



2022 specification
first certification in 2024

Topic on a Page

for BTEC Tech Award L1/2 in Health & Social Care
Component 3: Health and Wellbeing

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


All of the mind maps and activity pages are provided in A3 and A4 format

Teacher's Introduction

This resource is primarily intended to be used during revision by students studying the L1/2 BTEC Tech Award (first teaching September 2022), Component 3: Health and Wellbeing. This unit covers the meaning of 'health and wellbeing', and the factors which can affect an individual's health and wellbeing. The unit also covers a range of physiological and lifestyle indicators which can provide information about an individual's health, and explores the use of person-centred approaches in health and social care settings, as well as recommendations and actions to improve health and wellbeing.

As a revision tool, this resource does not aim to cover the material in depth, but rather to provide visual 'mind maps' of the component specifications which students can use as a basis of their revision, covering all the key vocabulary and knowledge that students need for their exam. The resource is especially suited to visual learners, and those learners who find it hard to revise from written notes.

The resource consists of:

- 10 completed mind maps which provide solutions to the activity mind maps labelled  to 
- 2 × 10 activity (partially completed) mind maps for students to complete, labelled  to 
 - The lower-ability versions of the activity sheets are labelled with a square: 
 - The higher-ability versions of the activity sheets are labelled with a triangle: 

Activities are identified by a  icon.

All are provided in A3 and A4 formats.

The mind maps cover components of the specification as follows:

- 1 A1: Factors affecting health and wellbeing (Definition of health and wellbeing, and Physical factors)
- 2 A1: Factors affecting health and wellbeing (Lifestyle factors)
- 3 A1: Factors affecting health and wellbeing (Social and cultural factors)
- 4 A1: Factors affecting health and wellbeing (Economic and environmental factors)
- 5 A1: Factors affecting health and wellbeing (The impact of life events on PIES)
- 6 B1: Physiological indicators
- 7 B2: Lifestyle indicators
- 8 C1: Person-centred approach, and C2: Recommendations and actions to improve health and wellbeing
- 9 C3: Barriers to following recommendations
- 10 C3: Obstacles to following recommendations

How to use the resource:

- The sheets can be handed out at the end of the course, or at the end of each topic for revision purposes.
- The mind maps can be printed out poster size and displayed on the classroom walls as the topic is being taught, so that students have a visual reminder of what they have been covering in their lessons.
- The resource also includes partially filled-in mind maps. Students could be encouraged to complete the exercises as a way to recap on knowledge from the topic at the end of teaching. More-able students could, additionally, be asked to think of more examples to illustrate the points, or weaker-ability students could provide more illustrations or colour-code the mind maps to aid memory of the key topics. We suggest using A3 sheets as write-on versions and A4 as non-write-on versions.

March 2023

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* resulting from minor specification changes, suggestions from teachers and peer reviews, or occasional errors reported by customers

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DEFINITIONS OF HEALTH AND WELLBEING

What exactly do we mean when we use the terms 'health' and 'wellbeing'? Which aspects of human existence are we talking about?

Health

This is often defined in terms of someone being **physically well**, including being free from disease/sickness and their physical needs met (e.g. for food, shelter, etc.). However, health is defined in a **broader** way by the **World Health Organization** as:

'A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity'

Therefore, a more **holistic** definition of health includes consideration of an individual's intellectual, emotional and social wellbeing.

Wellbeing

Holistic – in care, this means considering all aspects of a person's wellbeing

A **holistic** state of 'health and wellbeing' is reached when all of an individual's needs are met, including the following aspects:

Intellectual wellbeing	Feeling that we have a sufficient level of cognitive or mental stimulation , e.g. at work, at school, or via other hobbies and interests.
Emotional wellbeing	A good state of psychological functioning , free from excessive distress. This also involves feeling secure, loved, and satisfied with one's life.
Social wellbeing	Feeling satisfied and content in our relationships with other people and our ability to participate in wider society in the way that we want to.

