

B1 Different types of life events

Different events that can impact on people's PIES development

Health and Wellbeing:
accident/injury
physical illness
mental and emotional
health and wellbeing

Relationship Changes: entering into relationships marriage, civil partnership, long-term relationship divorce, separation for non-married couples parenthood bereavement

Life Circumstances: moving house, school or job exclusion from education redundancy imprisonment changes to standards of living retirement

B2 Coping with change caused by life events

How individuals can adapt or be supported through changes caused by life events

The character traits that influence how individuals cope:
resilience self-esteem
emotional intelligence
disposition – a person's character traits, e.g. positive, negative

The sources of support that can help individuals adapt: family, friends, neighbours, partners professional carers and services community groups, voluntary and faith-based organisations multi-agency working e.g. social services working with mental health trust, children's services working with the justice system multidisciplinary working e.g. a health visitor working with a GP, psychiatric nurse with an OT

The types of support that can help individuals adapt:
emotional support information, advice, endorsed apps practical help – financial assistance, support with childcare, domestic chores, transport