

RO33: Supporting individuals through life events

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



Knowledge Organiser Health and Social Care

Year 10

RO33

Task 1: 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.

Factors affecting growth and development across life stages

Physical factors

Social Factors

Emotional Factors

Economic Factors

Cultural Factors

Environmental Factors



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

Task 2a: 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

Stress/anxiety – coping mechanisms and talking to people, 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.



Task 2b: 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.

Practitioner examples:

GP
Nurse
Midwife
Specialist doctor
Physiotherapist
Dietician
Social worker
Counsellor
Occupational therapist
Health care worker
Charity workers

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



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*



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Total for Task 1: 15 marks

Total for Task 2a: 24 marks

Total for Task 2b: 21 marks

Total for RO33: **60 marks**