Human Growth & Behaviour

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Introduction

In order to assist those who are socially disadvantaged, social workers exist. A social worker is a person who works to ensure that people have the resources they need to live healthy and safe lives. By examining the context, connections, systems, and policies that shape their clients' daily lives, they work to improve those lives. Poverty, abuse, unemployment, mental illness, addiction, and trauma are just some of the most common issues that social workers must help their clients overcome. Social workers cultivate caring, trusting relationships with their clients through regular one-on-one meetings. Client problems are diagnosed, and solutions such as moving, therapy, medical care coordination, and job placement are put into action. A social worker's clientele encompasses a wide spectrum of demographics, including those of varying levels of education, wealth, culture, religion, and disability. As a result, they are better able to predict how a client will react to different forms of therapy. With an appreciation for their clients' cultural backgrounds, social workers are able to meet their clients' specific needs in a manner that is sensitive to their cultural practises. Most social workers are employed by organisations that provide assistance to individuals and families. In addition, 10.3 percent of social workers are employed by healthcare facilities, 8.3 percent work in outpatient care facilities, and 11.4 percent are employed by human resource programme administration (Berg-Weger and Morley, J2020). White people make up 58.4 percent of the total social work workforce in the United States. Statistics on the racial composition of the social work workforce reveal that Black individuals make up 20.6% of the workforce, making them the second most common racial or ethnic group in the field.

Social workers help people and their families get through tough times and keep children and other vulnerable people safe. To put it simply, it is their job to make people's lives better. They keep in touch with colleagues and serve as mentors and advocates in the workplace. As part of their

mandate to protect and advance the well-being of vulnerable children and adults, social services offer a variety of services, often conducted in the family's own home and supervised by a social worker, to help families in need (Peretz *et al.,* 2020). Professional social workers are aware of, and make use of, the opportunities and threats presented by shifting social, policy, and work environments. As professionals both individually and collectively, and as participants of the organisations in which they work, they carry out this duty in a manner consistent with their values and ethics. They work with other social workers, professionals, individuals, and communities to collaborate, inform, and be informed by each other's work.

Relationship between social workers and care plan- Social workers agree that promoting and implementing advance care planning is an important part of their role, and that it is their duty and responsibility to do so.

Thesis statement: social workers make care plan that improve quality of life of older people discharged from hospitals.

Key factors impacting quality of life for older people

The job of social workers is to figure out what's causing the alarmingly high rate and then find ways to lower it. Experiencing chronic pain, undergoing medical treatments, or dealing with *mental health issues* like depression or anxiety can have a major impact on the quality of life of someone, including elderly adults. Depression, anxiety, social isolation, and physical harm can all result from or be exacerbated by a substandard living situation at home. However, many seniors who wish to remain in their current homes fail to take into account the potential effects of the home's location or layout on their quality of life as they age (Scott *et al.,* 2018).

Social isolation affects a large population of seniors, who may be unable to easily participate in community events and activities due to mobility issues or because they choose to age at home alone. Many adults aged 50 and up are socially isolated or lonely in ways that put their health at risk, but measuring social isolation and loneliness is difficult (World Health Organization, 2020). To live and flourish, human beings require the company of other people. But as we get older, we tend to spend more time on our own. High rates of depression have been linked to feelings of isolation and loneliness. Men make up a smaller proportion of the social work workforce than women do. The vast majority of men who work in social services are not social work majors. In addition, 15% of men and 85% of women in social work have a master's degree or higher in social work; 11.7% of men and 88.3% of women in social work have a bachelor's degree in social work. In the United States, one high school student drops out every 26 seconds, or about 7,000 a day (Wallace *et al.,* 2020).

