

Living with care: The older person
BMHP6009

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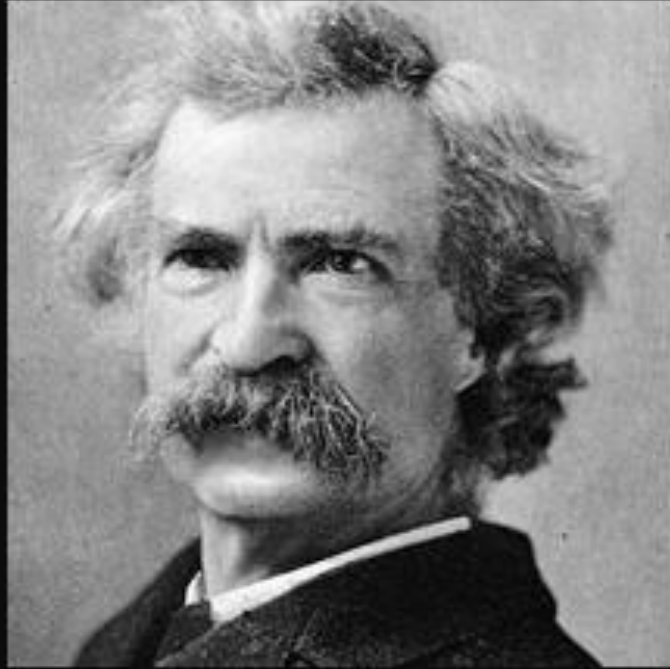
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Remaining in Your Own Home: A Debate

Debating whether remaining in your own home is best for everyone. It involves considering domiciliary care and residential care options, funding, benefits, and challenges.





Age is an issue of mind over matter. If you don't mind, it doesn't matter.

~ Mark Twain

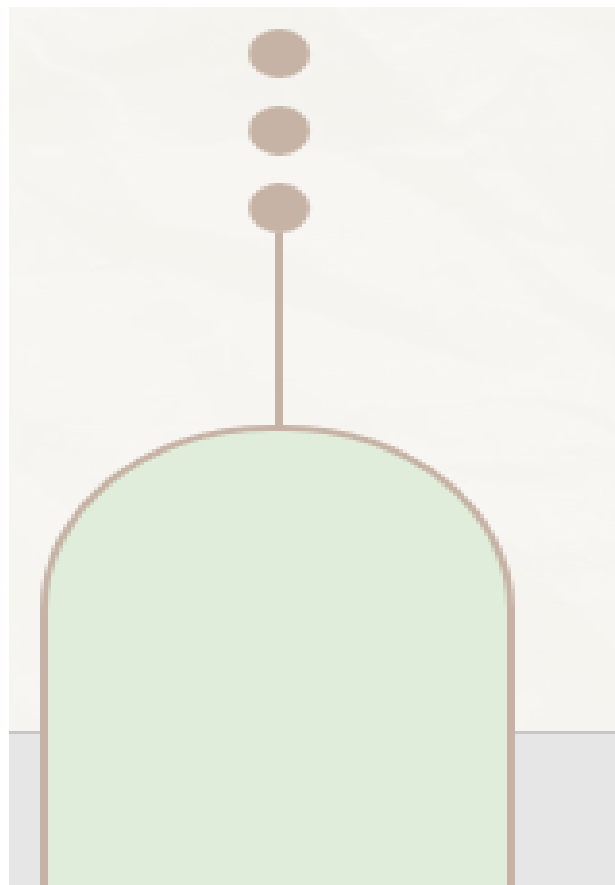
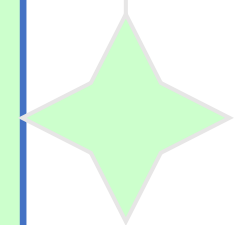
Introduction

We're here today to discuss elder care, a crucial and challenging subject. Where the aged population receives the finest care becomes an increasingly important subject as society grows. It's a common subject to ask if older people receive better care in comfortable care facilities or their own homes. We will discuss a wide range of subjects linked to this complicated problem throughout this discussion, such as the standard of care given, the mental and emotional health of the elderly, and the wider societal consequences of the choices we make about their care. Join us as we explore this important topic.

