

ASSESSMENT 2

ETON EKPENYONG DUKE

1818179

LIVING WITH CARE: THE OLDER PERSON

BMHP6009

LECTURER NAME: DIOLA BIJIHOUT

SEPTEMBER, 2022.

Contents

Introduction	3
Discussion.....	5
Analysis	9
Evaluation	11
Recommendation.....	12
Conclusion.....	12
REFERENCES.....	14

Introduction

In the UK, an older person is often someone who is over the age of 65. However, it is difficult to apply a rigorous definition because people age biologically at various rates; as a result, a person who is 75 years old can be in better health than a person who is 60 years old NHS (2021). The risk that they will need care and support is more strongly influenced by "frailty" than by age alone.

However, the definition of older people/population in Nigeria, according to Ayokunle A (2015), varies depending on the state or community involved, and the concept of chronological timing is irrelevant as far as the definition of old age is concerned in most developing countries. However, there are also socially constructed definitions of aging that are crucial, such as the duties that are given to the elderly. He did, however, establish that a person is considered elderly in Nigeria by the country's statistics standards, which agreed that "an old person" is defined by inactivity, respect, blessedness, sickness, aging, and the inability to perform hard labor, and that the country's total life expectancy at birth had previously been 50 years but is now 50.5 years. In Nigeria right now, an elderly person is essentially anyone who has reached the age of 50. Akanbi, (2014).

The world's population is aging, with an anticipated 962 million older people and a 3% annual growth rate, according to Akintayo-Usman N (2021). The number of elderly people in the globe is predicted to increase to 2 billion by 2050. More than one in five of us are now over 60, and by 2025, that number is projected to rise to 18.5 million from 14.9 million NHS (2018). The number of elderly people in Nigeria climbed from 2.1 million in 1999 to 6.4 million in 2005, from 9 million reported in 2016 to 11.5 million in 2025, and from 25.5 million in 2050, according to reputable projections Bickersteth F. Togonu (2013).

According to Isaac A. (2013) Eight various theoretical approaches to loneliness that have arisen since the 1940s are given and categorized in Peplau and Perlman's 1982 book, "Loneliness A Sourcebook Of Current Theory, Research, and Therapy." Perlman & Peplau (1982). The theories are:

Cognitive

According to the cognitive hypothesis, loneliness arises when a person notices a contrast between two elements, such as their reached levels and their personal desires. At this stage, older people start to reflect on their past mistakes, injuries, etc., which ultimately causes them to retreat from society.

Existential

Existentialists believe that people tend to prefer alone most of the time. That no one can feel our thoughts or emotions and that a crucial aspect of man's existence is separation.

Theory of Interactionism

The interactionistic view argues that loneliness is a product of both personality and situational elements, not just one.

Phenomenological

The phenomenological theory of loneliness and isolation was developed by Carl Roger, who is also the creator of client-centered therapy. He maintained that people experience loneliness when they let down their guard to connect with their inner selves and, at this point, anticipate rejection from the outside world. He claims that as individuals grow more isolated, they start to believe that their true selves are unlovable. If this is thoroughly explored, everyone will concur that elderly individuals are the victims.

Privacy

According to the theory of privacy as it relates to loneliness, the main cause of loneliness and isolation is the lack of a suitable social companion, which is necessary to help one achieve goals.

Psychodynamic

According to this idea, loneliness is a sickness that is caused by a person's interpsychic conflicts and characteristics. This hypothesis holds that the infant's bond to its mother forms the foundation of loneliness. The child develops emotional relationships and social skills as a result of this attachment, but they also sense loneliness when their loved ones are absent.

Sociological

This hypothesis identifies three distinct social processes, including a rise in family migration, a decline in closeness within the immediate group, and a rise in social mobility. All of these things occur to people who are older and cause despair.

Our physical, mental, and social wellbeing depend on having solid social ties. Elderly social isolation and loneliness are significant yet underappreciated social determinants of health. Social exclusion and loneliness are common; according to some nations, up to one in three elderly adults experience loneliness (WHO) (2021).

