

## Healthy ageing & lifestyle

---

### Fact Sheet No15

### Social impacts of ageing with a disability or long-term condition

More people are living into old age and most will experience some degree of impairment or disability, such as restricted mobility, pain, respiratory issues and incontinence, which will inevitably interfere with daily routines and activities.

Ageing with a disability or long-term condition creates a number of specific as well as general social impacts to which we all have to adapt.

#### Some of the more common social impacts are:

- Maintaining your independence
- Managing adjustment to ageing
- Failing health of your partner, who may also be your carer
- Loss of your partner
- Abandonment by friends, relatives
- Abandonment of essential services, e.g. local authority
- Depression
- Isolation
- Need for long term care facilities: Residential Care, Care & Support, Nursing Home.

(Note: accessing care will be the subject of a separate information sheet)



## Maintaining independence

You may find it increasingly difficult to carry out your daily routine, this could be due to many factors including fatigue, deterioration in your condition or lack of motivation.

You may need more aids and equipment to assist you, which can incur additional costs.

Pain and fatigue, although health issues, can have a negative effect on functionality and the ability to participate in work and social events.

## What support is available?

**Local Authority Social Services / Adult services:** your Local Authority (LA) is able to carry out a needs assessment and provide services such as shopping and cooking via a local home care or a domiciliary agency. Meals on Wheels can be delivered to your home through your LA or other local organisations, if you are eligible. Alterations or adaptations to your home can be made, subject to an assessment and means testing.

**Age UK:** provide services such as assisted shopping, a home help service (for people over 50), gardening, handyman and a befriending services.

**British Red Cross:** provide services such as shopping and collecting prescriptions.

**GP:** your GP can assist with health issues that may be affecting your ability to carry out daily tasks, such as pain, fatigue and depression.

**Support groups:** Your GP surgery and your local library should have details of local organisations and charities which offer volunteer services such as transport to hospital appointments, advice on benefits etc.

**On-line forums:** This method of communication does not suit all, not everybody has access to a computer, but it can be very helpful if you have a specific problem that is related to your disability and you are seeking advice from people who have some experience and understanding of your problems.

## Useful organisations

Age UK Services - <https://www.ageuk.org.uk/services/>

How to find your local authority - <https://www.gov.uk/find-local-council>

British Red Cross - <https://www.redcross.org.uk/>

## Disclaimer

*The information and opinions shared on this website are based on my personal experience of working in the health sector and research I have carried out whilst writing articles; it is of a general nature and should not be used as a substitute for seeking medical advice. My aim is to ensure that this information is accurate and kept up to date, but you should always consult the appropriate healthcare professionals if you have a concern about your health.*

**Feb 2021**