**HEALTH AND SOCIAL CARE – COMP 3 KNOWLEDGE ORGANISER**

**C2 & C3 Recommendations, support, barriers and obstacles to making changes**

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| **Recommendations and actions to improve health and wellbeing**  Established recommendations for helping to improve health and wellbeing:   * Image result for healthy heartImproving resting heart rate and recovery rate after exercise * Improving blood pressure * Maintaining a healthy weight * Eating a balanced diet * Getting enough physical activity * Quitting smoking * Sensible alcohol consumption * Stopping substance misuse |
| **Support**  Support available when following recommendations to improve health and wellbeing:   * **Formal** support from professionals, trained volunteers, support groups and charities * **Informal** support from friends, family, neighbours, community and work colleagues |
| **Barriers and obstacles to following recommendations**  The definition of a barrier is ‘something unique to the health and social care system that prevents an individual accessing a service.  Potential barriers as appropriate to the individual and the recommendation:   * Physical barriers * Barriers to people with sensory disability * Barriers to people with different social and cultural backgrounds * Barriers to people that speak English as an additional language or those who have language or speech impairments * Geographical barriers * Resource barriers for service provider * Financial barriers |
| **Obstacles**  C:\Users\anna.rawles\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\2A464AE.tmpThe definition of an obstacle is ‘something personal to an individual that blocks a person moving forward or when action is prevented or made difficult.’  Potential obstacles as appropriate to the individual and the recommendation:   * Emotional/psychological * Time constraints * Availability of resources * Unachievable targets * Lack of support |