According to research from NHS (2018), senior citizens are disproportionately at risk for loneliness and social isolation. Numerous factors, like aging or weakening, ceasing to be the center of their family, losing their job, the passing of spouses and friends, disability or illness, or being unable to work, can cause someone to become socially isolated. Regardless of the reason, it's surprisingly simple to feel abandoned and defenseless, which can produce despair and a major reduction in bodily health and wellbeing.

What distinguishes social isolation from loneliness?

Social isolation and loneliness are distinct but connected. Being alone or apart from others causes the agonizing experience of loneliness. Lack of social connections and having few people to routinely communicate with constitute social isolation. You can be socially isolated or lonely when living alone, and you can also feel lonely when you're around other people.

Due to changes in health and social relationships that can come with aging, hearing, vision, and memory loss, disability, difficulty moving around, and/or the loss of relatives and friends, older persons are more likely to experience social isolation and loneliness.

Discussion

In some countries, up to one in three older individuals experience social isolation and loneliness. The physical and mental health, quality of life, and longevity of older individuals are significantly impacted by social isolation and loneliness, according to a wide body of studies. Social isolation and loneliness have a similar impact on mortality as other known risk factors including smoking, obesity, and physical inactivity. The proportion of "severe loneliness" indicated by care home residents (22-42%) is more than twice that of residents in the general

community (10%), making it clear that loneliness in these facilities is a serious issue (Victor, 2012).

In order to preserve physical health, manage medical issues, and provide personal care, care homes are essential. Despite the fact that care facilities are well positioned to meet these physical and safety needs, data suggests they are less well suited to do so for the more complex requirements - complicated social demands of the community, such as fostering social interaction and preventing loneliness A. Casey et al (2016). Loneliness is a significant health issue for elderly people in both Nigeria and the UK, where it is linked to a number of detrimental health outcomes, such as depression, dementia, cardiovascular sickness, inadequate nutrition, a miserable quality of life, and death Jansson A et al (2017).

While living in a care facility, where patients are surrounded by staff, other residents, and visitors, may seem like an inherently social setting, there are high rates of loneliness in these facilities.

According to research, however, a lack of social connectivity may be caused by superficial interactions with other residents and staff, a sense of "not belonging," and difficulty relating to people who have different levels of mental capacity.

There may be limited opportunities in homes to exercise control over or make personal decisions they lead. When combined with time spent engaging in passive pursuits, such as boredom and loneliness can result from waiting, napping, and doing nothing. Clare G. et al (2020).

In the UK, almost two thirds of those living in care facilities have dementia, making up a significant section of the resident population. According to certain theories, dementia an increased risk of loneliness and difficulties associated to it, such apathy, are present. Nijsten J. (2017).

In Nigeria, many elderly persons are labeled as witches and wizards, especially when an elderly mother has lost multiple children, claim Ogundele S. and Damilare A. She turns into a laughingstock in society and is abandoned, humiliated, and beaten. Many people pass away in this shame and harm. The rate at which the old population in Nigeria is growing as well as their susceptibility to abuse, discrimination, homelessness, and other forms of suffering call for

government intervention to enact an elder law in this nation. The Elder Law, like other disciplines of law, covers a wide variety of topics and touches on everything that has an impact on the old in society, whether directly or indirectly.

In order to improve the well-being and health of the elderly, it aims to ensure the supply of social services such as income, security, healthcare, housing, and legal support. It is noteworthy that the Senior Citizens Center Bill was signed by President Muhammadu Buhari on January 26, 2018, two years after it was first submitted to the House of Representatives. According to the law, senior citizens centers may be constructed in the Federal Capital Territory and in interested states.

The Care Act 2014, on the other hand, was passed into law in the UK and it makes it clear that a number of important local players must act to combat loneliness and isolation. Meeting the new prevention responsibilities as well as the care and support needs that were discovered during assessments are part of this. How authorities should fulfill their new commitments is explained in the Statutory Guidance (the Guidance) that is included with the Care Act. The "wellbeing principle," which makes fostering wellbeing the primary goal of local authorities' exercise of their care and support functions, is also established under the Act.

More opportunities will be provided to spot those whose wellness is at danger as a result of loneliness and social isolation. The new duty to offer evaluation to everyone who appears to need care and support, as well as to all caregivers, whether or not they are eligible for services, will also increase the potential for early intervention, according to Age UK (2021).