The effects of *depression* on the elderly are unique from those on the young. Depression is more common in the elderly and tends to persist even in the face of other medical issues or physical limitations. An increased risk of cardiac diseases and mortality due to illness has been linked to depression in the elderly. Sub-clinical metabolic disease can cause cognitive decline even in the "normal" range. Even if dementia is ruled out, there is still a large degree of heterogeneity among the healthy. The global population of the elderly is growing. Enhanced longevity can be attributed to both scientific advances in medicine and improvements in other aspects of human well-being, such as diet and education (Zhao *et al.,* 2022). Cognitive decline in the elderly brain is becoming a problem later in life as the population ages. There will not be any 'senile dementia' until much later in life. Differences in sagacity among the elderly are greater than those seen across the age spectrum. When comparing brain sizes across people, the hippocampus, lateral prefrontal cortex,

and white matter in the prefrontal region stand out as the most variable. These areas are all involved in higher-level cognitive functions.

Ecological perspective on the role of social workers
Ecological system theory

As a present form of successive system models utilised in social work, *ecological systems theory* is explained here as a form of elaboration. In this model, three behaviour principles that are assumed to be true have been identified: the principle of exchange balance, the principle of inner consistency, and the principle of dialectical change. This article addresses a number of common misunderstandings about ecological systems theory as well as a cultish aspect of its current popularity. As stated by Berg-Weger and Morley, (2020) the ecological systems theory, which also goes by the names human ecology theory and development in context, investigates how the environments in which individuals grow up have an impact on who they become. A social work practise that operates within the context of an *ecological theory* places an emphasis on the dynamic relationships that exist between all of the variables. Individuals are better understood as part of a larger context when they are aware of the social, political, and cultural environments in which they exist, rather than as an isolated set of symptoms. The capacity to restore wetlands can be significantly improved by making use of powerful tools such as ecological theory, species colonisation, disturbance, succession, and ecosystem development. It is important to consider the size of the disturbance, as well as its intensity and duration, in order to accurately predict how quickly the system will be restored after the (anthropogenic) stressors have been removed.

Further, Bronfenbrenner's *ecological systems theory* looks at how and why a child grows up in the environment he or she does. He says that as a child gets older, the interactions that take place in

these settings get more complicated. This complexity might become clear as the child's body and mind continue to grow and develop.

Ecological theory incorporates and expands upon general and social system theories by adding energetic and humanistic dimensions. Due to its focus on real-world, territorial habitats, social work has refocused its attention on such concepts as mutual complementarity, resource conversation, and adaptive fit between the sub-systems of client and situation (National Academies of Sciences, 2019). Life-cycles and developmental tasks in evolution, adaptation, eccentricity, conflict, advice, self-regulation, besides change are also of interest, as are the mobility and delivery of populations; the usage of land, technology, social organisation, and other resources in natural input-output flows. Thus, ecological theory pertains to "open, self-organizing, self-regulating, and adaptive complexes of interacting and interdependent subsystems," as these interfaces between systems and subsystems are where ecological phenomena are most evident.

As opined by Kim and Asbury, (2020) in May 2019, healthcare social workers had the highest median annual salary of any type of social worker, at $56,750. In May of 2019, social workers in the fields of education and child welfare earned a median annual salary of $47,390. The median annual salary for social workers who focus on mental health and substance abuse was $46,650 in May 2019 (Curtis *et al.,* 2020). Moreover, there is a persistent reliance on unhelpful medical models of social problems and social functioning, which stifle the growth of ecological theory and practise. Therefore, there is a push to resurrect and advocate for public health and epidemiological concepts as primary models for social work research and practise.

Social workers and care plan

The process of advance care planning is a conversation that enables capable adults to communicate their desires regarding end-of-life care even during times when they are unable to make their own

decisions for themselves. Even though a number of studies have been conducted to document social workers' perspectives on advance care planning, their knowledge of it, and their involvement in it, the information is fragmented. Due to their abilities in communication, agreement, support, and empowerment, social workers are frequently the key professionals who interconnect with patients and their families throughout life transitions in a variety of care settings (Tajvidi *et al.,* 2021). This is due to the fact that social workers possess these skills. Advance Care Planning, also known as ACP, is a process that encourages communication in order to assist patients in expressing their preferences and objectives regarding their future medical care. Social workers (SWs) receive the training necessary to moderate difficult conversations and assist in a variety of ACP tasks applicable in a variety of clinical settings.