Health

Wellbeing

PHYSICAL FACTORS WHICH

'Physical factors' means aspects of experiences of ill health are likely

GENETIC INHERITANCE

In some cases, an individual will inherit **faulty genes** from their **parents** that cause the **significant** health condition. If this **faulty gene** is present, the condition can affect all aspects of an individual's wellbeing throughout their **entire** lives. Below are two examples of conditions that **affect** health and wellbeing.

	Cystic fibrosis	Sickle cell anaemia
Cause	A faulty gene that regulates the movement of salt and water into and out of cells, inherited from both parents.	A faulty gene that affects the shape of red blood cells and is inherited from one parent.
Physical impact	Results in a build-up of mucus in the lungs and digestive system, leading to breathing difficulties and problems absorbing food.	Changes the shape of red blood cells, causing them to obstruct blood flow and affecting their ability to carry oxygen.

Other examples of inherited conditions include:
Duchenne muscular dystrophy (MD),
Huntington's disease and Fabry disease.

Certain inherited genes contain a '**predisposition**'. This doesn't mean that when passed on the person will **definitely** develop a condition, but it does make them **more likely** than others without those genes to get the condition. Examples of conditions that individuals may be genetically predisposed include:
Bipolar disorder, Alzheimer's, Heart problems, Diabetes, Asthma

- Impacts on overall health and wellbeing include:
- × Intellectual – may miss school appointments
 - × Emotional – may experience anxiety or depression regarding health
 - × Social – may have difficulty forming relationships

Physical

Physical illnesses are those that affect different body systems.

Examples

Cardiovascular disease – a range of conditions that affect the heart and blood vessels, due to the build-up of fatty deposits in arteries

Food poisoning

Obesity – a condition where there is an increase in body fat compared to a healthy weight

Pneumonia

Negative effects...

- × **Physical** – symptoms include fatigue, weight loss, and vision problems.
- × **Intellectual** – hypoglycaemic episodes can affect functioning at work or school.
- × **Emotional** – diabetes is a stigmatised condition, which could affect confidence and self-esteem.

Positive effect...

- ✓ **Social** – close loved ones may also adopt a healthier diet to help the individual manage their condition.

Impact on wellbeing

Type 2 diabetes – a condition caused by the body's resistance to the effects of insulin, leading to an increase in blood glucose levels

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Balance

Following a 'balanced' diet means consuming enough of the necessary **nutrients** to provide the body with **energy** and to support its **functions**.

Examples of different types of nutrients the body needs are:

- **Proteins** – aid building and repair of **muscles**. Sources include meat and beans.
- **Carbohydrates** – provide **energy** to the body. Sources include grains and fruit.
- **Vitamins and minerals** – these support **essential** functions. Examples include Vitamin C (e.g. growth, repair of tissues) and calcium (e.g. bone strength).
- **Fats** – also provide **energy** and aid vitamin absorption. Sources of healthy fats include nuts, some fish, and olive oil.

NUTRITION

Amount

A balanced diet should avoid an excessive intake of fats and sugars, which can increase the risk of becoming **obese**, which can lead to **coronary heart disease (CHD)**, **type 2 diabetes** and **joint problems**.

If an individual does not consume enough nutritious food, they are likely to become **underweight** and suffer from nutrient **deficiencies**. This could be an indicator that an individual is suffering from an eating disorder, such as anorexia.

Adult women should ideally consume around 2,000 kcal per day, and adult men around 2,500 kcal.

Anorexia – a serious mental health condition involving restricted food intake or excessive exercising

Obesity – having a body mass index of 30 or over, which increases the risk of many health conditions

Undereating also leads to...
anaemia, fertility decline and cognitive problems

Overeating also leads to...
CHD, type 2 diabetes, joint problems

Quality

The quality of foods consumed also has a health impact. Higher-quality foods are often those which have gone through **fewer processing** measures. Foods may be processed by adding **preservatives** or extra salt to make them last longer on shelves.

Consumption levels of **processed meats** (e.g. bacon, sausages) has been linked to an increased **bowel cancer** risk.

