Exmouth Community College
Academy Trust

Health and Social Care Knowledge Organiser: Component 3 Health and Wellbeing

LAA Factors that affect health and wellbeing

A1 Factors affecting health and wellbeing

1. **Definition of health and wellbeing**
   a. A combination of physical health and social and emotional wellbeing, and not just the absence of disease or illness. (Holistic meaning)
2. **Physical and lifestyle factors that can have positive or negative effects on health and wellbeing:**
   a. Genetic inheritance, including inherited conditions and predisposition to other conditions
   b. Ill health (acute and chronic)
   c. Diet (balance, quality and amount)
   d. Amount of exercise
   e. Substance use - alcohol, nicotine, illegal drugs and misuse of prescribed drugs
   f. Personal hygiene
3. **Social, emotional and cultural factors that can have positive or negative effects on health and wellbeing:**
   a. Social interactions, e.g. supportive/ unsupportive relationships, social integration/ isolation
   b. Stress, e.g. work-related
   c. Willingness to seek help or access services, e.g. influenced by culture, gender, education
4. **Economic factors that have a positive or negative effect on health and well-being**
   a. Financial resources
5. **Environmental factors that can have a positive or negative effect on health and well-being:**
   a. Environmental conditions, e.g. levels of pollution, noise
   b. Housing, e.g. conditions, location
6. **The impact of life events relating to relationship changes and changes in life circumstances**

LAB Interpreting health indicators

B1 Physiological indicators

1. **Physiological indicators that are used to measure health:**
   a. Pulse (resting and recovery rate after exercise)
   b. Blood pressure
   c. Peak flow
   d. Body mass index (BMI)
2. **Using published guidance to interpret data relating to these physiological indicators**
3. **The potential significance of abnormal readings: risks to physical health**

B2 Lifestyle indicators

1. **Interpretation of lifestyle data, specifically risks to physical health associated with:**
   a. Smoking
   b. Alcohol consumption
   c. Inactive lifestyles

LAC Person centred health and wellbeing improvement plans

C1 Health and wellbeing improvement plans

1. **The importance of a person-centred approach that takes into account an individual's needs, wishes and circumstances**
2. **Information to be included in plan:**
   a. Recommended actions to improve health and wellbeing
   b. Short term (less than 6 months) and long term targets (over 6 months)
   c. Appropriate sources of support (formal and/ or informal)

C2 Obstacles to implementing plans

1. **Potential obstacles**
   a. Emotional/ psychological – lack of motivation, low self-esteem, acceptance of current state
   b. Time constraints – work and family commitments
   c. Availability of resources – financial, physical, e.g. equipment
   d. Unachievable targets – unachievable for the individual or unrealistic timescale
   e. Lack of support, e.g from family and friends
   f. Other factors specific to individual – ability/ disability, addiction
   g. Barriers to accessing identified services

Health & Social Care / Comp 3 Knowledge Organiser – Term 1

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Name: _____ My Component 3 Exam Checklist

Complete this table to chart your progress on Component 3 + revision

Core Theme	Date Revised	Not sure	Nailed it!	Date Revisited	Still not sure...	Nailed it!
Learning Aim A: Health & Wellbeing						
How to use a case study effectively						
Definition of health and wellbeing						
Genetic inheritance						
Ill health: Chronic / acute						
Accident and injury						
Diet						
Exercise						
Personal hygiene						
Alcohol + PIES effects						
Smoking + nicotine – PIES effects						
Illegal drugs – PIES effects						
Factors affecting health:						
Economic factors: poverty						
Economic factors: income						
Environmental factors: pollution						
Environmental factors: housing						
Learning Aim B: Health Indicators						
Resting pulse rate						
Recovery pulse rate						
Blood pressure						
Peak flow						
BMI						
Lifestyle data – smoking/alcohol/diet/inactivity						
Learning Aim C: Health improvement						
Person-centred approach						
How to justify health plan choices						
Health plan: how to design one						
Goals and recommended actions						
Short / long term SMART targets						
Formal support						
Informal support						
Obstacles to the plan						
How to overcome obstacles						

