

Activity: Find it before you cite it.

Work in pairs or small groups to verify each of the references used in the examples.

Example 1 — NICE

Student paragraph

Maintaining social connections can be important for the wellbeing of older adults. Health and social care services should recognise that some older people may be particularly vulnerable to declining independence and mental wellbeing, including people who live alone and have limited opportunities to socialise (**NICE, 2015**).

Reference

National Institute for Health and Care Excellence (NICE) (2015) *Older people: independence and mental wellbeing*. NICE guideline NG32.

Example 2 — NHS

Student paragraph

Social isolation can reduce older people's confidence in managing their own health and may increase their dependence on health and social care services (**NHS England, 2021**).

Reference

NHS England (2021) *Reducing social isolation in older adults: A guide for integrated health and social care services*. NHS England.

Example 3 — Holt-Lunstad et al

Social isolation and loneliness are increasingly recognised as important public health concerns for older adults. Evidence suggests that social isolation is associated with an increased risk of premature mortality, highlighting the importance of social relationships for health and wellbeing (**Holt-Lunstad et al., 2015**).

Reference:

Holt-Lunstad, J., Smith, T. B., Baker, M., Harris, T. and Stephenson, D. (2015) 'Loneliness and social isolation as risk factors for mortality: A meta-analytic review', *Perspectives on Psychological Science*, 10(2), pp. 227–237.

Example 4 — Williams and Patel

Compassionate communication has been associated with increased trust and greater engagement among adults receiving community-based social care services (**Williams and Patel, 2021**).

Reference:

Williams, R. and Patel, S. (2021) 'Compassionate communication and service-user engagement in community social care', *British Journal of Integrated Health and Social Care*, 14(3), pp. 118–129.

Genuine and Accurate

Fabricated and invented

