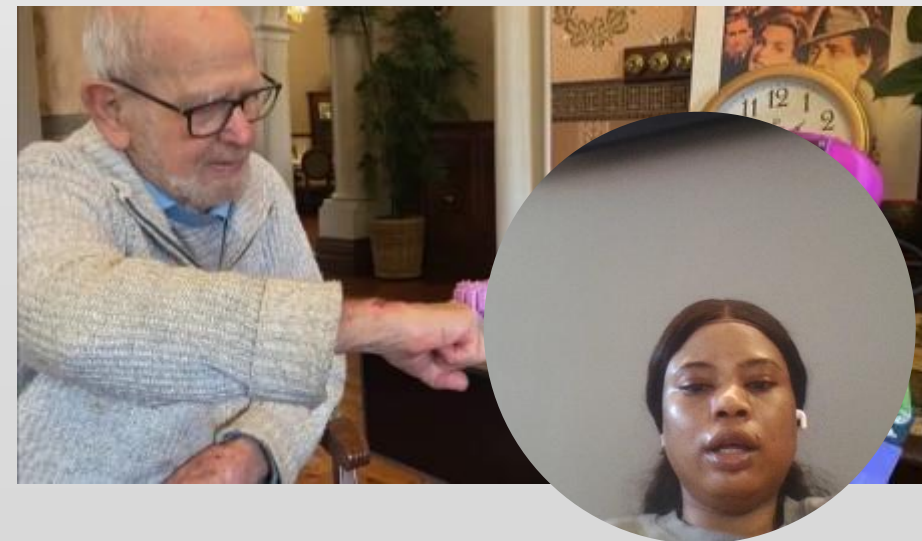
Evaluation of Current Care Provisions (Critical Analysis)

- **Residential care homes:** Safer and daily care for the aged individuals
- **Risk:** Staff shortage and higher fall incident rates (Yin, Lin and Chen, 2023).
- **Hospice care:** Specialist and holistic support/care during the end of life
- **Issue:** Funding gaps and depends highly on charities (Webb *et al.*, 2024).
- Growing older population which is more than 3 million (ONS, 2023)
- Increase life-threatening illnesses, social withdrawal, functional decline
- Increase demand and pressure on health/social care services of the UK
- Staff burnout leading to workforce shortage
- Higher healthcare cost due to limited funding and care inequalities (Webb *et al.*, 2024).



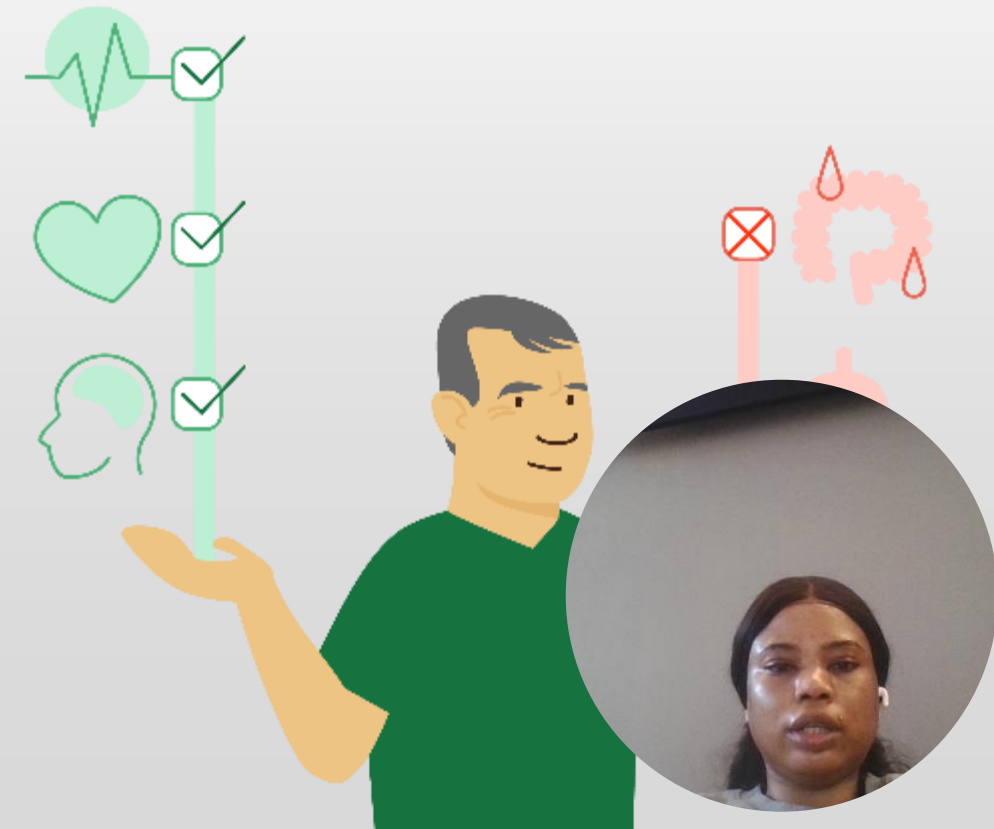
Technological Innovations in Elderly Care