DEFINITIONS

Domiciliary care(Home care): The phrase "home care" describes the practice of medical professionals giving patients medical attention in the comfort of their own homes to enhance the patient's quality of life. **(Thomé, Dykes, and Hallberg,2003)**

One could think of **Residential Care** facilities as a "family," "institution," or "hotel." A new category, "co-operative," has been added. **(Ettelt,et.al.,2022).**



Funding for HOME care

Local governments offer public treatment that is determined by someone's needs. There are requirements for acceptance, and resources like home or nursing homes are available.

For those in need of healthcare. The NHS pays the whole cost, whether it is at home or in a care home.

Pension (financial aid) is offered to elderly people with low income, providing assistance with the costs of care for older people.

FUNDING AVAILABLE IN UK AND IN OTHER COUNTRIES FOR HEALTHCARE

UK

Taxation

NHS Support

The National Health Service (NHS) offers various resources and healthcare services covered by public

Charity funds

Private Health Insurance

Savings & Investments

USA

Medicare and Medicaid are the two most popular public insurance programs, while Employer-sponsored insurance covers the vast majority of privately insured individuals. (Bureau, 2021).

CHINA

- Primary Health Care PHC
- Funding increased from ¥19 billion in 2008 to ¥197 billion in 2018
- “The role of PHC is further reinforced by the Healthy China 2030”.(Krumholz et al.,2020)

Definitions of end of life typically focus on the presence of a terminal illness or a diagnosis of six months or less. These definitions help healthcare providers identify patients who may benefit from palliative approaches by highlighting the need for symptom management and supportive care in the final stages of life.(Lorenz, et.al.,2008)



END OF LIFE AND PALLIATIVE CARE

52%
The number of vacant adult social care sector posts increased by 52% in a single year – from 110,000 in 2020/21 to 165,000 in 2021/22. The vacancy rate now stands at 10.7%

(Reeves, Islam, and Gentry, 2023)

Figure 6 Number of people aged 65+ receiving long term care each year by support setting, 2017/18 to 2021/22, England.

