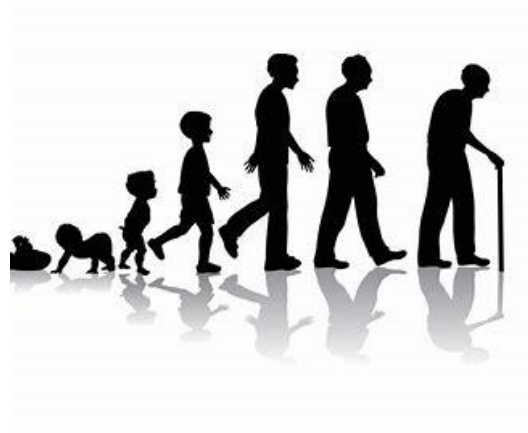


Cambridge Nationals Health and Social Care

R033 – Supporting Individuals through Life Events

Name _____



What will I *learn* about?

- **The life stages (1.1)**
- **The milestones of growth and development, using PIES (1.1)**
- **Factors that can affect the growth and development of individuals (1.1)**
- **Expected and unexpected life events (2.1)**
- **The impact of life events on an individual (2.1)**
- **Individual needs after the life event has occurred (2.1)**
- **Sources of support to meet individual needs (3.1)**
- **How support can be personalised (3.1)**

I will then be given a set assignment by the exam board to complete independently.

Key Terms and Definitions

Word or Term	Definition
Milestones	
PIES Development	
Practitioner	
Service Provider	
Support Provision	

[illegible]

[illegible]

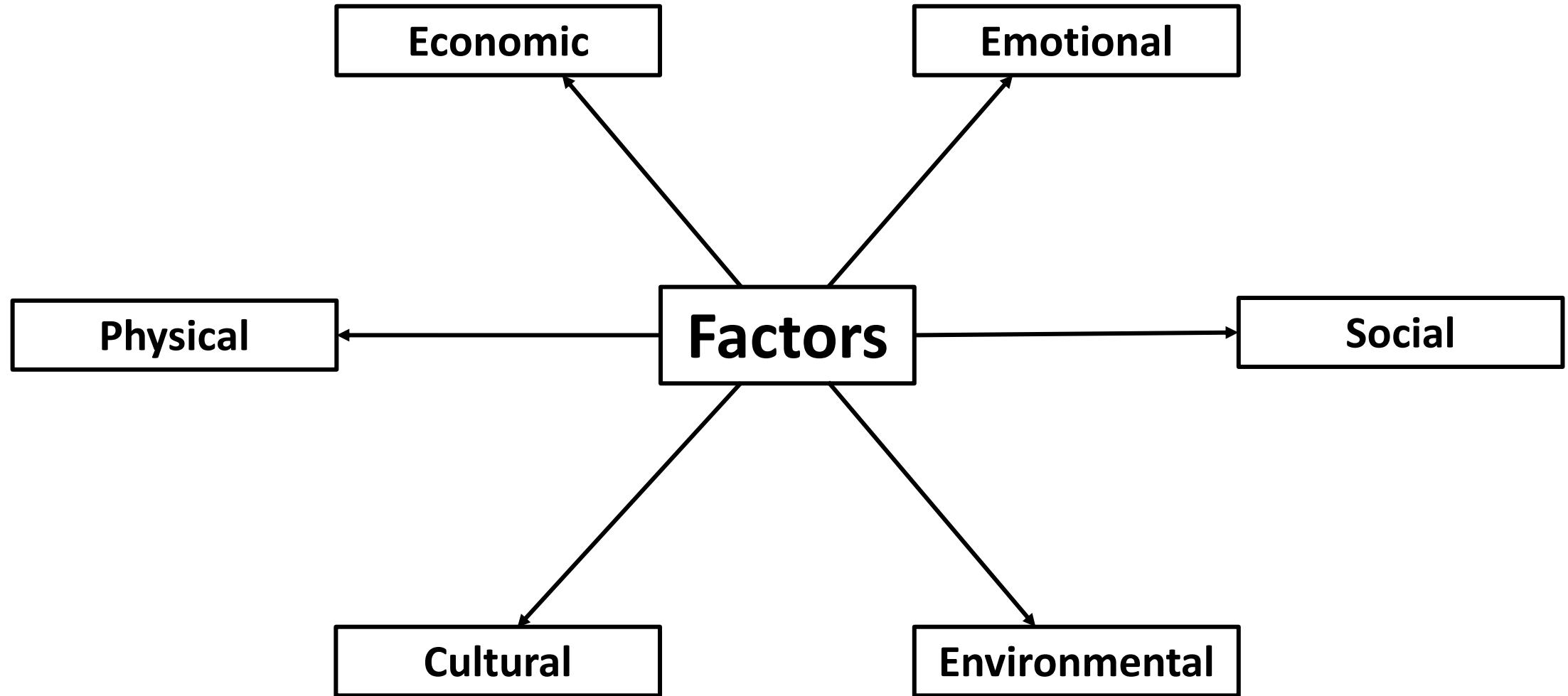
[illegible]