A healthy diet can help beyond the physical impacts:

- ✓ **Intellectual** – helps an individual think clearly and be alert
- ✓ **Emotional** – reduces depression and stress
- ✓ **Social** – improves confidence (linked to weight loss)

PHYSICAL

Physical activity

The government recommends 'moderately intense' aerobic exercise for high-intensity

The positives of physical activity can lead to

Exercise can increase the likelihood of

LIFESTYLE FACTOR THAT AFFECT HEALTH AND WELLBEING

How an individual chooses to live their life can significantly impact their wellbeing in the long term. A healthy lifestyle reduces the chances of suffering from many serious health conditions, and goes a long way in promoting intellectual, emotional and social wellbeing.

SUBSTANCE MISUSE

Illegal drugs

Drugs are often taken to achieve a 'high' or altered state of consciousness, or because an individual has become **addicted** to them. Drugs can have a range of health consequences.

- ✗ **Physical** – many people who use drugs suffer from withdrawal symptoms. These include nausea, muscle pain and insomnia.
- ✗ **Intellectual** – can inhibit one's ability to think clearly and can lead to bad decision-making
- ✗ **Emotional** – many drugs can trigger mental health problems such as paranoia or schizophrenia. Some drugs also end with a 'comedown', which can make someone feel depressed.
- ✗ **Social** – drug use can damage personal relationships and leave someone with no one to turn to

ALCOHOL

Alcohol is regularly consumed during social activities. Consuming alcohol in moderation has a low risk of adverse health. However, regularly drinking in excess of the recommended weekly limit can run the risk of serious physical and mental health conditions. Examples include...

Physical:

- ✗ Liver damage / cirrhosis
- ✗ Cancer
- ✗ Increased blood pressure
- ✗ Obesity

Mental:

- ✗ Depression

Many people turn to alcohol to cope with their problems. This can lead to a negative downward spiral as it prevents them from seeking the services that can help deal with these problems and improve health and wellbeing.

Consuming a large amount of alcohol in one go (**binge drinking**) can lead to poor coordination and reduced inhibitions, which increases the risk of harming oneself and having accidents.

Should not regularly exceed 14 units per

... spread across three days or more

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SOCIAL AND CULTURAL FACTORS THAT CAN AFFECT

SOCIAL FACTORS

Humans are social creatures, and our relationships with others have the potential to significantly influence our health and wellbeing throughout our lives.



Supportive relationships

Supportive relationships with friends, partners, relatives and colleagues are likely to involve **encouragement**, **comfort** and being able to discuss your problems. This can help to reduce **stress**, boost **self-esteem**, and **motivate** you towards healthier behaviours. For example, your friends might encourage you to stick to your exercise goals.



May lead to...

Social inclusion

Being **socially integrated** means feeling as though you belong to a **community**.

Positive impacts

- ✓ **Physical** – more likely to take up exercise, e.g. via joining a local sports team.
- ✓ **Intellectual** – opportunities to be involved in local projects and learn new skills.
- ✓ **Emotional** – builds confidence and self-esteem.
- ✓ **Social** – reduced loneliness, making new friends.



Unsupportive relationships

Unfortunate relationships involve **isolation**, **excessive criticism**, and/or **bullying**. Unhealthy relationships can increase **stress** levels, reduce **self-esteem** and make the development of mental health problems more likely. Friends could be unsupportive also due to the influence of **peer pressure** to engage in risky activities.

Peer pressure – strong persuasion from one's peer group to engage in certain (usually risky) activities

May lead to...

Social exclusion

Being **socially excluded** can lead to poor mental health outcomes, due to the limited amount of supportive social contact. **Older adults**, and those with **mobility problems** and/or **issues** can find it difficult for them to leave their homes. **Loneliness** may also lead to unhealthy **coping strategies**, such as excessive drinking.

Social exclusion – withdrawal from or insufficient contact with other people or wider society

Prejudice

The unfair, preconceived and unreasonable opinion of an individual that is not based on

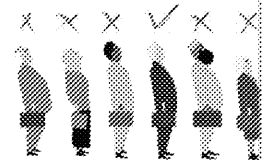
May lead to...

Discrimination

treating someone based on a particular characteristic they possess, e.g. **gender**, **race**, **religion**, **disability**.

For example, people with disabilities may feel discriminated against if they are experiencing a lack of success with job opportunities. A female may feel discriminated against if all the sports activities offered by a local centre are for men.