Health & Social Care / Comp 3 Revision Checklist– Term 1

COMPONENT 3 LA.A OVERVIEW OF FACTORS ON HEALTH AND WELLBEING

A holistic approach to health is to meet the needs of the whole person, their physical, intellectual, emotional and social needs. It is not merely an absence of disease

FACTOR	PHYSICAL IMPACT	INTELLECTUAL IMPACT	EMOTIONAL IMPACT	SOCIAL IMPACT
Genetic inheritance	• Possible heart conditions • Lung damage • Pain and discomfort • Respiratory infections	• Missing school or work • Developmental delays with learning	• Resentful for the condition • Frustration • Possible pain causing anxiety or depression	• Limit social interaction • Social isolation
Illness/disease **CHRONIC** **ACUTE**	• Pain and discomfort • Restricted movement	• Missing school or work • Struggle to concentrate and problem solve	• Feel stressed • Resentful • Negative self image	• Miss going out with friends • Socially isolated • Loss of independence • Spend time with family
Diet	• Reduced life expectancy • Painful joints and poor mobility • Higher risk of type 2 diabetes and heart disease • Maintain weight and have good body image	• Tiredness so struggle with school and work • Reduce concentration	• Embarrassment and depression • Poor self image and esteem • Worry about future ill health • Abuse and bullying from other people if obese	• Lack of confidence in relationships • Unable to do certain activities if obese such as walking
Exercise	• Boosts immune system • Boosts energy levels • Relieves stress • Maintain mobility • improve sleep and digestion • Strengthens bones and muscles	• Improves concentration	• Combat depression • Ability to handle stress • Reduces anxiety • Improves mood • Increases self image and esteem	• Boosts confidence when forming relationships • Meet new people and reduce social isolation • Improve social skills
Personal hygiene	• Bad breath • Tooth decay and difficulty eating • Spread disease and infections	• Unemployment	• Poor self image and esteem • Lack of confidence and embarrassment • Bullied by others	• Loss of friends • Social isolation • Lack of intimate relationship
Stress	• Tension in muscle • Digestive problems and loss of appetite • Sweaty hands and dry mouth	• Forgetfulness • Poor concentration • Improve performance	• Feeling insecure • Loos of confidence • Feeling anxious • Negative self esteem	• Social isolation • Breakdown of relationships • Difficulty making relationships

COMPONENT 3 LA. A OVERVIEW OF FACTORS ON HEALTH AND WELLBEING

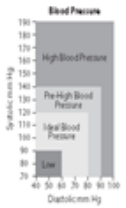
RED = NEGATIVE IMPACT BLACK = POSITIVE IMPACT