In the UK, NHS England collaborates with partners to foster healthy aging among English citizens. We may always take steps to enhance our physical and mental well-being. It is especially crucial to take proactive measures to slow down or reverse some of the health difficulties for elderly persons who may be beginning to find things more challenging. The best possible care must be provided to older people when they need it in order for them to maintain their health and independence for as long as feasible. To achieve this, we are cooperating with partners in the social and health care sectors to:

- Reframe frailty as a chronic condition that should be avoided, recognized, and treated alongside other chronic conditions.

- decrease the duration of someone's long-term illness in later life by identifying it early and providing support and self-management tools like healthy aging and health care guidelines.
- encouraging collaboration among public services to help individuals. The fire and rescue department also assists people in recognizing typical health and fire concerns through safe and well visits.
- Identify important stages of frailty and promote the adoption of best practice therapies.
- Encourage proactive frailty case identification (identifying frailty risk individuals) to focus prevention tactics on those who are most susceptible to frailty as they age and have a number of chronic diseases. For instance, the Toolkit for General Practice in Supporting Older Individuals Living with Frailty provides GPs and practice staff with a number of tools to aid in the case discovery, assessment, and case management of older people living with frailty. This resource kit will help doctors and other practice personnel meet the GP contract requirement to recognize frailty in patients 65 and older.
- encourage tailored care and individualized care planning, which captures preferences and supports decisions about important facets of care for those with advanced frailty as they approach the end of their lives.

However, Nigeria still has a long way to go before providing adequate elder care, as she must start by establishing favorable regulations and putting them into practice. Therefore, there is a need for urgent policy engineering and a refocus on the issues of older persons in order to improve the living conditions of elderly people in Nigeria. Restructuring Nigeria's pension system and other social programs in favor of the elderly, even those who have never worked for the government, is one way to achieve this Tanyi P et al (2018).

There is evidence that communication technology can create a sense of connectivity, challenging the notion that face-to-face interaction is the gold standard of social participation. The development of information and communication technology (ICT) has helped older people participate in society and maintain their health by minimizing their social isolation and loneliness.

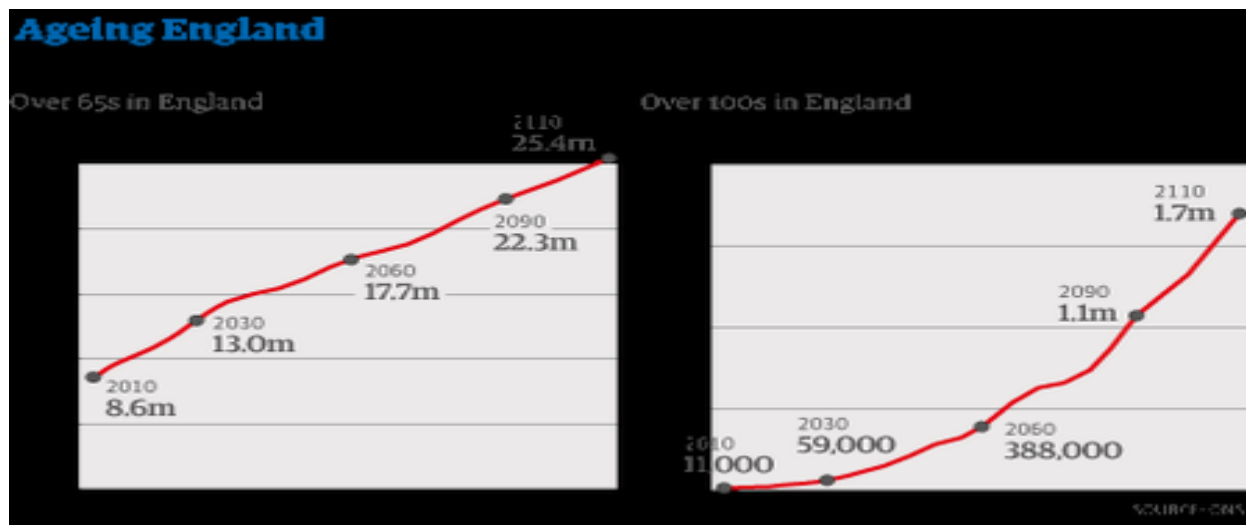
Pouria K et al. (2016) found that eight different technologies have recently been used in the UK to reduce social isolation. These technologies are general ICT, video games, robotics, personal reminder information and social management systems, asynchronous peer support chat rooms, social networking sites, Telecare, and 3D virtual environments. The few nursing homes in Nigeria that provide care for the elderly use social media to keep their residents from feeling isolated and alone.