Negative impacts on health and wellbeing



Physical

Sport or exercise facilities may discriminate against certain groups, e.g. by not being easily accessible for people with disabilities. This will make it harder to improve physical health through exercise.

Intellectual

Being bullied at school can be distracting from education. For example, someone being bullied may be unable to concentrate in class, or may be inclined to avoid school more often to avoid coming into contact with bullies.

Emotional

Discrimination and bullying can be very damaging to one's emotional health. It may cause depression, anxiety, and stress around the way one feels about their situation, making it more difficult to cope.

Social

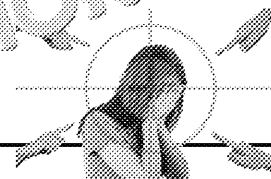
People who are being bullied or discriminated against may find it harder to make friends and form trusting relationships.

Negative impacts on health and wellbeing

Bullying

Behaviour that is intended to cause repeated harm to another person by holding power over them. Bullying is commonplace in **schools** where pupils attempt to establish dominance over others, or in **workplaces** where people in senior positions abuse their power and set unrealistic tasks for employees.

A lot of bullying also takes place online in the form of **cyberbullying**. This is when people send messages or leave comments that are negative and abusive on social media sites such as Facebook, Twitter and Instagram.



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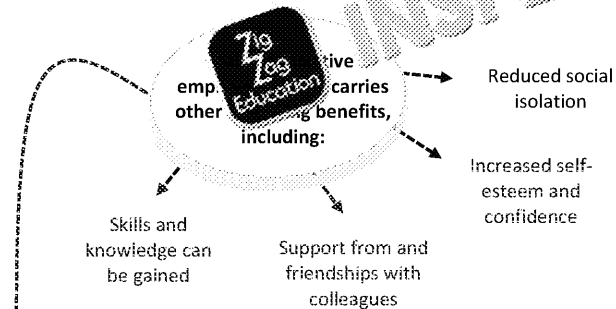


ECONOMIC FACTORS WHICH AFFECT HEALTH AND WELLBEING

'Economic factors' are those aspects of someone's financial position in society. This includes how much income they have, their cost of living, and whether or not they are in employment (and the type of employment they are in).

Employment situation

Being unemployed can lead to serious **stress** if someone is in a difficult financial situation. However, being in employment can also be stressful, particularly if the role is in a **high-conflict** or **high-pressure** environment.



Financial resources

Income

A high income level means an individual is more able to pay for **healthy foods** and **exercise opportunities** which support health and wellbeing.

Those who are richer may also choose to pay for **private healthcare**, which can reduce **waiting times** and enable access to a wider range of treatments.

Private healthcare – this is provided at a cost by a for-profit company, rather than by the government.

Saving

Someone who manages their **income** and **outgoings** well will be able to **accumulate** their finances. This is often by transferring funds to a savings account which earns **interest** on the money they deposit.

Interest – the money charged for taking out a loan, or the revenue gained from savings with a bank.

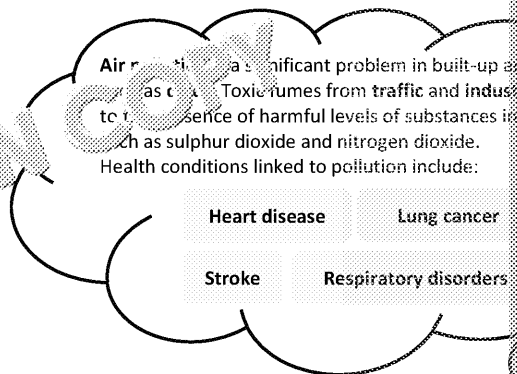
Inheritance
When a person dies, their **estate**, along with other **possessions** or **debts**, is often left to close family members. This can improve **financial security** if the deceased person had **money** saved, or it can be a **burden** on family if not.

Having **stable** financial resources makes it easier to pay the rising costs of living. Being able to do so reduces anxiety over money problems. Chronic stress (e.g. over debt or paying the bills) carries a range of physical health risks.

Wealthier people can also afford higher-quality housing in areas with fewer health risks.