[illegible]

Life Stages – Older Adulthood (_____ years)

[illegible]

Factors affecting the Growth and Development of an Individual



Physical Factors affecting the Growth and Development of an Individual

What is 'physical' related to? _____

Physical Factor	What is this?	How could it affect an individually <u>positively</u> ? <i>Give an example to support your reasoning</i>	How could it effect an individually <u>negatively</u> ? <i>Give an example to support your reasoning</i>
Diet and Nutrition			
Activities			
Lifestyle Choices			
Genetics			
Physical and Mental Health			
Disability			
Sensory Impairment			

Social Factors affecting the Growth and Development of an Individual

What is 'social' related to? _____

Social Factor	What is this?	How could it affect an individually <u>positively</u> ? <i>Give an example to support your reasoning</i>	How could it effect an individually <u>negatively</u> ? <i>Give an example to support your reasoning</i>
Positive and Negative Relationships			
Social Inclusion and Exclusion			
Opportunities			
Discrimination			
Bullying			

Emotional Factors affecting the Growth and Development of an Individual

What is 'emotional' related to? _____

Social Factor	What is this?	How could it affect an individually <u>positively</u> ? <i>Give an example to support your reasoning</i>	How could it effect an individually <u>negatively</u> ? <i>Give an example to support your reasoning</i>
Anxiety			
Fear			
Sadness			
Happiness			
Grief			
Attachment			
Family Security			

Economic Factors affecting the Growth and Development of an Individual

What is 'economic' related to? _____

Economic Factor	What is this?	How could it affect an individually <u>positively</u>? <i>Give an example to support your reasoning</i>	How could it effect an individually <u>negatively</u>? <i>Give an example to support your reasoning</i>
Family Income			
Employment			
Debt			
Bills			
Wealth			
Education			
Health Providers (Services)			

***Cultural* Factors affecting the Growth and Development of an Individual**

What is ‘cultural’ related to? _____

Cultural Factor	What is this?	How could it affect an individually <u>positively</u>? <i>Give an example to support your reasoning</i>	How could it effect an individually <u>negatively</u>? <i>Give an example to support your reasoning</i>
Community			
Religion			
Race			
Gender Identity			
Sexual Orientation			

Environmental Factors affecting the Growth and Development of an Individual

What is 'environmental' related to? _____

Environmental Factor	What is this?	How could it affect an individually <u>positively</u> ? <i>Give an example to support your reasoning</i>	How could it effect an individually <u>negatively</u> ? <i>Give an example to support your reasoning</i>
Housing Needs and Conditions			
Pollution			
Neighbourhood (environment)			
Home Environment			
Access to Services			

Life Events

Life Event	Expected / Unexpected	Physical Event / Relationship Change / Life Circumstances
Puberty		
Bankruptcy		
Imprisonment		
Starting School		
Marriage		
Bereavement		
Disability		
Having Children		
Retirement		

Life Event	Expected / Unexpected	Physical Event / Relationship Change / Life Circumstances
Changing Jobs		
Accidents		
Menopause		
Starting Work		
Serious Illness		
Divorce		
Moving House		
Redundancy		

Give an example of an *accident* an individual could have: _____

Give an example of a *disability* an individual could have: _____

Give an example of a *serious illness* an individual could have: _____

Pick an *Expected* Life Event and complete the following

Expected Life Event: _____

Age you would *expect* this life event to occur: _____

Reason you would expect it to occur at this time: _____

Complete the following table *identifying* and *explaining* the impact of the life event on an individual. Remember this could be *positive* or *negative*.