The computerization of healthcare is typically accomplished through the use of Information and Communication Technology (ICT) tools like the Internet and the services it facilitates, such as social media, online games, and the like, according to Uchenna N. and Stuart A (2017). More of these services are geared toward wellness management as the current health focus shifts from treatment to wellness. About two thirds of the mHealth apps on the Apple iOS and Google app platforms in 2015 were consumer health apps for wellness management. The Internet, in particular, has the potential to offer a more effective communication channel for all parties involved in healthcare, including patients, healthcare workers, and other caregivers.

Analysis

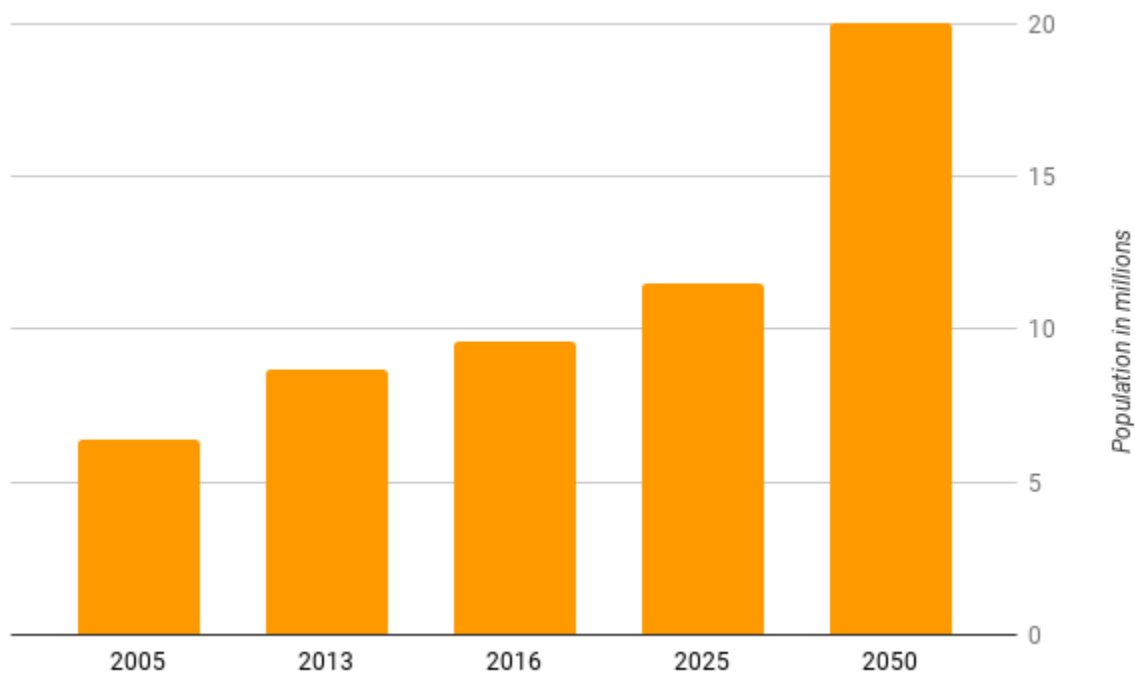
Global population aging is a reality. Around 901 million people worldwide were 60 years of age or older in 2015, making up 12.3% of the world's population. This will have grown to 1.4 billion by 2030, or 16.4% of the world's population, and to 2.1 billion by 2050, or 21.3%. The UK population has been steadily aging throughout the second part of the 20th century, and future projections indicate that this trend will continue.

In 2016, there were 11.8 million people in the UK who were 65 or older, which accounted for 18% of the country's overall population. Twenty-five years earlier, there were 9.1 million people, or 15.8% of the population. The age group of 85 and older will experience the fastest increase. As of mid-2016, there were 1.6 million persons over the age of 85 (2% of the entire population); by mid-2041, this number is anticipated to double to 3.2 million (4% of the population); and by 2066, it is anticipated to triple, reaching 5.1 million (7% of the total population) ONS (2021).