ENVIRONMENTAL FACTORS

Levels of pollution



Light pollution is caused by excessive artificial lighting. This is usually a problem in cities where there are a lot of commercial properties with exterior lighting. Light can combine with noise to disrupt sleep.

Housing conditions

Having a **safe** and **clean** home is important for optimal wellbeing. This allows people to carry out the tasks of daily living (e.g. washing, cooking, and sleeping) and be comfortable under their roof.

Poor housing conditions can impact physical health and wellbeing:

Broken stairs/floors	These pose risk of accident and injury, such as trips and falls.
High humidity/mould	These can exacerbate some respiratory and skin conditions.
Lack of heating	Increases the risk of pneumonia , and makes conditions such as arthritis worse.

Pneumonia – a lung infection which can be very serious for infants and the elderly

Housing needs

Everyone has different housing needs based on their life situation. For example:

- A student will require short-term lets or student accommodation suited to their status
- Working professionals will need affordable rent to be able to save for their own mortgage
- Couples may need sufficient space in a bigger home to raise a family

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THE IMPACT OF LIFE EVENTS ON HEALTH AND WELLBEING

Every
and

RELATIONSHIP CHANGES

Relationships are the ways in which we are connected with others. As a relationship progresses or breaks down, it can impact an individual's **physical, intellectual, emotional and social** health and wellbeing.



Marriage & partnership

Formalising a relationship (e.g. via marriage or living together) can be extremely positive if the relationship is healthy and supportive. On the other hand, a negative or **abusive** relationship can impact health and wellbeing.

Physical	+	Increased sleep; healthy eating
Intellectual	+	Partners encourage learning and expand knowledge
Emotional	-	Anxiety; depression; chronic stress
Social	-	Social isolation

Note the opposites apply, e.g. a positive of a happy relationship is reduced stress

Divorce & separation

Whether the divorce/separation is **expected** or **unexpected** (and whether it signals the end of a healthy or unhealthy relationship) can determine how it affects the individual.

Parenthood

For many people, becoming a parent is an exciting and a source of pride. However, it can also be challenging. Feeling unconditional love for your child (**emotional** wellbeing) and learning new skills while caring for them (**intellectual** wellbeing) can be rewarding.

However, parenting can involve high levels of fatigue (**physical** wellbeing). Socialising becomes more difficult (**social** health), and there may be increased **financial pressure** on the family. Some women are also at risk of developing **postnatal depression** (**emotional** health).

Bereavement

Losing a loved one is a difficult time, and everyone deals with **grief** differently. The way we deal with grief can impact our health and wellbeing:

Positives:

- ✓ Reflecting and recognising that life is short, and making lifestyle choices for **physical** health (e.g. giving up smoking, taking part in more exercise)
- ✓ Stronger relationships with loved ones (**emotional** wellbeing)

Negatives:

- ✗ Impaired **functioning** at work or at school (**intellectual** wellbeing)
- ✗ Refusing help and support from others and wanting to be alone (**social** health)

CHANGES IN LIFE CIRCUMSTANCES

Moving home or school

Moving home or school can impact PIES health

Impact on **physical** health:

There could be a positive change in **location**, e.g. an area with less **pollution**. However, being forced into a poorer **standard of living** can impair physical health.

Impact on **intellectual** health:

There could be a positive change in the **quality of schooling**, which will improve intellectual health. However, moving school can be **disruptive** to learning and may lead to a loss of **social** health.

Impact on **emotional** health:

Moving home can be very **stressful** and moving school can be highly **daunting**. However, moving also provides the opportunity for a **fresh start**.

Impact on **social** health:

Moving can increase the risk of **social isolation**, if you are moving away from everyone you know. However, moving is also an opportunity to meet **new people** and make **new friends**.

Change of job

Individuals may experience a range of changes with employment, from pay rises, promotions to redundancy. These changes can have a wide range of impacts on health and wellbeing:

	Positive effects	Negative effects
Physical wellbeing	Workplace health initiatives, e.g. the cycle to work scheme	Less time to participate in physical activity
Intellectual wellbeing	Learn new skills and rise to new challenges	Lack of support for professional development
Emotional wellbeing	Increase confidence and receive support	Higher stress levels and lack of support
Social wellbeing	Meet new colleagues and make friends	Less time for socialising

Retirement

Retirement is something that typically occurs when people reach their 60s, and means they stop working. Retirement gives people time to spend their free time as they wish.

