

OCR Set Assignment

KEY TERMS

Topic 1: Life Stages and development

4-10 years: childhood

11-18 years: adolescence

19-45 years: young adult

46-65 years: middle adulthood

65+ years: older adult



Factors affecting growth and development across life stages

Physical factors
Social Factors
Emotional Factors



Economic Factors

Cultural Factors

Environmental Factors

Knowledge Organiser Health and Social Care

<u>Year 10</u>

RO33

<u>Task 1:</u> You will be set a task on growth and development through a life stage; this can be any of the 5 studied set by the exam board.



PIES



Physical: fine and gross motor skills, mobility, body changes, menopause, ageing characterises.

Intellectual: language development, Emotional: Bonding, different attachments, independence, self-confidence, self-image, self-esteem. Social: relationships, social skills and responsibilities.

Key words and phrases

Life stages



The different phases an individual can expect to pass through during their life

Milestone



An expected development or ability at a particular life stage

PIES development



Physical, Intellectual, Emotional and Social development

Practitioner



Someone who is trained to do a specific job in a health or social care setting

Support provision



Help and care that is offered to support an individual <u>Task 2a:</u> You will be set a task on the impact of life events on an individual. You **must** interview an individual for this task.

Impacts that life events have on individuals:

Physical factors – Illness/tiredness, pain weight loss/gain, mobility, appearance Intellectual – Adapting to change, learning new skills, learning impairment Emotional – Mental health, grief, anxiety, stress, depression, self-esteem/self-image

Social – lifestyle choices, personal relationships with family and friends
Financial – change in income, increase costs, change in wealth





Expected and unexpected life events:

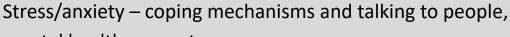
Physical events: Accidents, injury, illness, genetic disorders, puberty, menopause

Relationship changes: Starting/ending relationships, divorce/separation, parenthood, bereavement

Life circumstances: School starting/changing/exclusion, redundancy, imprisonment, retirement, bankruptcy

Individuals' needs based on the impacts of life events

Weight gain – dietary advice and support



mental health support

Loss of income – financial advice and support

Learning impairment – specialist support, independent living, equipment and technology

Physical Factors: Diet and nutrition, activities, lifestyle choices e.g. alcohol, smoking, genetics, physical and mental health, disability, sensory impairment.

Social Factors: Positive and negative relationships, social inclusion/exclusion, opportunities, discrimination bullying.

Emotional Factors: Anxiety, fear, sadness, happiness, grief, attachments, family security.

Cultural Factors: Community, religion, race, gender, sexual orientation. Environmental Factors: Housing needs and conditions, pollution (air, noise light), neighbourhood, home environment (neglect, conflict), access to services.

<u>Task 2b:</u> You will be set a task on researching and recommending personalised support to meet the needs of the individual that you interviewed for task 2a. You will produce a report.

Types of services

Formal: Hospitals, health centres, care homes, day centres, children's services, hospices, respite care, rehabilitation centres, (addiction)

Informal: family/friends, religion/culture

Charities: Relate, Gingerbread, Cruse, Age UK, MIND, specialist charities

Practitioner examples:

GP

Nurse

Midwife

Specialist doctor

Physiotherapist

Dietician

Social worker

Counsellor

Occupational therapist

Health care worker

Charity workers

Relate





Sources of support fall into 3 main categories:

- Formal
- Informal
- Charities

What you must know:

- Role of practitioners and informal carers
- How practitioners meet individual needs and how this supports service users

Gingerbread*





RO33: Supporting individuals through life events

Total for Task 1: 15 marks

Total for Task 2a: 24 marks

Total for Task 2b: 21 marks

Total for RO33: 60 marks