



Prifysgol Cymru
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University of Wales
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Module name: Empowering the Older Person.

Module code: BMHP6027

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Introduction:

Over 11 million people aged 65+ in the UK (ONS, 2023).

- The ageing population increases demand and pressure on health and social care services.
- Empowerment means promoting autonomy, choice, and active participation in care.
- Policy drivers:
- Care Act 2014 – wellbeing, independence, and control.

Approaches, Theories and Policies:

Approaches

- Reablement services – help restore confidence, mobility, and daily living skills.
- Assistive and digital technologies – support safety, independence, and connection while tackling exclusion.

Theories

- Person-Centred Care (Kitwood, 1997): dignity, respect, and individuality.
- Empowerment Theory (Rappaport, 1987): participation, control, and self-efficacy.

Policies

- Care Act 2014: statutory duty to promote wellbeing and choice.
- NHS Long Term Plan (2019): focus on integrated, community-based care.



Recommendation:

Strengthen integrated care and communication across services.

- Expand mental health access for older adults.
- Provide digital skills training and ensure technology is accessible.
- Promote age-friendly housing and communities.
- Embed co-production – include older adults in service design.

· NHS Long Term Plan (2019) – person-centred, integrated care. · Focus: exploring empowerment, challenges, and strategies to enhance Care Empowerment: Needs are shaped by ageing, chronic illness, and social isolation. · Empowerment = informed decisions + autonomy + active participation in care. · Barriers: fragmented services and inconsistent implementation. · Framework: WHO ICF – personalised support to maintain functional ability and wellbeing. · Importance of carers, community support, and culturally sensitive care to promote inclusion and dignity.	Key Challenges to Independence & Functional Ability · Physical · Multimorbidity and frailty: half of over-65s have multiple long-term conditions (Barnett et al., 2012). · Inaccessible housing: unsuitable homes increase fall risk (Age UK, 2022). · Emotional · Loneliness and depression: linked to mental and physical decline (Age UK, 2023). · Loss of purpose: retirement and bereavement reduce confidence and self-worth. · Social · Ageism and stereotyping: reduce participation and self-esteem (Swift et al., 2017). · Limited involvement: older people often excluded from decision-making. · Systemic · Fragmented services: poor coordination between health and social care. · Digital exclusion: 39% of adults aged 75+ offline (ONS, 2023).	· Challenge ageism through education and policy enforcement. conclusion.: Empowerment requires collaborative, person-centred care valuing autonomy and dignity. · UK policies set a strong foundation, but inequalities persist. · Real progress needs co-production, inclusion, and innovation that empower older adults to live independently and with purpose
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