

Report

by Cristina Enache

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Report

Case study.

¹ Sadie is a widow who lost her husband of over 60 years to a sudden heart attack four years ago. Living alone in a three-bedroom detached house in a rural area with no public transport links, Sadie faces multiple challenges. Limited mobility due to a hip replacement following a fall and the loss of her driving license further isolates her. Financially, Sadie lives on a pension, and despite owning the house and having some savings, she refuses to use her capital, viewing it as her children's legacy.

Family dynamics also impact Sadie's life. She has three children, but her only regular interaction is with Hannah, who attends to her mother's everyday needs. However, this dependence strains their relationship, and Sadie is critical of Hannah and her children. Sadie used to be an active member of her community but has withdrawn since losing her husband and driving privileges. She has lost many friends, and her few remaining friends are also elderly. She resists encouraging their visits due to embarrassment about her situation.

Sadie's health and well-being have declined significantly. Poor eyesight, hearing impairment, and increasing weight gain contribute to her deteriorating health. She consumes nutritionally poor foods, sweets, and chocolates, resisting her daughter's attempts to promote healthier eating habits. Smoking poses additional health risks, and her memory lapses and forgetfulness are cause for concern. Sadie's personal hygiene is compromised, and she refuses help from her daughter in sensitive areas, further complicating her self-care.

Sadie expresses feelings of loneliness and loss, missing her sons who live far away. Despite attempts by her son to enable communication through a laptop, she feels unable to learn to use it. She believes she is no longer of use to anyone and resists the idea of strangers entering her home or moving to a care facility.

Overall, Sadie faces multiple challenges, including social isolation, health issues, strained family relationships, and resistance to external support. Addressing her needs requires a sensitive and holistic approach that considers her emotional well-being, physical health, and desire for independence. Strategies to foster social connections, improve her nutrition, address health concerns, and engage her in meaningful activities may help enhance Sadie's quality of life and overall well-being.

What is old age.

²¹ Old age typically refers to the elderly population in the United Kingdom, and the issues and challenges they face as they age. The term encompasses individuals who are in the later

stages of life, generally considered to be beyond retirement age, and who may require specific support and services to meet their needs.

Old age in the UK is marked by a growing segment of the population aged 65 and above, often referred to as "senior citizens" or "older adults." The UK, like many other developed countries, is experiencing an aging population due to increasing life expectancy and declining birth rates. As a result, there is a need for comprehensive health and social care provisions to cater to the unique requirements of older individuals.

Ageing population.

According to ONS and WHO the ageing population is a significant global demographic trend characterized by a rising proportion of older people within the total population. This phenomenon is primarily attributed to two main factors: increased life expectancy and declining birth rates.

Advancements in medical science, improved healthcare systems, better nutrition, and overall living conditions have contributed to increased life expectancy. Many countries have experienced a decline in mortality rates, particularly among children and young adults, leading to a higher proportion of people living to older ages.

Across many regions, there has been a decline in birth rates, resulting in smaller family sizes. This demographic shift is often associated with urbanization, increased access to education and career opportunities for women, and changing societal norms.

Several societal factors also play a role in the ageing population trend.

Baby Boomers: Many countries experienced a significant increase in birth rates after World War II, known as the baby boomer generation. As this generation ages, it contributes to the overall increase in the number of older people.

Migration: Migration patterns can impact the age structure of a population. In some cases, immigration policies may attract older individuals seeking retirement opportunities in a different country, leading to an ageing effect.

Improved medical care and public health interventions have significantly contributed to longer lifespans.

Advancements in Medicine: Better treatments and management of chronic diseases have allowed people to live longer with certain health conditions.

Preventive Healthcare: Increased focus on preventive healthcare measures, such as vaccinations and health screenings, has improved overall health outcomes.

Health Awareness: Greater awareness of healthy lifestyle choices, such as regular exercise and balanced diets, can positively influence longevity.

Fertility and mortality trends can have significant implications for the age structure of the population. A decline in fertility combined with increased life expectancy results in an ageing population, which can pose various social and economic challenges, including increased demand for healthcare and social services and potential workforce shortages.

According to ¹²ONS for the fifth year in a row, the number of live births in England and Wales ²in 2020 fell to 613,936, the lowest since 2002. The number of live births has fallen by 15.9% since its high in 2012.

In England and Wales in 2020, the total fertility rate (TFR) was 1.58 children per woman, the lowest since records began in 1938. This ²is a 4.2% decrease from 2019 and a 3.1% decrease from the previous record low of 1.63 children per woman in 2001. (See Appendix 1)

⁸The population of England is ageing. According to The Health Foundation over the next 25 years, the number of persons over the age of 85 will more than quadruple to 2.6 million.

