

University of Wales Trinity Saint David



Principles of Health and Social Care Practices

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Case study

Mr and Mrs T are a couple of 85 years old who lived together and enjoyed their independent living. Over the years, they lived alone and cared for one another until late when Mr. T started suffering from progressive dementia and other chronic conditions. Life further took a dramatic turn when Mrs T had a fall and was hospitalised for a hip surgery which affected her mobility to move from one place to another and became difficult for her to take care of her husband due to her mobility problem. As for Mrs T failing to take care of her husband was the most important part of her life because her husband was suffering from progressive dementia and chronic diseases as well. She returned home with a mobility frame at this point Mrs T finally realized that they needed help if they were to carry out their independent living. She was more interested in information and support how to better manage their lives. Help such as personal care; improve her mobility, domestic chores and any social event that would help them live independently.

Introduction

This report is about a couple who have lived together and care for each other for 85 years through the best of times enjoying their independence living until when life took a dramatic turn. Mr T started suffering from progressive dementia and other chronic conditions. During this same period, Mrs T who has been very instrumental in caring for her husband, suddenly had a fall and had a hip operation due from her fall which ends to affect her mobility. Immediately after her surgery she started using mobility frame and became difficult for her to take care of her husband due to her mobility problem. This report will analyse and evaluate the support that the couple needed. It will also identify an Organisation that can offer the support the couple need.

Moreover, this report will fundamentally shed light on the critical case of dementia at present and look to provide a critical analysis and evaluate the present condition for both couples wherein there is a deliberated evaluation of the policies, care facilities and services offered by the healthcare and social department why identifying an organisation that can offer the needed support for the couple and make recommendations for future policy and practices.

Under Section 4 of the Care Act 2014 place the duty of care on the local authorities to support people in their local area (department of health and social care DHSC 2020) who needed help. It is therefore the responsibility for the local council to provide all the information required by Mrs T with regards to the support she and her husband needed to maintain their independent and wellbeing. In this context, it is incumbent on the local authority to provide the necessary support the couple urgently need to continue carrying out their independent living.

Moreover, according to UK care act legislation that was passed in 2014, it call on the local authorities to protect and safeguard adult in their local environment from neglect or abuse irrespective of who they are or their status in the community.

Under this Act, it is the responsibility of the local council to carry out an assessment and support the couple needed. The study will provide insights analysis on dementia prevention, symptom and treatment. Eventually, the study focuses on to in-depth understanding on the different policies and services that concern the wellbeing of the elderly while suggesting different policies in the near future to address the issues related to this case study. Dementia cause memory loss it mostly affects people who aged from 85 and upwards. Although ageing is difficult to manage, more and more people around the world are being diagnosed with dementia. Alzheimer disease is the most common cause of dementia which are linked with progressive brain disorder that cause memory loss in people who aged 85 upwards (Galvin & Sadowsky, 2012) with concern of progressive dementia being amplified in older people it is of utmost importance that there must be greater awareness regarding the facilities available for the needy and the various policies and frameworks that can help ease the lives of the older people.

Background of the Health care Department

This department is charge with the responsibility to provide both medical services and medical equipment to patient who needs then. Further, this department manufactures medical equipment or drugs and provides medical insurance to their patients. Health care sector is one of the largest employer in the UK that help people to progress their lives. Thus, the health care sector has an important role to resolve dementia problems in patients such as early diagnosis and research concerns to identify the predementia state and hunt for biomarkers of Alzheimer's disease. This same study recognized the possibility of depression which can result to suicidal behavior can be a possible outcome (Draper et al., 2010) When a person suffers from a dementia disease then it is responsibility for the health care employees to provide and set a positive mood for the interaction with the patients.

Hospital authority also needs to take initiative for their patients to promote social engagement as it will help them to enhance their social engagement and decrease issues related to dementia. Loneliness is troubling in elderly people's lives, social engagement can help decrease the anxiety they feel.

Relevant principles of support

Although Aging is a difficult time to manage when you are within 85 and upwards especially when you are affected by dementia and other chronic disease. There is no cure for dementia but there are numerous treatments for people suffering from dementia these range from therapeutic, prevention control and medication. The support offered will include both exercise support, music and medication. By adapting to an environment that individuals in need of assistance live and giving them access to the right equipment, and the service users can be helped to live independently for long periods of time as they can do most of the day-to-day activities by themselves while being with family and friends Caregivers of people with dementia always have the peace of mind that they are insured and safe.

Prevention

This principle simply means that local authority needs to regularly do early screening on elderly people in order to identify any symptom of dementia and take appropriate action or intervention control rather than to wait for the disease to attack people before starting treatment. Such action is referred to as proactive not the other way round. Prevention is better than control. This kind of prevention control can save life and the NHS from millions of pounds for late intervention. The purpose of this assessment is to identify person's needs and how to accomplish it in order to improve their wellbeing. The local authority will provide the necessary information and advice the couple need and lace with the appropriate organisation such as care provider to meet the needs of Mr and Mrs T.