FACTOR	PHYSICAL IMPACT	INTELLECTUAL IMPACT	EMOTIONAL IMPACT	SOCIAL IMPACT
Substance use	• Liver failure • Heart disease and chest conditions • Poor growth • Insomnia • Increased risk of cancer • Infertility and impotence	• Impaired judgement and make mis-takes • Financial problems through job loss • Poor concentration • Impaired brain development of unborn baby	• Addiction • Inhibited behavior • Poor self image because they can't quit • Effects of drugs on mental health • Anxiety • Rapid mood swings	• Breakdown of relationships • Poor hygiene • Domestic violence
Relationships	• Walk together, encourage each other to exercise • Poor life style choices if poor relation-ship - misuse substances such as smok-ing, alcohol or drugs. Poor dietary choices	• Encouraged to learn and develop new skills • Poor concentration if go through a rela-tionship breakdown	• Feeling of security and contentment • Increased self esteem • More confident • Feelings of hurt, loneliness and distrust if relationship is poor	• Wider social circle • Opportunities to meet new people • Confidence to build relationships • Lack of independence if poor relationship
Seeking help	• Help individuals to recover from illness quicker	• Learning opportunities • Miss time off school and work due to hospital appointments	• Feel positive about getting the problem sorted, can feel empowered • Embarrassment	• Can give confidence to meet new people
Financial resources	• Good health due to a healthy diet, good housing and less stress • Poor diet and activity levels, poor hous-ing due lack of money	• More leisure time for hobbies such as reading, and doing courses • Work and education helps to build problem solving skills • May work long hours, tired,	• Sense of security and contentment • Better self esteem • Financial worries can result in stress and relationship breakdown • Unemployment could lead to a negative self image and low self esteem	• Better opportunities to socialise - holidays, meals out. • Chance to socialise with work colleagues • Unemployment can lead to social isolation
Housing/ Environment	• Respiratory problems from damp hous-ing or living in a polluted area • More prone to illnesses and accidents due to over-crowding • Weight gain due to unsafe or poor out-door space, sleeplessness	• Quiet space to think, read and com-plete work • Inability to concentrate on school work or work due to sleep deprivation • Little work space due to overcrowding	• Contentment due to comfortable living conditions • Anxiety and depressed in high crime area • Feeling isolated in a high rise flat • embarrassment	• Sense of community • Access to outdoor areas in the country • Close to shops and social activities
Life events **EXPECTED** **UNEXPECTED**	• Retirement for example can result in more time to focus on a healthy diet and exercise • Depends of the life event but unex-pected can result in physical injury, shock and other health problems	• Opportunity to study • Loss of intellectual stimulation when	• Excitement • Reduced stress when retire • Improve confidence • Anxiety about meeting new people when starting a job	• Time to socialise with family and friends, have more holidays etc when retire • Social isolation due to retirement

Physiological Indicators of health

Blood pressure

	Systolic (top number)	Diastolic (bottom number)
High blood pressure	140-190	90-100
Pre-high blood pressure	120-140	80-90
Ideal blood pressure	90-120	60-80
Low blood pressure	70-90	40-60



What is it?

Blood pressure is the pressure exerted by the blood against the walls of the arteries. It is measured in millimeters of mercury (mmHg) as 2 numbers shown one over the other:

Systolic pressure—the maximum pressure in the arteries as the heart pumps blood around the body.

Diastolic pressure—the minimum pressure as the

How is it measured?

This is measured using a sphygmomanometer which involves a cuff which is wrapped around your arm. It is pumped up to restrict blood flow. The vibrations are then listened to by a nurse using a stethoscope as the blood returns to normal. This is measured at 2 points. It can also be done using a

Risks to health

High blood pressure or hypertension if left untreated can cause: Heart disease, attacks and failure, Kidney disease, strokes, blindness and vascular dementia.

Low blood pressure or hypotension is not normally a health issue unless it causes dizziness or fainting.

Changes needed

It is caused by being overweight, smoking, too much salt, too much caffeine, too much stress, being African or Caribbean, not enough exercise or sleep, having a relative with it or not enough fruit and vegetables.

To reduce its impact you must remove the cause, reduce your stress or treat with medication.

Pulse rate

The average resting pulse rate for an adult is about 60-100bpm.

The average for an athlete is lower at 40-60 bpm.

The fitter you are eth lower your resting pulse rate.

A baby's pulse rate is 70-190 bpm.

Measuring your pulse rate before and after exercise and seeing how many minutes it takes to return to normal is a good way of measuring how fit you are. The shorter the recovery time the fitter you are.

The predicted maximum pulse rate is 220 minus your age. A healthy pulse during

What is it?

The pulse rate is the measure of how fast your heart is beating shown by taking your pulse.

How is it measured?

A useful measure of health is to compare your resting pulse rate with the rate after exercise and see how long it takes to return to its normal resting rate. The pulse is taken by putting two fingers on the radial pulse and count the number of beats for 15 seconds. Then times by 4 to get the beats per minute.

Risks to health

A resting pulse rate below 60 or above 100 per minute may indicate a health issue.

Risks arising from raised pulse rates are dizziness, heart attack, stroke, high blood pressure.

Changes needed

To improve your resting pulse rate and recover rate after exercise you must take regular exercise, healthy diet, lower stress levels and stop smoking.

