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.

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. Usually they are unexpected and have a negative impact. 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.

Practical Help: can take the form of financial help, child care and transport. 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.

Definitions

Circumstance

A situation which a person may find themselves in.

Adapt

Getting used to a change, making adjustments.

Informal (support)

Casual, relaxed

Formal (support)

Offered by professionals such as GPs.

Key Words: Physical, Relationships, Life Circumstance, Practical, Support, Cope, Change, Life Event.