This could lead to:

- ✓ **Physical** health
- ✓ **Intellectual** health
- ✓ **Emotional** health
- ✓ **Social** health

- ✗ However, it can also lead to:
- ✗ **Physical** health: sitting at home
- ✗ **Intellectual** health: not using the same way of thinking
- ✗ **Emotional** health: feeling lonely
- ✗ **Social** health: losing contact with friends

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What?

Your pulse rate is the number of times your heart beats each minute, and is an indicator of cardiovascular health. You can feel your pulse in main **arteries**, as a throbbing sensation.

There are two key measurements:

Resting rate: How fast your heart beats when you are not engaged in exercise.

Recovery rate: Heart's ability to return to its normal resting levels following exercise.

The less time it takes for heart rate to return to resting levels, the greater the fitness tends to be.

Arteries – blood vessels which carry blood from the heart to other areas of the body

How?

You can measure your pulse yourself – place two fingers (as shown in the picture below) on your **wrist** or neck, and set a timer for one minute. Count how many times you feel your pulse throb – the total number of times this occurs in one minute is your pulse rate. Alternatively, heart rate monitors can be used for greater accuracy. These will be used in any clinical setting.



What?

Blood pressure (the amount of force involved in pumping blood around the body) is another indicator of cardiovascular health.

BLOOD PRESSURE

PULSE

PHYSIOLOGICAL INDICATORS

Looking at 'physiological indicators' means examining the clues that our bodies give about the health of bodily functions and systems. These can be used to judge the risk of someone becoming seriously unwell in the future. An awareness of physiological indicators can also help individuals to take steps to improve their own health and wellbeing.

Arrhythmia – abnormal heart rhythm

Potential significance of abnormal readings

Short-term risks: Having an abnormally fast or irregular heart rate can be triggered by factors such as dehydration, stress or anxiety. It can lead to symptoms such as: *chest pain, palpitations and breathlessness*. An abnormally low heart rate can be triggered by substance misuse. This can lead to symptoms such as *dizziness or fainting*.

Long-term risks: In some situations, an abnormal heart rate can be an indicator of a potentially serious heart condition, such as an arrhythmia. It can increase the risk of *cardiac arrest or sudden cardiac death*.

Cardiac arrest – the heart stops beating

Normal measurements

The NHS advises a normal resting pulse range for most adults is:

60–100 bpm
(beats per minute)

It is advisable to get checked out if your rate is frequently below 40 bpm or above 120 bpm. However, people who are very **physically fit** may have a **lower heart rate** as their heart muscles are stronger.

Short- and long-term abnormal readings

Abnormal readings from the various physiological indicators could pose short-term or long-term risks.

- ✗ **Short-term risks** are those that impact current physical health.
- ✗ **Long-term risks** are those that have the potential to impact future physical health if left untreated.

For instance, the short-term risks of an abnormally fast heart are dizziness, chest pain and palpitations. The long-term risks would be stroke, heart failure or even sudden cardiac death.

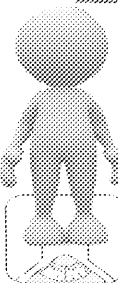
What?

BMI shows whether someone is at a healthy weight, given their height.

How?

It is calculated by dividing a person's weight in kilograms by their height in metres squared (kg/m^2).

Note that the guidance provided on the right applies only to **most** adults. BMI may be **misleading** if used with groups such as **pregnant** women and muscular **athletes** (as muscle weighs more than fat).