Abnormal readings

These can happen for a number for a number of reasons including the white coat syndrome where blood pressure can increase with the fear of seeing the doctor. If an abnormal reading occurs once it is usually nothing to worry about. If they occur frequently it could mean a significant health issue requiring immediate treatment using medication.

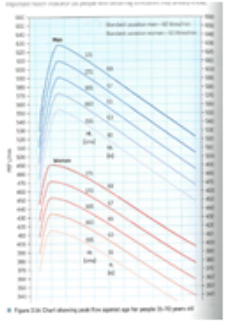
An ambulatory blood pressure monitoring (ABPM) can be used for abnormal readings, this involves taking your pressure yourself at home or wearing a 24 hour monitor that automatically checks your pressure.

Interpreting lifestyle data

You can measure your own lifestyle choices against officially prepared data. This includes safe limits for smoking, drinking and taking exercise.

Lifestyle data is collected by The office for National statistics and NHS Digital to use to develop realistic health and wellbeing improvement plans. This data shows the health of the nation and the areas causing concern, such as obesity. The NHS will then set up education programs and support programs to encourage people to change their lifestyle to reduce the incidence of obesity. It will also indicate the resources needed to treat people who are obese who might need larger beds.

Peak flow



What is it?

It is the measurement of how quickly you can blow air out of your lungs. This is a measure of the maximum rate or expiratory rate in litres per minute at which air is expelled from the lungs. This shows if your airways are narrowed.

How is it measured?

Using a peak flow meter you take in a deep breathe and seal your lips around the disposable mouthpiece then blow as hard as you can. This moves a pointer along a scale, it is usually done 3 times.

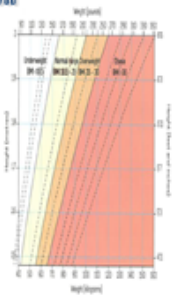
Risks to health

It is usually used to monitor a person's asthma to make sure it doesn't get worse or to keep it under control with medication. It can be sued to diagnose and monitor bronchitis, emphysema, cycstic fibrosis and lung cancer.

Changes needed

If the asthma is triggered by stress or animal hair remove the trigger or monitor with medication. Doing more exercise and maintaining a healthy weight can also help.

BMI



What is it?

BMI is the measure of the amount of fat on your body in relation to your height to tell you if your weight is healthy.

It does not take into account muscle mass, bone density, age and gender which can affect its reading.

How is it measured?

It is based on your height and weight and can be compared against a published chart.. It can also be done by dividing an adults weight in KG by their height in metres

Risks to health

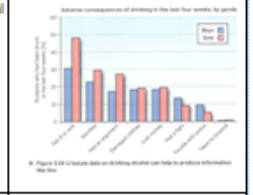
Carrying too much body fat can increase the risk of cardiovascular disease, high blood pressure, diabetes, arthritis or stroke.

Changes needed

In order to reduce your BMI you need to take part in regular exercise and eat a healthy diet. This is so your energy intake is below your energy expenditure.

Smoking is a lifestyle choice which comes with many risks to health (see chart across). There is a lot of lifestyle data on smoking which is used by the UK Government to try and reduce the number of people smoking and the diseases it causes by delivering hard hitting anti-smoking campaigns. ASH (Action on Smoking and Health) is a public health charity which tries to eliminate the harm caused by smoking by influencing policy and asking for tighter controls on the tobacco industry. The data shows the % of people dying from smoking and is used to encourage people to stop.

Drinking alcohol is a lifestyle choice which can have an impact on physical health. The data collected by the ONS shows the number of deaths from diseases like pancreatitis and liver disease which are associated with excessive alcohol consumption. Alcohol concerns and The Drinkaware Trust are both national charities which work to encourage people to make better choices with alcohol. This might be a hard hitting video or fact sheet about the affect of alcohol. The data helps the government sets guidelines on the safe amount to drink.



