

Health and Social Care Knowledge Organiser: Component 1 Human Lifespan Development

Learning Aim B: Investigate how individuals deal with life events

B1 Different types of life event

1. Physical Events

- a) Accident/ injury
- b) Ill health

Causes negative self-image

How physical events may impact on growth and development?

Affects diet, causing a delay in growth

Restricts mobility

Impacts on life chances

Impacts on income

2. Relationship Changes

- a) New relationships
- b) Marriage
- c) Divorce
- d) Parenthood
- e) Bereavement

How relationships might change?

Page 44



3. Life Circumstances

- a) Moving house, school or job
- b) Exclusion from education
- c) Redundancy
- d) Imprisonment
- e) Retirement



Life Circumstances	Possible Positive Effects	Possible Negative Effects
Moving house	Excited Meet new people	Anxious Stress
Starting school	Learn new things	Feel insecure
Redundancy	New challenges	Loss of earning
Imprisonment	Make different life choices	Lower self-image and self-esteem

B2 Coping with change caused by life events

How individuals adapt to these changes

Change is both **POSITIVE & NEGATIVE**

How do we deal with change?

What happens to us when we don't deal with change very well?

Who can help and support us through a time of change?

Read about Alex in the case study on page 50. This is a good example of sudden change.

How did this change affect Alex?

What did Alex do to adapt to the change? How did it improve her life?

This is a big word in Health & Social Care - **RESILIENCE**

Give a definition

Give an example of a change in a person's life and how having resilience can help adapting to this change (MUST) We can prepare for change when we know it's coming - give 2 examples of this kind of change

Sources of Support

Family, friends, partners

- a) Professional carers and services
- b) Community groups, voluntary and faith-based organisations

Types of Support

- a) Emotional
- b) Information advice
- c) Practical help, e.g. financial assistance, childcare, transport