Care management is commonly used to meet the health and social care requirements of older adults in the United Kingdom. Earlier iterations were centralised and accessed through a benefits system, which resulted in ever-increasing costs for the government. More power has been devolved to the people over time, which has fostered a culture of individualism, diversity, and bottom-up decision making. Social entrepreneurship is widely used as a method of care management in the United Kingdom (Li *et al.,* 2020). A care manager is someone who assesses a person's needs and then works with other service providers to meet those needs.

The provision of health care and education has evolved into a difficult task for providers. Every day, nurses and other medical professionals face the challenge of ensuring that patients have access to all of the information they need to make educated decisions about their care. Patients and their families are provided with a vast amount of information regarding the patient's health, and they are frequently required to base important decisions on this data. As opined by Banks *et al.,* (2020) literacy, cultural, linguistic, and physiological barriers are all examples of things that stand in the

way of the efficient delivery of health care information. Because of the variety of ways in which people acquire knowledge, it is the responsibility of the nurse to determine whether or not the patient is ready and able to learn. During the process of care planning, various approaches are utilised to find solutions to the problems that were uncovered during the assessment. In an ideal world, this will also involve the selection of appropriate nursing interventions that are supported by evidence. When planning care, the requirements and preferences of the patient should be given top priority, and the individual receiving care should be actively involved in decision-making to ensure a person-centred approach is taken (Nguyen *et al.,* 2020). The patient's conditions, as well as their personal characteristics and preferences, must be taken into account when the care is planned. It is important to keep in mind that the basic tenets of care planning are applicable in all three settings.

Contribution of social workers to developing care plan for older people

An approach to social work practise known as the ecological perspective takes into account the intricate relationships that exist between people and the environments in which they live. The ecological perspective is a broad frame work that synthesises ideas from a number of different human behaviour and social work practise theories. It provides a rich, eclectic social work knowledge and practise base. As people get older, they often lose the ability to maintain friendships and participate in activities, which can lead to feelings of social isolation and loneliness. Social workers who specialise in geriatric care can provide advice on how to restart social interactions. According to the article of Nguyen *et al.,* (2020) most of the time, it is the family members of an elderly person who are in need of assistance in determining and implementing changes to the daily activity schedule of their loved one. Social workers who specialise in geriatrics are trained to assist older people and the families of those individuals in coping with the effects of function loss. Many

elderly people reach a point in their lives when they must rely on members of their families for assistance with day-to-day tasks. The Social Work 1968 Act, in its broadest sense, and various other laws, including the NHS and Community Care Act of 1990, the Community Care and Health Act of 2002, the Mental Health Act of 1984, and the Adults with Incapacity Act of 2000, all provide support for and prescribe the social work task (Kaushik and Walsh, 2019).

Social workers who specialise in geriatric care provide clients with actionable advice on how to improve their physical and mental functioning, maintain their level of independence in the present, and make preparations for the future. On the other hand, Dalla Costa, (2019) stated that geriatric social workers offer coping strategies to help older people deal with loss and the changes that come with life. Grief that is not dealt with can result in a variety of mental health issues, including anxiety and depression. Social workers who specialise in geriatric care receive specialised training to identify symptoms like these and provide counselling suggestions. In order to assist individuals who are disadvantaged in regaining control over their own lives, social workers may look for mutual support and collaboration within the society as part of their efforts to facilitate social change. Alterations in perception and societal norms can be the source of disarray and disorder. People may find themselves increasingly isolated as a result of rapid social change. It is possible for social workers to assist service recipients in entering or re-entering the workforce (Dryfoos and Maguire, 2019). Through the provision of education and other forms of assistance geared toward facilitating their more seamless incorporation into mainstream society, social workers enable members of society to better adapt to ongoing societal transformations.