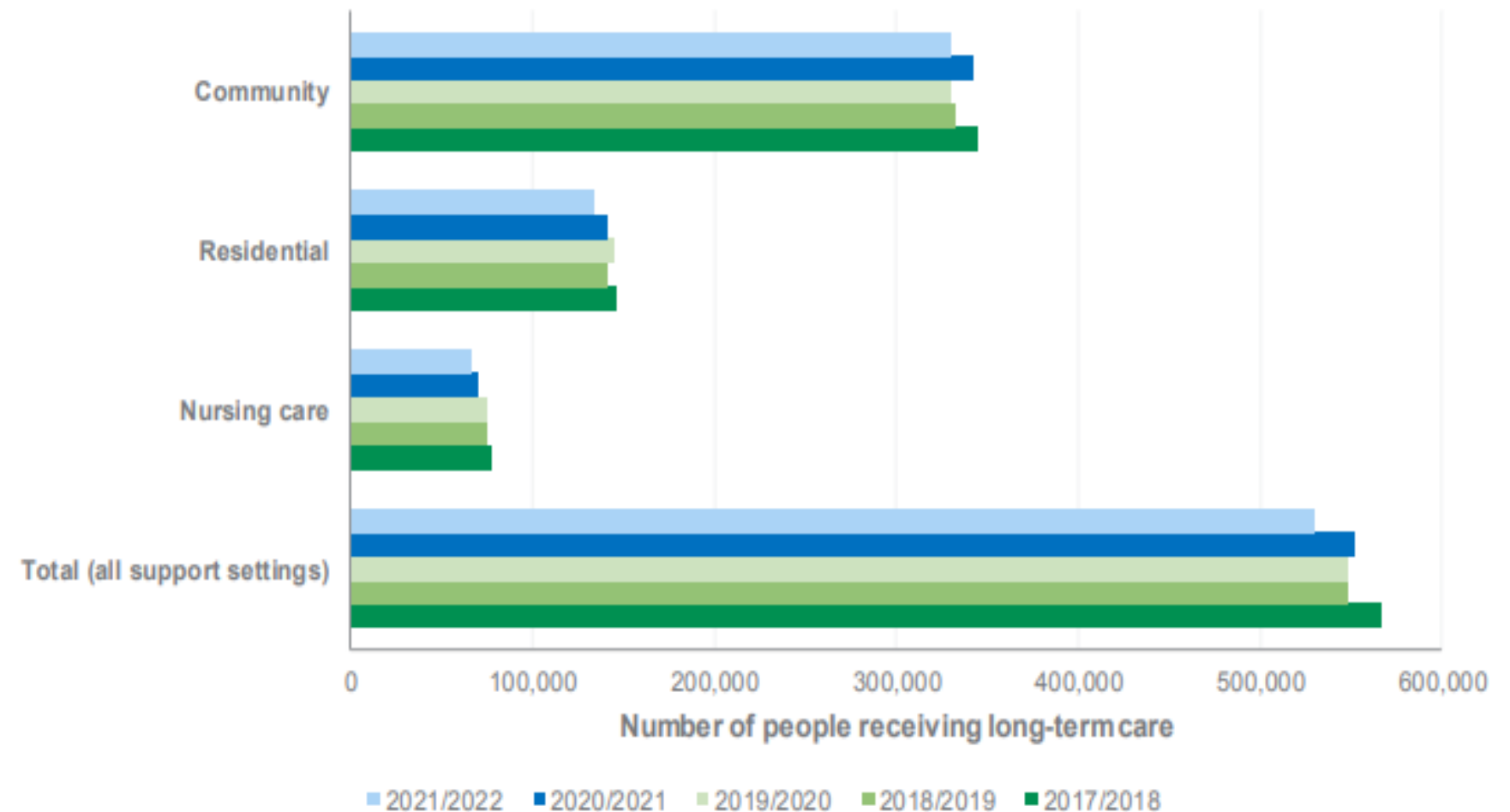
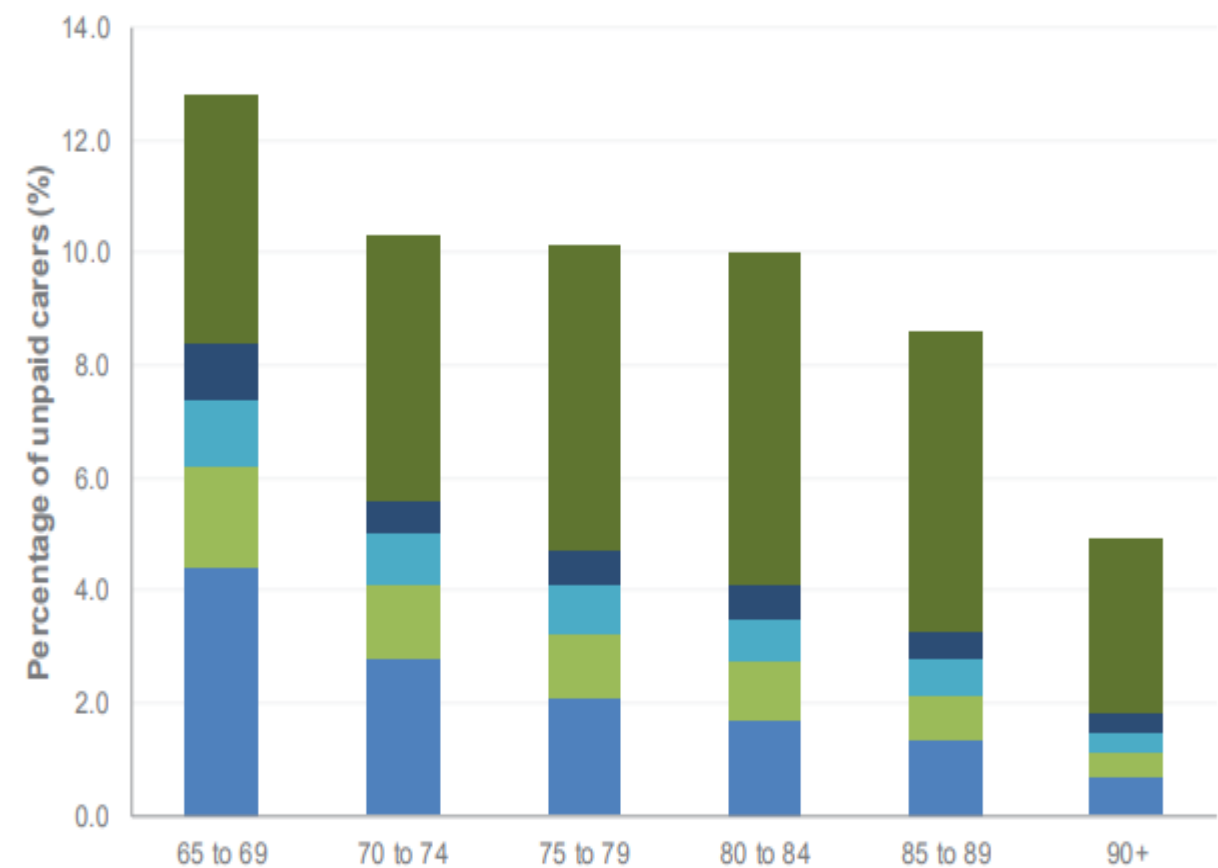


