

BTEC Tech Award Health and Social Care Component 1—Learning Aim B

Knowledge Organiser

Investigate how individuals deal with life events.

This knowledge organiser will help you to understand key words and concepts, as well as how to spell them and define what they mean.

B1: Different types of Life Event

Physical Events

An event which may cause harm to the individual physically. For example an accident, injury or illness. These can have negative impacts on all areas of PIES development.



Relationship Changes

Relationship changes can take the form of many different types. They include entering into relationships; Marriage; divorce; parenthood; bereavement.

Life Circumstances

A life circumstance can sometimes be expected or unexpected. They can be positive or negative. They can often be unexpected which can have a negative impact on health and wellbeing. For example being excluded from school, being made redundant or being imprisoned.

B2: Coping with change caused by Life

Events When an individual experiences a life event, they may adapt easily or they may require support to help them. People who experience the same life event can have two different ways of coping and will rely on different sources of support and types of support. For example:

Practical Help: this could involve financial help, child care and transport or could be through community groups and voluntary organisations. This can be offered by a range of people including informal and formal support networks.

Informal Support: friends, family and partners can offer informal support for individuals. Informal support can offer reassurance, advice and encouragement.

Formal Support: professional services can help people to cope with different types of life event. For example, an individual having a baby will rely on a midwife. A person who has experienced an accident may need the support of a medical professional to treat the injury, and a counsellor to talk through their emotions, and an occupational therapist to adapt their home, and a physiotherapist to help them with their mobility

Definitions

Circumstance

A situation which a person may find themselves in.

Adapt

Getting used to a change, making adjustments.

Informal (support)

Casual, relaxed, not paid for

Formal (support)

Offered by professionals such as GPs.



Key Words: physical events, relationship changes, life circumstances, sources of support, types of support, formal and informal support