**BTEC Diploma and Subsidiary Diploma Health and Social Care – Unit 4**

**Assignment 3 answer plan – P5, M3, P4, M2, D2**

**Due date Friday 26th April, (25% extra time – 3rd May 2019)**

Following on from your success in writing for the Wellbeing magazine, you have been asked to write an article for Elderly Care about the physical and psychological changes associated with the ageing process along with theories of ageing and their application not only to the development of an individual but also their influence on Health and Social Care provision.

Before you start this assignment, you will need to gather information on the theories of ageing. This will enable you to fully reference your work.

In assignment 1 you should have covered the physical changes associated with later adulthood. In this assignment you are going to extend that knowledge and look at the affect these changes can have on an individual.

Heading: The physical and psychological changes which may be associated with ageing

Explain the physical changes that may occur and the effects of these changes on a person (any person, not your celebrity). For example, changes to the skin and the development of wrinkles – how may a person react to these changes?

What affect may these physical changes have on their **confidence and self-esteem**? Why?

What about loss of mobility due to conditions such as arthritis? How might they be affected in terms of confidence and self-esteem? What must it feel like when you can’t do the things you once could?

Try to choose a range of changes and focus on the impact of those changes on confidence and self-esteem.

You need to give some detail on Erikson’s ‘ego integrity’. You should have mentioned Erikson in assignment 1.

Discuss the general issues that may influence ageing – see table 4.9 pg. 168 Stretch and Whitehouse book 1. You need to consider how a person may react to these changes.

You are now going to go into detail on the theories of ageing.

Heading: **Theories of Ageing**

Introduce the section with something like…***’there are a number of different theories associated with ageing and the following is an overview of these…’***

Heading: **Biological Theories of Ageing**

Now list the biological theories of ageing.

For each theory give a brief explanation – do not go into a lot of detail here because there are lots – you only need to mention 2 in brief: the programmed theory and the damage or error theory.

Here is a link so that you can get a general overview of each.**. PLEASE DO NOT** write a lot about these.

***https://courses.lumenlearning.com/ap1x2-91/chapter/why-the-body-ages***

Heading: **Psychosocial Theories of Ageing**

Now list the psychosocial theories of ageing.

For each theory give a brief explanation

Explain that you are going to look at Disengagement and Activity theory in more detail as you feel that these strongly link to how a person approaches the ageing process and that these influence the care that is provided for the elderly.

Heading: **Disengagement Theory of Ageing**

Who were the key writers of this theory?

What does the theory suggest?

What are the weaknesses/criticisms of the theory?

Heading: **Activity Theory of Ageing**

Who were the key writers of this theory?

What does the theory suggest?

What are the weaknesses/criticisms of the theory?

Heading: **An Evaluation of how the Disengagement and Activity theories of ageing influence Health and Social Car provision**

Before you start this section, you need to identify that people are living longer and many are healthy and independent into their eighties and beyond. Explain that not everyone will want to retire from paid employment.

Explain that once people reach retirement age they are entitled to a state pension, identify that some people will also have private pensions which will increase the amount of money they have available. Why might having a private pension reduce disengagement and promote activity?

Identify other benefits that the elderly are entitled to (see powerpoint).

Why might these prevent disengagement and promote activity?

***For the next part – Use the book P171 and look at the section entitled ‘Ageing and health and social care provision’ as well as thinking back to the work in class.***

Explain in your own words that the majority of people want to remain in their own home for as long as possible and what services can be provided to support this.

Identify the other types of care/housing available to support the elderly.

What is good about the different types of care available to support the elderly? What are these types of care trying to do?

The way H&SC provision is currently set up, does it give people opportunity to keep active and engage with activities? – give examples of how this might happen in each different type of are setting.

How does Home Care help to maintain activity and prevent disengagement?

How does Sheltered Accommodation maintain activity and prevent disengagement?

How does Residential Care maintain activity and prevent disengagement?

For the above, answer the questions – Will they have the opportunity to maintain links with their old life? How? If not, why not?

What sorts of things do they do in Residential Care?

Do people living in Residential care have the same opportunities as they do with their family or do people in care homes have more opportunity than people being cared for by their family?

Heading: **Conclusion**

Are the elderly encouraged to remain active in order to prevent excessive disengagement or would they be expected to withdraw? Give reasons for your opinion here.