

## Health and Social Care

### Unit R033: Supporting individuals through life events

As we age and develop we move through different chapters in our lives, these are known as life stages. During each life stage you will experience different events which can make you develop in a number of different ways. The life stages that you will learn about are below:

Life stages and key milestones of growth and development for age groups

- 4-10 years (childhood)
- 11-18 years (adolescence)
- 19-45 years (young adulthood)
- 46-65 years (middle adulthood)
- 65+ years (older adulthood)

### PIES

During each life stage you will develop in a number of different areas which are known in health and social care as PIES. This stands for:

P - Physical

I - Intellectual

E - Emotional

S - Social

At each life stage you will develop/ or there will be changes in each one of the PIES developmental areas, below are some of the examples that may occur during your lifetime.

### PIES development across the life stages:

#### Physical

fine and gross motor skills, mobility, characteristic body changes, sexual characteristics, puberty, menopause, ageing characteristics.

#### Intellectual

language development, sentence construction, logical thinking, problem solving, decision making, deterioration of mental abilities.

#### Emotional

love, bonding, different attachments, independence, self-confidence, self-image, self-esteem, affection.

#### Social

social skills, responsibilities, developing new relationships, maintaining relationships.

### Factors affecting growth and development across the life stages

As we move through these chapters/lifestages there can be factors that influence how we go through them or how we handle them for example the choices we make e.g. a good diet or a bad diet and how they influence the body.

**Physical factors** – diet and nutrition, activities, lifestyle choices, 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, family security.

**Economic factors** – family income, employment, debts, wealth, education, private/public health providers (services).

**Cultural factors** – community, religion, race, gender identity, sexual orientation.

**Environmental factors** – housing needs and conditions, pollution, neighbourhood, home environment (neglect, conflict), access to services.

### Motor skills

Motor skills are something most of us do without even thinking about them. Motor skills are divided into gross and fine. Gross motor skills use the large muscles of the arms, legs, and torso. Fine motor skills involve small muscles working with the brain and nervous system to control movements in areas such as the hands, fingers, lips, tongue and eyes.

#### Gross motor skills:

- Sitting
- Crawling
- Running
- Jumping
- Throwing a ball
- Climbing stairs

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### Fine motor skills:

- Handwriting
- Picking up small objects
- Play jigsaw puzzles
- Tying shoe laces

### Life events and their impacts on individuals

Expected and unexpected life events. A major event that changes a person's status or circumstances, such as giving birth, marriage, divorce, death of spouse, loss of job. Events that take individuals by surprise as they do not know that they are going to happen, they are unplanned. Some examples are having an accident or an unexpected death.

### Expected and unexpected life events:

- **Physical events**
- **Relationship changes**
- **Life circumstances**

**Examples** of physical events may include: accident/ injury, ill health, genetic disorders, puberty, menopause.

**Examples** of relationship changes may include: starting/ending relationships, divorce, parenthood, bereavement.

**Examples** of life circumstances may include: school starting/ changing/ exclusion, redundancy, bankruptcy.

### Impacts of life events on individuals:

- **Physical:** 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 friends and family.
- **Financial:** change in income, increased costs, change in wealth.
- **Weight gain** – dietary advice and support.
- **Stress/anxiety** – coping mechanisms, someone to talk to, mental health support.
- **Loss of income** – financial advice and support.
- **Learning impairment** – specialist support, Independent living, equipment.

Sources of support that meet individual needs:

- Formal
- Informal
- Charities

**Formal:** hospitals, health centres, care homes, day centres, children's services,

hospices, respite care, rehabilitation centres (addiction or injury).

**Informal:** family/friends, religion/culture.

**Charities:** Relate, Gingerbread, Cruse, Age UK, Mind, specialist charities.

Roles of support and who can provide it:

- Practitioners
- Informal caregivers
- Formal caregivers

### Examples of practitioners may include:

GP, nurse, midwife, specialist doctor, physiotherapist, dietician, social worker, counsellor, occupational therapist, health care worker, physiotherapist, charity workers.