Issues experienced by older people.

According to WHO and GWG older persons may face various issues that can impact their quality of life and well-being. Some of the common challenges experienced by older individuals include:

Healthcare and Chronic Conditions: Older people may have age-related health issues, such as chronic diseases (e.g., arthritis, hypertension, diabetes), mobility limitations, and cognitive impairments. Access to appropriate healthcare, specialized services, and long-term care can be crucial for their well-being.

³⁰Loneliness and Social Isolation: Social isolation is a significant concern for many older adults, especially if they live alone or have limited social connections. Loneliness can negatively impact mental health and overall life satisfaction.

Financial Security: Some older individuals may face financial challenges, particularly if they have inadequate retirement savings or pensions. Meeting daily living expenses, housing costs, and healthcare expenses can be burdensome for some retirees.

Housing and Accommodation: Accessible and affordable housing options that cater to the specific needs of older people can be limited, especially in urban areas.

Elder Abuse and Neglect: Some older individuals may be vulnerable to abuse, neglect, or exploitation, which can occur within family settings or care institutions.

Digital Divide: Older adults who are not familiar with technology may struggle with accessing online services, information, or staying connected with others, contributing to social exclusion.

Age Discrimination: Ageism can affect older people's access to employment opportunities, healthcare, and social services, limiting their full participation in society.

Transportation: Limited mobility or lack of access to convenient transportation options can restrict older individuals' ability to travel and engage in various activities.

End-of-Life Planning: Preparing for end-of-life decisions, including wills, medical directives, and funeral arrangements, can be emotionally challenging for older individuals and their families.

Dementia and Cognitive Decline: The prevalence of dementia and cognitive decline increases with age, which can lead to significant care needs and place a strain on caregivers.

Access to Services: Navigating complex healthcare and social service systems may be challenging for some older individuals, making it difficult for them to access the support they need.

Addressing these issues requires a comprehensive and integrated approach that involves healthcare, social services, community organizations, and government initiatives. Supporting older adults in areas such as healthcare, housing, social engagement, and financial security can help enhance their well-being and ensure they age with dignity and independence.

COVID-19 impact on older people.

According to NCBI ²² the COVID-19 pandemic has had significant impacts on older people in the UK, affecting various aspects of their lives.

Medical Impact: ²⁸ Older adults are more vulnerable to severe illness and complications from COVID-19, leading to higher mortality rates among this population. This has placed a considerable strain on healthcare systems and care facilities.

Emotional Toll: The pandemic has caused increased levels of stress, anxiety, and fear among older individuals, especially those who were more isolated due to lockdowns and social distancing measures.

Social Isolation: Lockdowns and restrictions to protect vulnerable populations have led to increased social isolation for many older people. This has contributed to feelings of loneliness and a decline in mental health.

Access to Healthcare: Some older individuals may have faced challenges in accessing regular healthcare services and treatments during the pandemic, leading to potential delays in necessary medical care.

Care Home Impact: Care homes and nursing facilities have been particularly affected by outbreaks of COVID-19, leading to increased risks for residents and impacting the provision of care.

Delayed Care and Diagnoses: Some older individuals may have postponed medical appointments or screenings during the pandemic, leading to potential delays in diagnoses and treatments for other health conditions.

Addressing these issues requires a comprehensive approach that considers both ²⁰ the short-term and long-term effects of the pandemic on older adults. Supportive measures, such as access to healthcare services, mental health support, social engagement programs, and vaccine distribution, are crucial to ensuring the well-being and safety of the elderly population in the UK. Additionally, efforts to combat ageism and promote inclusion and respect for older individuals are essential for a more age-friendly society.

³ Current ²⁶ Health and Social Care provision.

According to Assets and GOV ²⁶ the current Health and Social Care provision in the UK is a complex and evolving system that involves both public and private sectors. While it provides essential services to millions of people, there are several challenges and areas that need improvement.

³⁴ Sufficiency of ¹⁸ Health and Social Care Provision.

Strengths: ¹⁸ The UK's National Health Service (NHS) provides universal access to healthcare services, which is commendable. It offers a wide range of medical treatments and interventions, including hospital care, primary care, and specialized services. The social care

system provides support for those with social needs and assists vulnerable groups, including older people.

Weaknesses: Despite its strengths, the system faces significant challenges. Long waiting times for certain medical procedures, strained healthcare resources, and staff shortages are persistent issues. In the social care sector, there have been concerns about funding, quality of care, and accessibility.

⁶
Effects of an Ageing Population on Health and Social Care.

Demographic Shift: The UK, like many other developed countries, is experiencing an ageing population. ⁶ The increase in the number of older people is likely to put additional pressure on ³² the health and social care system.