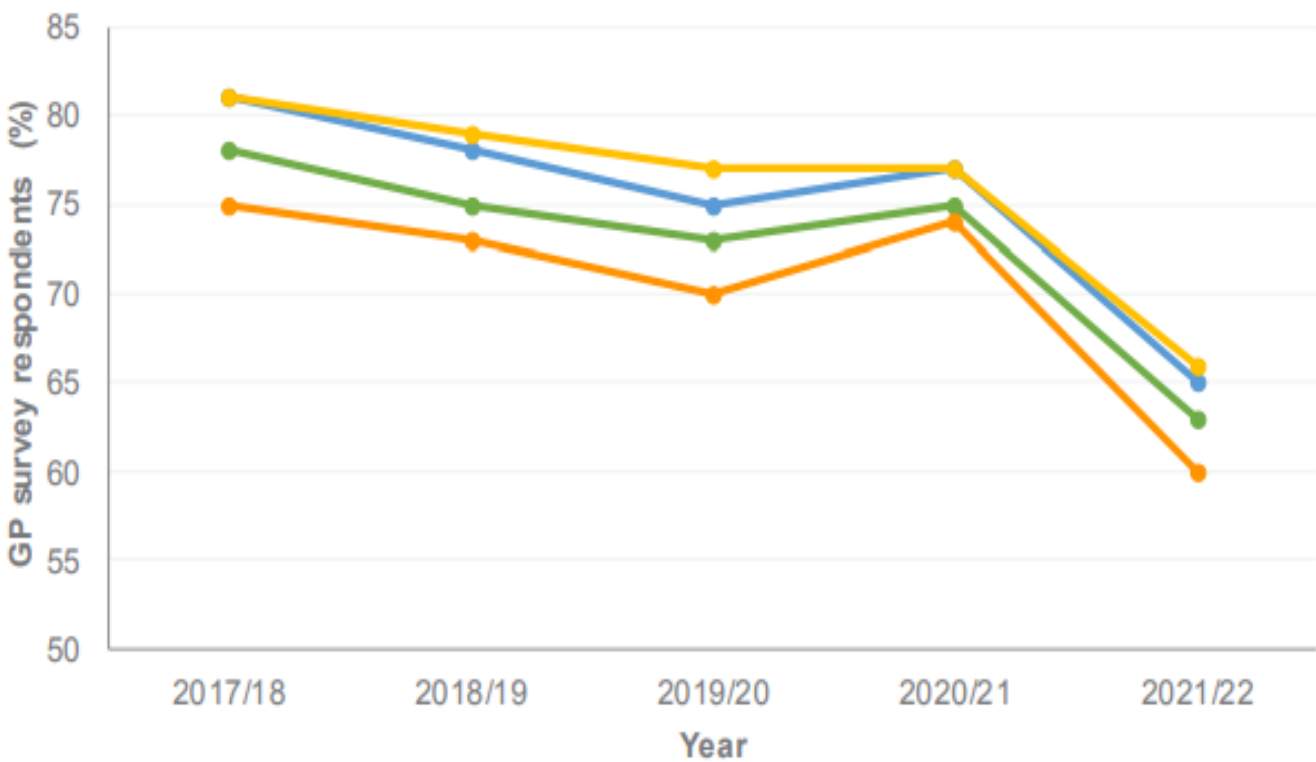
Figure 10 Percentage of unpaid carers by age and number of hours of care they provide per week, England, 2021/22



(Reeves, Islam, and Gentry,2023)

GAP B/W NEED AND AVAILABILITY OF CARE

Figure 12 Percentage of GP patient survey respondents reporting a Good (very or fairly good) experience of making an appointment, by age group, England



Benefits of Remaining in a Residential Care Home

Improved Quality of Life for Residents



Engaging Activities

Residents participate in recreational programs and hobbies, boosting their happiness. Lifestyle Engagement Activities Program. (Low, et.al., 2015)



Nutritious Meals

“Person-centered mealtime care practices”. Healthy and balanced diets are provided, ensuring optimal nutrition for residents. (Sharmin, 2023)



Lush Outdoor Spaces

Access to gardens and peaceful outdoor areas contributes to a pleasant lifestyle.