- Telecare support includes GPS tracking, fall sensor and personal alarms for promoting independent living
- The virtual wards of NHS England provides remote monitoring through wearables and applications
- Reduction of readmission which is reported to be 30% (Sheasby, 2025)
- Dementia tech includes room sensors, GPS devices, smart home integration
- Robotics like Abby (Andromeda Robotics) which uses AI and machine learning models
- Recognising faces, understanding and expressing emotion and providing assisted interaction and daily management (Andromedarobotics, 2025).



Technological Innovations in Elderly Care

- **Benefits:** improving independence, autonomy, safety and minimise care burden
- Aligns with the practice of improving autonomy and person-centred care for elders
- Telecare or virtual wards enable timely intervention
- While room sensors or GPS support reduction of fall risks (Albarqi, 2024).
- **Limitation:** Digital exclusion as 2.4 million elders do not use the internet (Age UK, 2025)
- Consumes significant cost, increases privacy concerns and reduces human-like interaction (Albarqi, 2024)
- Instances like Andromeda Robotics may fail to deliver the empathetic and human-based care for the elders.



Case Study (Clare Court)

- Clare Court is the 80-bed residential, nursing and dementia care home in Birmingham
- Wellbeing Coordinators in maintaining the active and balanced lifestyle (SCIE, 2026)
- Aligns with the Activity theory (Gao *et al.*, 2023).
- Supports diversity of service users through outreach activities
- Visits to local Guru Nanak Temple for selecting festivals of Sikh residents (SCIE, 2026)
- Staff from diverse language backgrounds like French, Russia, Punjabi
- Aligns with Continuity Theory supporting personal experiences and familiarity (Ng, Lim and Hsu, 2021)
- Aligns with the policy of Care Act 2014 and Equality Act 2010 (GOV.UK, 2025).



Case Study (Clare Court)

- **Outcomes for Older People**
- Reduction of isolation
- Increased belongingness (Gao *et al.*, 2023)
- Supports cultural dignity
- Support for enhancing active and healthier lifestyles

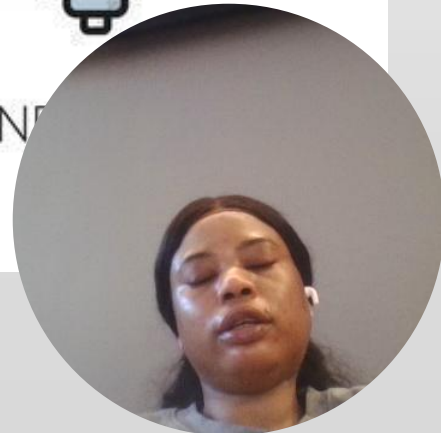


Recommendations for Improvement

- Invest in developing culturally competent staff, interrelates with Equality Act 2010 (Albarqi, 2024)
- Extension of community-based education, supported by the 'Care Act 2014' (Legislation.gov.uk, 2026)
- Funding and telecare services provided by the NHS can be expanded with proper literacy programs (Hounkpatin *et al.*, 2025)
- Barriers can include staffing shortage and higher financial needs (Sheasby, 2025)
- Mitigated through better working conditions and seeking government funding support

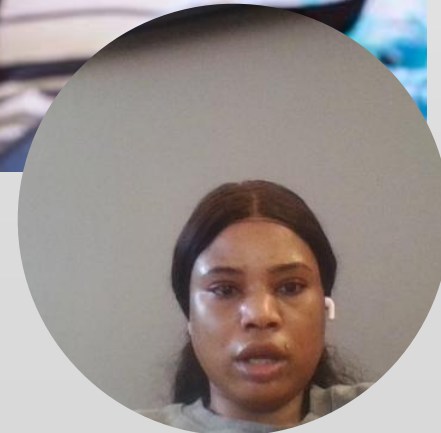


RECOMMENDATIONS



Conclusion

- Older adults require comprehensive care and support services
- UK faces increasing demand for better care services
- Initiative of nurturing independent and active health and lifestyle of elders
- Challenges include funding, digital exclusion and staffing
- Activity theory, Continuity theory, person-centered care, technology innovation and legislation
- Support dignified, equitable and sustainable care and support.



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