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2012 HSC - Human Services

Band 4/5

Sample 3 Question 21

As a person ages, their ability to maintain healthy relationships becomes more difficult and in turn their health deteriorates.

The need for primary and secondary relationships increases and the need for intervention rises as the risk of loneliness does so respectively.

Loneliness refers to a person feeling out of touch with their peers and surroundings. Once a person ages, loneliness increases and they may lose their regular personality and this can in turn affect the delivery of care given to them. Social alienation is the largest factor contributing to loneliness and ~~often~~ often occurs in levels. For example, the first level is the ~~low~~ feeling of unfamiliarity with their surroundings and the last level is complete alienation. Other factors that contribute to loneliness is the loss of family or friends, housing disappointment and financial stresses that make an aged person give up on trying to enhance their quality of life. The first step the health and/or aged care facility must do is assess the level of loneliness in order to create strategies to reduce its severity. Specific job roles, such as nurses, must offer support to the aged in terms of their emotional needs. This can be done by getting involved in decision making, help them to be more involved with close relationships, telling them when they're available and aiming to re-integrate them into their community. The need for social and recreational programs increases and it is the role

of the health or aged care facility to offer these. They may include day care centres, meals on wheels, community bus trips and Adopt a Grandparent programs. ~~These~~ The health and/or aged facilities must also give information about social workers who can do home visits and assess the need for extra help. For example, ramps instead of stairs.

Needless to say, as a person ages, their health deteriorates. For example their skin integrity reduces and the risk of preventable diseases increases. It is the health/aged care sector's role to offer immediate treatment and fulfill their physical needs. This may range from treatment for pain or oxygen therapy for respiratory distress.

It has become more and more common for the aged to be abused or neglected in some form. However, they become less reported and in turn the elderly experience depression and anxiety. It is important that the health/aged sector allow more information of the consequences of abuse and neglect in order to reduce their likeliness. Group consultations may be used to reinforce a zero tolerance program for abuse and neglect and employees must be able to recognise the early signs and symptoms of the two. They must empower individuals to take control and stand up for themselves and their beliefs in order to reduce the risk of complete powerlessness and declined health status.

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Social assumptions of the elderly are becoming more prominent, however it is important for the whole community ~~not~~ as well as the health sector to know that mental frailty and regular falls are not normal. The lack of ability to control these things need to be increased and strategies need to be put in place by the health/aged industry to respond to these assumptions. The delivery of care can be impacted by these assumptions if a nursing group ~~or~~ or specialist team simply ignores these signs of deteriorated health. Increased education and the implementation of policies such as anti-discrimination can aid ~~the~~ issues such as this in order to improve the quality of care for the elderly.

It is important that the health and aged care sector are aware of the fact that as an individual ages, their physical, emotional and spiritual needs increase. They must plan and prepare for ~~these issue~~ issues that may impact their delivery of care in order to increase the quality of life as one ages. They must regularly report any hazards or issues and must have a response team ready to reduce the risk, and evaluate them by monitoring progress.

← Tick this box if you have continued this answer in another writing booklet.