Data is also collected on the impact of inactivity or lack of exercise on health. This shows that exercise reduces the chances of strokes, diabetes, cancer, obesity, arthritis and cardiovascular disease. It uses this data to set recommendations of the amount of exercise people should get to maintain their health. It says 19-64 year adults should aim to take part in 2.5 hours of moderate intensity activity each week as a minimum and try to not sit for extended periods of time. These initiatives are to try to cut down premature deaths.

Revision organiser – lifestyle and physiological indicators

Area		Current physical health issues	Risks to future health issues
Lifestyle	Drinking alcohol	• Addiction – alcohol • Significant weight change – lack of appetite or much more of an appetite	• Liver cancer • Jaundice - yellowing of the skin and eyes as the liver fails
	Drug misuse	• Addiction • Significant weight change – lack of appetite or much more of an appetite	• Damage to organs such as brain, liver and kidneys
	Smoking	• Addiction - nicotine • Gum disease – pollutants in cigarettes • Bad breath • Prone to chest infections – weakens the immune system • Smokers cough – build up of tar on the lungs	• Illness such as asthma or bronchitis • Increased blood clotting – tar blocks the arteries • Stroke • Lung cancer – pollutants in the cigarettes cause this and build up of tar • Hands and nails stained of nicotine • Loss of skin elasticity (facial wrinkles)
	Poor Diet	• Too much salt – can cause high blood pressure • Too much sugar – can cause raised blood glucose levels • Increased thirst • Blurred vision • Too much fat – • Blocks arteries causing tiredness • Vitamin deficiency • Tiredness due to a lack of iron • Infections such as colds and flu because of a lack of vitamin c	• Obesity (see below causes) • Heart disease (see below causes) • High blood pressure (see below causes) • Strokes (see below causes) • Tooth decay (see below causes) • Type 2 diabetes • Weakened immune system can lead to the development of certain cancers
	Lack of Exercise	• Stiffening of the joints – muscles and ligaments become stiff and will not stretch • Poor strength • Obesity (see below causes)	• Stroke (see below causes) • Heart disease (see below causes) • Slow blood flow (see below causes) • Osteoporosis (weak bones)

Area		Current physical health issues	Risks to future health issues
PHYSIOLOGICAL INDICATORS	High pulse rate	• Blood is being pumped around the body too quickly – sweating, shortness of breath, feeling weak	• Heart attack – the heart cannot pump the blood quickly enough through the heart
	High blood pressure	• Dizziness, fainting or falls - Blood cannot move easily through the brain	• Heart disease – arteries are narrowed so blood has to pump harder to get through the heart • Kidney disease – damaged kidney arteries will not filter the blood • Strokes – arteries are narrowed causing blood clots in the brain • Blindness – caused by blood clots affecting the nerves behind the eyes
	Low blood pressure	• Dizziness, fainting or falls - Blood is not pumped enough to the brain	
	Low peak flow reading	Airway is narrowed – lungs are not working as well as they should be • Harder to take part in exercise which means the lungs are not as strong or elastic – easily get out of breath and feel dizzy when walking upstairs etc	Airway is narrowed – lungs are not working as well as they should be • If exercise is not done due to reduced lung capacity it can mean fat could build up and lead to heart disease or stroke
	High BMI	• High blood pressure – fat restricting blood flow • Harder to do exercise, so it becomes a vicious cycle	• Cardiovascular disease – fat restricting blood flow to the heart • Type 2 diabetes – too much sugar • Arthritis – pressure on the joints due to excess weight • Stroke – fat builds up in the arteries and causes a blood clot, this stops blood from getting to the brain
	Low BMI	• The body is not getting enough nutrients which can lead to; • Depression • Tiredness due to a lack of iron • Infections such as colds and flu because of a lack of vitamin c	• Undiagnosed illness such as an 'underactive thyroid' – not enough of a certain hormone is produced • An eating disorder such as anorexia or bulimia • Anaemia • Rickets

Person-centred health and wellbeing improvement plans

Now you have identified the issues linked to a person's health and well being, you need to look at getting them to make changes to their lifestyle. In this section you will need to understand how to help someone make changes by setting targets using a person-centered approach. Also understand the benefit of SMART targets and the obstacles which may get in the way of these changes.