Suggesting ways by which social workers can make care plan to improve quality of life of older people discharged from hospitals

When the quality of care is inadequate, when it is not person-centered, and when there is concern for neglect or abuse, the older person and their loved ones will need the support of a social worker in order to speak up and get justice. The social worker is responsible for ensuring that the initial contract with the home accurately specifies the services required by each elderly person, or that the needs identified during assessment have been translated into a comprehensive and individualised care plan. The social worker should then check in with the resident and family on a regular basis to assess how well the care plan is being carried out and make any necessary adjustments to keep up with the resident's evolving needs (Roberts, 2019). The house's managers may be put to the test in this way, especially in terms of maximising efficiency and minimising waste.

It is not up to the patient or family to adjust their cultural norms to fit the social worker's style of communication and behaviour. To provide the best possible care and reduce caregiver stress, they must recognise and accommodate the cultural preferences of patients and their loved ones (Berg-Weger and Morley, 2020). In fact, as part of their hospital's *Community Service Plan*, they hope to increase their outreach to local seniors by holding forums in both English and Spanish to help those affected by arthritis better communicate with their healthcare providers about the condition and its treatment, with an emphasis on reducing the risk of injury due to falls. They should collaborate with local organisations that offer linguistically appropriate and culturally sensitive home care services to lower the rate of injury, social isolation, and improve health outcomes (Preiser *et al.,* 2018). Although social workers recognise that not all problems have simple solutions, they work to overcome obstacles to care, bring together patients and caregivers, and

determine the "best" course of action. They should keep trying to figure out what their patients need, with the primary roles and concerns of their caregivers in mind, and then give them what they need and have on hand to make care easier to get to.

In recent years, governments have begun to pay more attention to issues related to people's mental health. As a result, in many places, social workers are in charge of providing care for people with mental health issues. A social worker may be in charge of a group therapy session or a social rehabilitation programme (Larsen–Freeman, 2019). When a person suffers from a mental illness, they are unable to live a successful life. In order to get the help they need, some people need to enter a psychiatric hospital. Returning to normal life after medical treatment is a challenge for these individuals. In order to help people learn how to function in society again, social workers provide social rehabilitation.

Social workers frequently rely on group work as an effective method and technique, and this practise has been widely adopted within the field since the 1930s. Multiple purposes, such as social regulation, social action, education, and therapy, can be served through group interaction. While the formation of some groups is predicated on a specific outcome or set of goals, others are more organic in nature, with a purpose that emerges over time. A social worker may form a support group to aid women in a certain area who are coping with mental health issues or veterans who are having a hard time reintegrating into society (Kaushik and Walsh, 2019). One must be aware of what is happening on two levels in order to participate effectively in the group process: at the level of the individual and at the level of the group. The development of the group's relationships and its internal communication are factors to think about.

The task-centered approach promotes the growth of skills that can be applied to future problem-solving and the encouragement of individual initiative. The final verdict is that the strategy is

"value-led, evidence-based, and practical." As opposed to focusing solely on tasks (job, duty, and chores) that are defined by predictability and routine, this approach encourages positive change by forming partnerships with individuals, groups, and communities. Social work that is task-centred focuses less on filling out paperwork and more on resolving issues and making measurable progress toward positive change.

Conclusion

Long-term care planning is essential to social employee engagement. Planning ahead for the near future is an investment in a client's long-term health and happiness. Discharge to a rehabilitation setting or referral to home health are examples of immediate needs that are part of the larger plan to restore the client to optimal functioning. A geriatric social worker has extensive knowledge of both public and private options for seniors. Depending on the situation where they work, they can refer the customer to services for support. Planning for long-term care and figuring out how to pay for it are core functions of social workers. Many people feel overwhelmed when they try to apply for services. Application procedures can be simplified and time saved with the help of a social worker. A social worker's role during hospitalisation is to advise patients on how to access insurance-approved rehabilitation services. For customers in rehab, a social worker intends for discharge to home with home care or other caregiver support. The process of ageing can be both mysterious and convoluted. Social workers lobby state governments on behalf of these communities. They can give first-hand accounts to their representatives of how these laws have an effect on the people. Some laws have been strengthened thanks to the contributions of social justice activists. Due to the efforts of social workers, governments have amended laws against sexual harassment and rape.

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