Greater Demand: Older individuals tend to have more complex health needs and may require long-term care and support. The growing number of older people will likely result in increased demand for healthcare services and social care resources.

Workforce Challenges: As the population ages, there might be a shortage of healthcare professionals and caregivers, affecting the ability ⁵ to provide adequate care to older adults.

Funding and Resource Strain: ⁵ Meeting the needs of an ageing population will require increased funding and resources. Balancing the budget for ¹⁶ health and social care will become more challenging as the demand grows.

Integrated Care: ⁹ The increasing number of older people with multiple health conditions will highlight the importance of integrated care and coordination ¹⁶ between healthcare and social care services.

Future Improvements and Reforms.

⁷
Integration: Greater integration between health and social care services could improve efficiency and outcomes for older individuals with complex needs.

Prevention: ²⁴ Investing in preventive healthcare measures and promoting healthy ageing can help reduce the burden on the health and social care system.

Workforce Planning: Ensuring an adequate and skilled workforce ³¹ to meet the needs of older people is vital. This includes initiatives to attract and retain healthcare professionals and caregivers.

Technology Adoption: Embracing technological innovations, such as telehealth and digital health solutions, can improve access to care and support for older adults, particularly in remote areas.

What several impact could have the current Health and Social Care provision in the UK on Sadie case.

Healthcare Access and Support: Due to her limited mobility and the lack of public transport links in her rural area, accessing healthcare services may be challenging for Sadie. She might face difficulties attending medical appointments or accessing specialized care when needed.

Home Care Services: Given Sadie's declining health and challenges with personal hygiene, she may require home care services. However, her resistance to accepting help from outsiders and her reluctance to involve strangers in her home could hinder the provision of necessary care.

Social Isolation: The lack of social connections and loss of friends have led to social isolation for Sadie. The current health and social care provision should consider strategies to foster social engagement and combat loneliness in elderly individuals like Sadie.

Family Support: While Hannah attends to Sadie's everyday needs, the strained relationship between mother and daughter could lead to emotional stress for both. Adequate support and resources for family caregivers are crucial to maintain their well-being while providing care to their elderly relatives.

Nutritional and Lifestyle Support: Sadie's poor eating habits, smoking, and weight gain are significant health concerns. The health and social care system should provide resources and interventions to address her nutritional needs and promote healthier lifestyle choices.

Memory and Cognitive Health: The concern for Sadie's forgetfulness and memory lapses requires proper assessment and support. Access to dementia care and support services should be available to ensure her safety and well-being.

Home Maintenance and Safety: Given Sadie's reluctance to accept help for house cleaning and the deteriorating state of her home, there might be concerns about her living conditions affecting her health and safety. Support for home maintenance and safety assessments is essential.

Digital Literacy: Sadie's inability to use the laptop provided by her son may exacerbate her feelings of loneliness and isolation. The health and social care system should consider providing digital literacy training for elderly individuals to enable better communication and engagement with their families.

Emotional and Mental Health Support: Addressing Sadie's feelings of loneliness, loss, and diminished self-worth requires emotional and mental health support. Access to counselling or support groups could be beneficial for her well-being.

Government and health service response to the gap between needs and availability.

According to GOV and NHS the UK government and the National Health Service (NHS) have implemented several initiatives to reduce the gap between healthcare and social care needs and their availability.

Workforce Recruitment and Retention.

The government has focused on recruiting and retaining healthcare professionals and social care workers. This includes initiatives to attract more **doctors, nurses, and allied health professionals into the sector**.

Efforts have been made to improve working conditions, training opportunities, and career progression for healthcare and social care staff to retain skilled workers.

Training and Education.

The government has invested in training and education programs to increase the number of qualified healthcare professionals and social care workers. This includes funding for medical and nursing schools, as well as programs to support training in social care.

Apprenticeships and Career Pathways.

Apprenticeship schemes have been introduced to provide opportunities for individuals to enter the healthcare and social care sectors while gaining practical experience and qualifications.

Career pathways and development programs have been established to encourage employees to progress in their careers within the sector.

Social Care Support and Funding.

The government has committed to increasing funding for ¹⁷ social care to improve the quality and availability of services. This includes additional funding for home care services, residential care homes, and support for individuals with complex care needs.

Technology and Innovation.

The NHS has been exploring the use of technology and digital health solutions to improve efficiency and accessibility of healthcare services. Telehealth, remote monitoring, and digital consultations aim to increase capacity and reduce waiting times.

Health Education and Prevention.

The government has focused on health education and prevention strategies to promote healthier lifestyles and reduce the burden on healthcare services. Initiatives to tackle smoking, obesity, and chronic disease prevention aim to improve overall population health.