Person centred approach

This approach developed in the 1960's is about involving the individual in their care in particular changes needed to improve their health and wellbeing. It considers the needs, wishes and circumstances of the person for who the improvement plan is to be written about. This approach puts the service user at the center of care and support. The service works collaboratively with the service user and involves them in any planning and decision making. This approach is meant to lead to more successful outcomes for the service user and better quality of care for them. It can help to reduce pressure on services because people are more likely to stick to their treatment plan. This approach is based on the care values which include: empowerment, dignity, respect, communication, anti-discriminatory practice, confidentiality and safeguarding.

Short & long term targets

Targets can motivate people and they can also be monitored. A mix of short and long term targets is a key feature of a good health and wellbeing improvement plan. Smart targets are a way of producing targets which are more likely to be met.

A long term target is generally 6 months or more, e.g. loose 10kg.

A short term target is anything less than 6 months and this might seem more achievable.

SPECIFIC — The target must be clearly stated and clear, e.g. lose 2kg in weight each week

MEASURABLE — A target to lose weight is too vague a specific amount must be stated.

ACHIEVABLE — You must feel it is possible to achieve the target set otherwise you will give up before you start.

REALISTIC — The target set must be realistic in that you must be able to physically do it. An older unfit person could not run for 30 minutes a day but a younger fitter person could.

TIME-RELATED — The target must have a deadline so that you know when you need to achieve the target by and progress can be assessed.

Targets need to be monitored to see what progress an individual is making and to encourage them to continue. Targets can also be reviewed and amended if necessary.

ACTIONS TO MEET GOALS INVOLVE CHANGING BEHAVIOUR

To lower blood pressure might include cutting out salt, joining a gym, use relaxation to cut stress, eat your 5 a day.
To increase peak flow might include cutting down the number of cigarettes, use nicotine replacement or joining an exercise class.
To reduce BMI might include reducing your sugar and fat intake, doing more exercise and drinking more water.
To reduce pulse rate might include drinking decaffeinated drinks, getting physically active or joining a yoga class.

Recommended actions to improve health and well being

A good health and wellbeing improvement plan will start with a statement of the problem to be dealt with. There should be an overall goal or aim. This will be based on the assessment of a person's health status through:

- The use of physical measures of health
- The factors that affect them

The plan should have certain features, one of which is a set of recommended actions designed to improve health and well being.

Actions based on physiological indicators

You look at the person's health indicators and compare the with what is considered normal this will show what the person needs to do to improve their health by you identifying target and changes to their lifestyle to achieve this and get the indicators back to the normal range.

Example 1—A person with a reading of 160/93 mmHg has high blood pressure. This could be because they are overweight or stressed, they smoke and drink, they are inactive or they do not get enough sleep. An assessment of their health would identify the key factors. Recommendations could then be made such as to stop smoking, to reduce alcohol consumption and go on a diet to loose weight.

Actions based on a person's lifestyle factors

Some people may need to improve their lifestyle to achieve good health and wellbeing. Recommended actions will help to bring improvements in lifestyle.

Example 1—A recommended action for a person who smokes would be to stop smoking. The person could get some nicotine replacement patches or gum or swap to e-cigarettes to start with.

Example 2—A recommended action for a person who consumes too much alcohol would be to reduce their consumption to the safe level of 14 units per week.

Sources of support

FORMAL SUPPORT This is provided by health and social care professionals. These people are trained and paid to give support.	It includes • Practical support, e.g. monitoring blood pressure, peak flow etc. • Emotional support, e.g. encouragement • Advice, e.g. strategies to help make reductions • Information, .e.g. provide leaflets • Aids such as medicine and equipment, e.g. nicotine gum patches etc.
INFORMAL SUPPPORT This is provided by family and friends. They are not paid to help, but they do anyway.	It include • Practical support, e.g. giving you a lift to an exercise class • Advice, e.g. give you low fat recipes • Emotional support, e.g. doing a diet together or a run together • Aids, e.g. lending you scales or equipment

Potential obstacles to implementing plans

A key factor in a successful health and wellbeing improvement plan is the willingness of the person to follow it. It is important that no obstacles are put in their way.