In the case of Mr and Miss T, if the assessment team find out that they are qualified for a genuine care and support from the local authority, they will make a recommendation to the authority to support them their endeavour that is to remain in their home while receiving the necessary care and support they need to maintain their independent living. Again, after the assessment or the screening process is complete, the report will determine if the individuals are qualified or not to get the local council support.

Principle of self-Empowerment

Providing patient centred care is widely accepted as a philosophy that underpins the quality of care. Service user suffering from dementia self-empowerment should be encourage and promoted at all times because it is considered as a fundamental principle for dementia and other chronic diseases because the patient rights and values must be respected at all times(Pulvirenti et al., 2014). This approach will empower and promote the service users to make their own decision with regards to the services available to meet their needs, will add to their abilities and strengths to make their own decision. No decision should be imposed on the services user once he or she has the capacity to make their own decision. This legislation is based on the mental capacity Act 2005. Care professionals should support them to make their own decisions which allows them to act towards supporting themselves and will allows the service users to build on their capabilities and to gain better understanding on how they can support themselves. While doing this, it is important to always maintain dialogue with the service users or their representatives to maintain balance (Neoteryx, 2017). In this context involving the patient in a clinical decision making is a added advantage between patients and health professionals

Participating opportunities:

The participation of the elderly in the community makes them feel that they are still valuable in the society and can their opinion matters in the building of the economic stability of the country (Bonvicini *et al.* 2019). They must be provided with the opportunities to help them formulate means to foster their own economic stability. They must be able to form a great section in society by helping them get included in the decisions that ensure society wellbeing.

The elderly people should have access to avail healthcare facilities and be provided with opportunities to regain their mental and physical health and wellbeing through the privileges of social and legal services (Nirdpr. 2020). They must be provided with facilities to avail rehabilitation and healthcare assistance. Therefore, it is imperative that the older people must be provided with opportunities to avail benefits of healthcare assistance and be able to exercise and enjoy their human rights.

Policy and practise

The healthcare sector must provide foster units and outlets

Helplessness is a significant factor for the maintenance of the healthcare and the wellbeing of the elderly in our society. As evident in the case study, both the couple were aged and were suffering from dementia and other chronic diseases couple with the fatal accident of Mrs T they were no longer able to care for themselves and worries that they are going to lose their independent.

Recommendation for future policy and practice

Government should allocate more funding for dementia treatment and research programs. Although there is no cure for the disease at the moment, yet still There are two types of common prescribed treatments for dementia cholin esterase inhibitors and memantine. It can help ease their pain. In the context of treatment, a personalised form of treatment the individual therapy treatment such as music therapy session to lessen their pain.

In this context though there is no medicine for dementia, it is important for the health care sector to provide some effective health care policy which guides the healthcare sector to take serious actions and treatment for their patients who are suffering from dementia.

To sustain the wellbeing of the adult population in the future, government should invest more in adult social care services by recruiting and training more social care workers and care professionals for caring for people suffering from dementia and other chronic diseases because dementia is on a steady rise in UK and around the world. Adequate housing facility must be provided for the elderly and those suffering from dementia. With the concern of progressive dementia being amplified in older people it is of utmost importance that there must be a greater awareness about the disease and regarding the facilities available for the needy and the various policies and frameworks that can help ease the lives of the elderly in our community.

Conclusion

The report basically addresses the healthcare policies and the existing principles intended to ensure wellbeing and safety of the elderly in our the society. Moreover, with the inclusion of the case scenario of Mr. and Mrs. T, the report efficiently addresses the present healthcare status of the elderly and sheds lights on the available healthcare facilities and foster care privileges that the elderly may make use of. Having serious concerns related to ageing, Mrs. T is witnessed to have been facing dementia and has just been through a hip surgery that is creating a sense of dependency on others for living her life as she earlier used to. The paper therefore highlights issues related to the progressive dementia and the matter of concern faced by the two main protagonists of the study. The paper also shed light on the need of person-centred approach to supporting people with dementia to claim their rights, autonomy and findings the right based framework for dementia care. (Wolfe et al., 2021). It also underpins the need of using a personalised care treatment in dementia patient while encouraging and promoting patient decision making.

Meanwhile the report acknowledged that there is no cure for dementia but recommend that government should invest more on research to help eradicate this terrible disease. There exist several key principles which guide the provision of safe and quality care delivery. These principles are based on the principles of support, the promotion and the principles of confidentiality. People with dementia need support and help in fulfilling their daily tasks, especially if they have mobility problems. Outlined various legislations, regulations and governances that guide the Alzheimer's

Thus, the current study concentrates to provide informative insights on the healthcare facilities that are available for the people suffering challenges related to their health and carrying an independent lifestyle. Subsequently, the study

deliberates to assist the readers with an in -depth understanding on the different policies and services that concern the wellbeing of the elderly while suggesting the formulation of the different policies in the future

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