Advantages Of STAYING AT HOME



- When evaluating the benefits of choosing at-home care, it is crucial to take into account all of the benefits that it has over care homes.
- First of all, there is a feeling of comfort and familiarity that nobody can parallel apart from at-home care offers. The aging population has the option to stay in the surroundings they have built over the years, encircled by treasured memories, belongings, and the company of loved ones. Their psychological health greatly benefits from their surroundings, This links to the continuity theory that the elderly are more inclined to their lifestyles, habits, and personalities which creates a sense of comfort and consistency.
- Individual requirements and desires can be catered for in-home care. Individualized focus can be given by carers, who can modify their methods to meet each person's specific needs. This may not be possible in organizational environments, where care is frequently more broadly distributed.

(Balinsky,1999)

Access to Specialized Care and Support

Medical Assistance

Residents can benefit from on-site health monitoring and prompt medical attention.

Therapeutic Services

Salon and Massage
Specialized therapies, such as physical or occupational therapy, are readily available



Advantages Of STAYING AT HOME

- ✓ A feeling of autonomy and independence is fostered by remaining at home. People can retain authority over their everyday schedules, pursuits, and choices, cultivating an increased feeling of respect and self-worth.
- ✓ Because residents in institutionalized facilities are frequently near other individuals, there is a higher chance of illnesses transmitting. By limiting being exposed to infectious illnesses, home healthcare lowers the risk of getting sick.
- ✓ Companionship and emotional support are essential for psychological health and can be obtained through at-home care. Having relatives, pets, and familiar settings around might help lessen thoughts of loneliness and isolation. (Balinsky,1999)

Sense of Community and Social Interaction

Emotional Support

“Relationship-centred care is at the heart of many examples of best practice”(Owen and Meyer).Connections with peers and staff provide emotional comfort and companionship.

Engagement

Residents engage in various activities and events, developing a sense of fellowship.

“Social interaction or level of activity”; **Activity Theory.**
(Knapp,1977)



DISADVANTAGES OF REMAINING IN ONE'S OWN HOME

1. Social Isolation

Limited social interaction and potential loneliness especially for less mobile old people can lead to negative impacts on mental and physical health.

Care Act 2014

(Emotional Neglect)

2. Maintenance Demands

Challenges in maintaining a home including household chores and repairs.
(Kaye, 2017)

3. Health Risks

Potential risks associated with living alone, especially for individuals with health issues.

(Craven et al., 2012)





Disadvantages of care homes



It's important to discuss the negatives of nursing homes in the argument in favor of at-home care. Although care homes offer 24-hour assistance to those who might need it, they frequently have serious disadvantages.

1. The loss of independence and familiar surroundings is a major worry. A person's reason of belonging and independence may be upset by moving into a care facility, which can cause emotions of separation and loneliness.
2. Furthermore, because inhabitants of care facilities might not get individualized focus or sufficient oversight, there's a risk of abuse or neglect.
3. Residents may experience increased thoughts of sadness and isolation in care facilities due to their organizational setting. (Todd, 1998).

All things considered, even while care facilities are essential for many people, their drawbacks highlight the need to look at alternatives like domiciliary care, which places an emphasis on autonomy, individualized assistance, and comfort in one's own home.

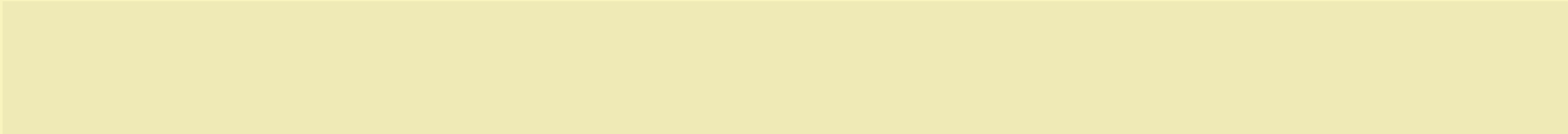
Financial Considerations and Affordability

1. Financial Options

Residents should explore various payment plans and financial aid options.

2. Budget Planning

Assistance and counseling may be available to help with budgeting for care.





Conclusion:

Personal Considerations

Respect for individual preferences is crucial for overall well-being and satisfaction.

Assessment of Options

Exploring all available options helps in decision-making, addressing individual needs.

Empowerment

Empowering individuals to make informed decisions preserving autonomy and well-being.

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