Source: <https://i.guim.co.uk/img/static/sys-images/Guardian/Pix/pictures/2013/2/24/1361724095799/Graphic-ageing-population-001.png?width=445&quality=85&auto=format&fit=max&s=111f7f7eec6fb38ee939308971be80af>.

In spite of the fact that older people in Nigeria often require specialized healthcare, families frequently care for their senior relatives at home. However, poor economic conditions and urbanization are displacing more Nigerians from the working class from their homes. As a result, when it is cheap, senior care is left in the hands of paid carers; otherwise, it is given to no one at all. The effect of social isolation on Nigeria's rapidly growing older population—which increased from 8.7 million in 2013 to 9.6 million in 2016 and is anticipated to reach 20 million by 2050—is also being exacerbated by this migration from tradition. Ageing may be a stressful and challenging stage of life, especially when combined with the death of friends and the loss of financial independence due to retirement. L Adekun (1986).



Source: National Population Commission & United Nations Population Division (2005)

The Equality Act is a law that guards against discrimination, claims Age UK (2021). It means that it is illegal virtually always to discriminate or treat someone unfairly based on their personal qualities, such as their age and ageism is a form of discrimination that is covered by the Equality Act

Evaluation

The government unveiled a new anti-loneliness plan on October 15, 2018.

By 2023, the approach will permit GPs in all of England to recommend lonesome patients to neighborhood events like cooking courses, walking clubs, and art groups. Doctors will be able to try to improve their patients' wellbeing through activities rather than medication in this process, which will be referred to as "social prescribing." Additionally, the government will test a collaboration with Royal Mail in Whitby, New Malden, and Liverpool.

As part of delivery rounds, the scheme will encourage postal workers to visit lonely individuals and assist them in connecting with their families or communities. Last but not least, Prime Minister Theresa May announced £1.8 million to expand community spaces through the renovation of underutilized areas and the construction of new community cafés, artistic spaces, and gardens. Age UK (2018).

The philosophy of person-centered care is likely the best course of action for caring for the elderly in the UK, according to SCIE (2017). Personalization entails placing the customer at the center of all that you do in the care facility. The foundation of person-centered care is the individual. It focuses on their backgrounds, assets, aspirations, and personal histories. It means you value their past, encourage them in the present, and assist them in making plans for the future.

Understanding each resident's rights is a necessary component of personalization. The FREDA principles from the Human Rights Act—fairness, respect, equality, dignity, and autonomy—form the foundation of the human rights approach to healthcare. Based on these advancements, the Care Quality Commission (CQC) has determined a human rights-based strategy to regulation. The Care Act of 2014 established the guidelines for the social care industry's growth for the foreseeable future. It consolidates and updates decades' worth of legislation and guidelines into a single framework that is supported by the idea of personal wellbeing.

Recommendation

First off, in Nigeria, policies already in place should be amended and implemented in such a way that the older populations could be adequately taken care of. Also, the care facilities should be made available and more persons trained to cover the elderly care home.

According to Griffin, (2010) asserts that anyone can experience being cut off from their community or feeling lonely, and that while loneliness experiences vary across the life course, older people are one group that is particularly at risk. And relating that lack of activities in are home could lead to loneliness and isolation, I do recommend that all older individuals should be engaged in different interactives activities and these activities should also observe or go through the person-centered care scrutiny.

I do also recommend that to lessen the burden on the social and health care workers, the newly available artificial intelligence or Information Communication Technology tools should be used to keep older persons in care active in order to prevent loneliness and isolation. ICT can be used to capture details of all the older persons in the care home with all information as regarding their medical profiles, medication used as well as complementary therapies employed. These AI systems can also be used to monitor mood changes as well as keep the individual in a care home busy (with games, playlist, social media group interactions, etc,.) and all these will help to alleviate isolation and loneliness.

Conclusion

Numerous studies have connected social isolation and loneliness to increased risks for a range of physical and mental conditions, including high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease, and even death. As a result, it is important to consider this issue. Even though the care of senior people was not a major concern in my comparator nation, this research has helped me to appreciate how crucial it is to provide for the elderly and how quickly government policies must be put into place.