Physical Impact	Intellectual Impact	Emotional Impact	Social Impact	Financial Impact

Pick an *Unexpected* Life Event and complete the following

Unexpected Life Event: _____

While unexpected, when might the life event be more likely to occur: _____

Reason the life event might have occurred: _____

Complete the following table *identifying* and *explaining* the impact of the life event on an individual. Remember this could be *positive* or *negative*.

Physical Impact	Intellectual Impact	Emotional Impact	Social Impact	Financial Impact

Pick an *Unexpected* Life Event and complete the following

Unexpected Life Event: _____

While unexpected, when might the life event be more likely to occur: _____

Reason the life event might have occurred: _____

Complete the following table *identifying* and *explaining* the impact of the life event on an individual. Remember this could be *positive* or *negative*.

Physical Impact	Intellectual Impact	Emotional Impact	Social Impact	Financial Impact

Identifying Individual *Needs* following the Impacts of the Life Event

Pick one of the life events. Highlight any needs you think an individual might need following the life event.

<ul style="list-style-type: none"> • Visit the GP/nurse • Health checks • Get out • Visit the hospital • Get medication advice – contraception/menopause • Sleeping tablets/advice • Pharmacy – get medication • Attend a local new-mums group • Lose/add weight • Join a gym/get fitter • Health advice from GP • Join local support group • Time on their own • Time to socialise with their partner • Babysitter • Set themselves personal goals • Look on-line for advice • Apps to help 	<ul style="list-style-type: none"> • Attend job centre • Join local college/training centre for help • Structure their day • Medical support from NHS/social services • Sign up for On-line courses • Volunteering • Join self-help groups • Booking appointments • Help from going to the bank • Locating removal companies • Packing belongings • Family help to move • Going to the police • Move to a different area • Counselling • Friends/church groups to help loneliness • Family help • Apps to help 	<ul style="list-style-type: none"> • Get financial advice from citizens advice bureaux – how to manage your money and budgeting • Talk to the bank/building society • Charities to buy cheaper clothes/equipment/furniture • Get benefits advice from social services • Support finding a job from family and friends • Using food banks • Advice about benefits from social services • Budgeting help • Dating apps • Start a sports class • Help to write a CV/letters of application • Getting specialist equipment to help in the home from social services • Claiming benefits if needed • Phone telephone help-lines • Learn a new hobby
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Any other needs for your individual? _____

Pick one need you have highlighted. Why might an individual have that need following the impact of the life event? _____

Sources of Support that meet Individual Needs

Formal support is: _____

Informal Support is: _____

Charity Support is: _____

Complete the following table

Examples of Formal Support	Examples of Informal Support	Examples of Charity Support

Formal Sources of Support

Pick one formal source of support: _____

What help does the service offer?	How can this help your individual? <i>(short term / long term)</i>

Informal Sources of Support

Pick one informal source of support: _____

What help can the individual / organisation offer?	How can this help your individual? <i>(short term / long term)</i>

Charity Sources of Support

Pick one charity source of support: _____

What help can the charity offer?	How can this help your individual? <i>(short term / long term)</i>

Practitioners involved in Providing Support

[illegible]

How can Practitioners meet Individual Needs?

The Role of the Practitioner	Example of a Practitioner	How does the practitioner achieve this?
Enables / Promotes Independence		
Medical / Mental Health Support		
Care Support		
Respite Care		
Financial Support		
Advice and Guidance		

Applying Person Centred Values

Person Centred Value	Why is this important to a service user?	How could you apply this person centred value to an individual?
Individuality		
Choice		
Rights		
Independence		
Privacy		
Dignity		
Respect		
Partnership		
Encouraging Decision Making of the Service User		