Obstacles

The final factor when constructing an improvement plan is to identify any difficulties a person might face when they implement the plan. What could stop them succeeding and how can you help them to overcome these obstacles.

Listed below are factors which could cause obstacles to success;

- Occupation
- Social class
- Level of stress
- Self -concept
- Support
- Time available
- Social pressure
- Peer group
- Gender

A person is more likely to be successful it they were involved in drawing up the plan (person-centered approach) and identifying the support they might need. As a health practitioner you would need to;

1. Assess the person's current state of health
2. Discuss the health issue to be tackled
3. Discuss different options to tackle the issue
4. Keep it simple and straightforward, avoid using jargon
5. Decide together which options should be followed
6. Explain how they can access support
7. Make the plan clear and straightforward

Step		Example
1	Health issue and goal	Smoker's cough so look to improve respiratory
2	Recommended action	Stop smoking
3	Target	Progressively cut down number of cigarettes smoked, to 5 per day in 4 weeks , then to 0 per
4	Support	Action on smoking and health (charity)
5	Overcoming obstacles	Use nicotine patches to overcome nicotine

Obstacles to achieving health and wellbeing targets	
Emotional/psychological obstacles	Lack of motivation—to get started or to keep going once you begin. It can be overcome by reminding themselves of the benefits, choose activities they enjoy and will stick at, build in rewards Low self esteem—this could mean having negative thoughts about yourself and giving up before you begin Acceptance of current state—this is where you feel fine even though your health indica-
Time constraints	Busy lives mean people struggle to fit everything in what with work and family commitments. However, this can be overcome by getting up 30 minutes earlier 3 times a week, take the stairs instead of the lift, go for a walk during your lunch and do seated exercise at your desk. Family can help by doing activities together like swimming and cycling or going for a walk
Availability of resources	This could be financial or physical, meaning your can't afford to pay for exercise or you don't have the required equipment. This can be overcome by looking at the NHS website 'get fit for free' to get ideas or check with the local authorities for free exercise classes. Lack of scales could mean they struggle to monitor their weight or weigh food so this could be overcome with using their local health center, estimate quantities of food based on the pack size. The NHS website suggests ways to access free equipment including free running podcasts, freegle or freecycle. Look for free taster sessions at gyms and local parks with
Unachievable targets	If targets are unrealistic then you will more likely not meet them. They might be too ambitious, not appropriate, the person may not understand them, the person might be depressed, not in the right frame of mind, fear they will fail, or see the task as too big. The time scale might feel too short so it doesn't seem worth trying to meet it. Think of strate-
Lack of support	It might be difficult to stick to a healthy diet if you are surrounded by family eating take away or chocolates and biscuits bought for special occasions. A family could support the person by joining in with healthy meals and hide away treats. Being offered cigarettes by friends will make giving up even more difficult so encourage family and friends to join in. Reducing alcohol intake can also be difficult if you are surrounded by friends and family who still drink. Family and friends can help by respecting the other person or making them
Ability/disability and addiction	A person with learning difficulties may struggle to understand the plan and will need extra support to help them implement it. A person with a physical disability who is in a wheel chair will need to attend places suitable for wheel chairs, such as a sports center. A blind person may need gym equipment instructions in braille. People become addicted to smoking, drink and drugs because they make them feel better. Not using these substances causes withdrawal symptoms which are difficult to handle. Overcoming these symptoms will require a great deal of support and be implemented over a
Barriers to accessing identified services	People may find they are unable to access services that could be helpful and these barriers may create obstacles to their plans. These barriers could be physical, psychological, financial, cultural and language, resources or geographical. Think back to component 2 and how these where barriers to accessing health and social care services. Changes may need to be made so these barriers don't stop the success of the improvement plan.