Continuity Theory.

According to ScienceDirect and SociologyDictionary ¹ the continuity theory suggests that older individuals strive to maintain a sense of continuity in their lives as they age. For older adults in need of H+SC, continuity theory underscores the importance of preserving their identity, maintaining social connections, and engaging in familiar activities, even when their circumstances may change due to health challenges.

Person-Environment Fit Theory.

According to ScienceDirect and Springer the person-environment fit theory asserts that individuals' well-being is influenced by the compatibility between their needs and the resources and support provided by their environment. For older adults in need of H+SC, this theory emphasizes the importance of tailoring care and support to match their specific needs and preferences, ensuring a better fit between their abilities and their living conditions.

³³ Maslow's Hierarchy of Needs.

According to SimplyPsychology and ThoughtCo ¹⁵ Maslow's Hierarchy of Needs is a well-known theory ⁴ that describes human motivation and needs. The hierarchy consists of five levels of needs, with each level building upon the previous one. The levels are physiological needs, safety needs, love and belongingness needs, esteem needs and self-actualization needs.

Disengagement Theory.

According to SociologyGroup¹⁴ the Disengagement Theory proposes that as individuals age, they naturally withdraw from social roles and interactions, leading to reduced engagement with society. From a health and social care perspective, understanding this theory can help professionals address the potential social isolation and loneliness that older people may experience.

Activity Theory.

According to HRF the Activity Theory suggests that older adults who remain socially and mentally active enjoy a higher quality of life⁵. This theory emphasizes the importance of remaining engaged and participating in meaningful activities in later life⁵.

²⁵Theories like Maslow's Hierarchy of Needs, Disengagement Theory, and Activity Theory²⁹ provide valuable insights into the needs, motivations, and social experiences of older people in the context of Health and Social Care. By applying these theories, policymakers and healthcare professionals can develop more targeted and comprehensive approaches to address the unique needs and challenges faced by older individuals, promoting better health outcomes and enhancing their overall quality of life.

Conclusion.

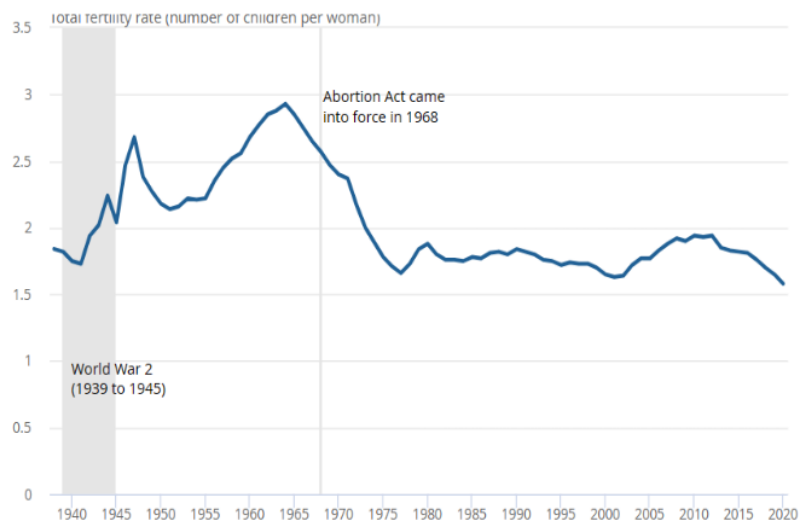
Throughout the report, various relevant theories, including Maslow's Hierarchy of Needs, Disengagement Theory, and Activity Theory, were applied to better understand Sadie's needs and experiences in the context of Health and Social Care³. These theories provided valuable insights into the multidimensional aspects of aging, emphasizing the significance of addressing not only the physical health but also the emotional, social, and psychological well-being of older individuals.

To bridge the gap between Sadie's needs and the availability of Health and Social Care⁹, a holistic and person-centred approach is recommended. This approach encompasses comprehensive assessments, social support and engagement programs, nutritional and lifestyle interventions, smoking cessation support, in-home care services, family counselling, and technology assistance. Additionally, promoting dignity, autonomy, and integrated collaboration between healthcare professionals, social workers, and community services is crucial to delivering effective care that meets Sadie's specific requirements.

By implementing these recommendations, the UK's ³Health and Social Care provision can better address the needs of older individuals like Sadie, promoting their overall well-being, independence, and quality of life. In doing so, we pave the way for a more inclusive and compassionate care system that respects the unique challenges and experiences of our aging population. As the UK's population continues to age, it is essential to prioritize and invest in comprehensive and person-centred ²⁷health and social care services to support the growing number of older adults and ensure they can age with dignity, grace, and support.

Appendix

Appendix 1



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