ICT applications are employed in a number of ways to improve access to home care, and this field of study is constantly increasing. The findings indicate that ICT is mostly employed in home care as a medium for communication between medical staff and patients or family members. Based on this finding, healthcare providers can use ICT apps in home care as a tool to help persons with chronic illnesses take control of their sickness and encourage self-care.

REFERENCES

Age UK (2021). The Equality Act: Due to the Equality Act, age discrimination is against the law, in almost all cases. Available at: <http://www.ageuk.org.uk/information-advice/work-learning/discrimination-rights/the-equality-act/> . (Accessed: 31 August 2022).

Age UK (2021) The government vs loneliness. Available at: <https://www.ageuk.org.uk/latest-news/articles/2018/october/government-loneliness-strategy/#:~:text=On%2015%20October%202018%2C%20the%20government%20announced%20a,their%20patients%27%20wellbeing%20through%20activities%20rather%20than%20medicine.> (Accessed: 31 August 2022).

Akanbi, M. A. (2014): Variations in old-age support in an urbanising Society: A Study of South-Western Nigeria. Unpublished Ph. D Thesis held by the Department of Economics and Development Studies (Demography and Social Statistics Programme), Covenant University, Canaan-Land, Ota, Ogun State, Nigeria.

Akintayo-Usman NO, Usman SO. Comparative analysis of ageing in Nigeria and United Kingdom using life course approach: the implication for the Nursing profession in Nigeria. Pan Afr Med J. 2021 Apr 29;38:411. doi: 10.11604/pamj.2021.38.411.22272.

Ayokunle Akanbi & Fadayomi, Theophilus & Wusu, Onipede & Femi, Olasiyan & Amoo, Emmanuel & Gbadebo, Babatunde & Adebanke, Olawole-Isaac & O., Adekola. (2015). The Definitions and Onset of an Old Person in South-Western Nigeria. Educational Gerontology. 41. 10.1080/03601277.2014.1003492.
https://www.researchgate.net/publication/275061475_The_Definitions_and_Onset_of_an_Old_Person_in_South-Western_Nigeria

Isaac Adu-Bediako (2013). A literature review : Causes And Interventions Of Loneliness And Isolation On Wellbeing Of Elderly In Finland. Available at: https://www.researchgate.net/publication/284634633_Theoretical_approaches_to_loneliness. (Accessed: 31 August 2022)

National Health Service (2018). Improving care for older people. [Online]. Available at: <https://www.england.nhs.uk/ourwork/clinical-policy/older-people/improving-care-for-older-people/> . (Accessed: 31 August 2022).

National Health Service (2022). Loneliness in older people. Available at: <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/loneliness-in-older-people/>. (Accessed: 31 August 2022).

Nnabuko Uchenna & Anderson Stuart. (2017). A Systematic Review on the Effect of ICT on Social Support Measures in Healthcare. Available at: https://www.researchgate.net/publication/318883917_A_Systematic_Review_on_the_Effect_of_ICT_on_Social_Support_Measures_in_Healthcare/citation/download. (Accessed: 31 August 2022)

Perpetua Lum Tanyi, Pelser André & Peter Mbah | Kar-wai Tong (Reviewing editor) (2018) Care of the elderly in Nigeria: Implications for policy, Cogent Social Sciences, 4:1, DOI: [10.1080/23311886.2018.1555201](https://doi.org/10.1080/23311886.2018.1555201)

Social Care Institute for Excellence (2017). Person-centred care for older people in care homes. Available at: <https://www.scie.org.uk/person-centred-care/older-people-care-homes/introduction>. (Accessed: 31 August 2022)

Togonu-Bickersteth Funmi, Akinyemi Akanni. (2013). Ageing and national development in Nigeria: Costly assumptions and challenges for the future. Etude de la Population Africaine. 27. 361-371. 10.11564/27-2-481. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8325470/>. (Accessed 31 August 2022)

Victor, Christina. (2012). Loneliness in care homes: A neglected area of research? Aging Health. 8. 637-646. 10.2217/ahe.12.65.

WHO (2021). Social Isolation and Loneliness. Available at: <https://www.who.int/teams/social-determinants-of-health/demographic-change-and-healthy-ageing/social-isolation-and-loneliness>. (Accessed: 31 August 2022).