BMI
(BODY MASS INDEX)

Position

Short-term
nutritional
result

Long-term
long term

Height

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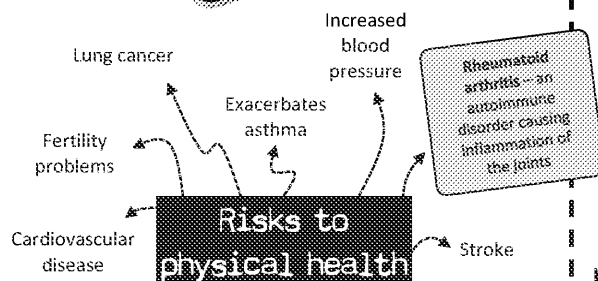
SMOKING

Cigarettes are highly **addictive** due to the **nicotine** they contain.

Note that an individual does not have to smoke addictively to face the risks of smoking. '**Social smoking**' (i.e. smoking occasionally during social situations) and '**second-hand smoking**' (inhaling the cigarette smoke of other people, AKA passive smoking) also carry some health risks.

Page 2 also contains some brief details about the health risks of smoking – see the diagram below to learn a wide range of physical health conditions that smoking can cause.

Whether or not someone smokes, and at what degree / for how long) can be a factor of their risk of developing these conditions (conditions being **exacerbated**).



SUBSTANCE MISUSE

UK government statistics show that there has been a general increase in substance misuse. If we refer to Page 2 we can see that substance misuse includes the use of illegal drugs or the misuse of prescription drugs. The types of drugs used by people, and the reasons for it, are hugely varied, with the most common reasons being the self-medication of dealing with mental health issues and addiction to substances. The number of people who misuse substances is increasing, and this is a significant mental health issue.

Opiates (e.g. painkillers) are a common type of prescription drug that are misused. Common illegal drugs include cannabis, ecstasy and cocaine. The physical effects will differ with the substance being misused, but the common risks can be found below:



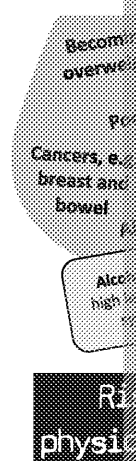
LIFESTYLE INDICATORS OF

As we saw on Page 2, '**lifestyle**' factors are those that can be modified. When working with social care, you may work with service users who are currently living an unhealthy lifestyle. Knowing what these '**lifestyle indicators**' are can help to encourage service users to live healthier lifestyles and, therefore, reduce their health risks.

ALCOHOL CONSUMPTION

The **General Medical Officer** advises that **adults** (men and women) should not drink more than **14 units** of alcohol per week. For reference, a large glass of wine contains around 3 units (depending on strength). Adults who regularly exceed these limits are at greater risk of developing a range of health conditions (see diagram to the right).

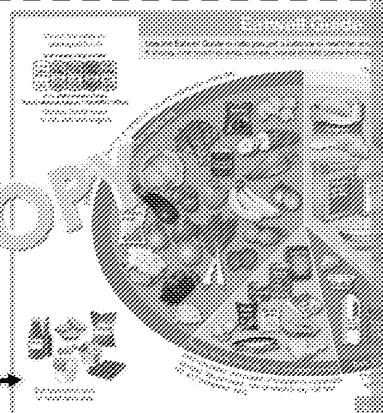
It's important to remember that even drinking alcohol within these limits carries a risk, as does '**binge drinking**'. This means drinking a large volume of alcohol in a short period of time. Being intoxicated can lead people to carry out **risky or reckless behaviours** which could be fatal, including fighting, or even drink-driving.



NUTRITION

The **Eatwell Guide** is a government tool that describes the amount and types of nutrients that up a healthy, balanced diet.

Examples of nutrients that should be included in a healthy diet include: consumption of calories (see Page 2) or eating foods that are high in salt, sugar and saturated fat.



A poor diet may also result from under consumption. This can lead to a dangerous drop in body weight and is also linked with eating disorders such as anorexia. It may also result in deficiencies of nutrients that are vitally important for healthy bodily function; for instance, a diet low in red meat or leafy greens could result in an iron deficiency (see Page 6).

Anorexia – an eating disorder characterised by extreme weight loss and food restriction.
Anaemia – a reduction in the oxygen-carrying capacity of the blood as a result of iron deficiency.

- Healthy eating tips:**
- Meet your daily calorie intake
 - Consume the right amount of food
 - Eatwell Guide
 - Drink plenty of water
 - Choose healthy fats

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HEALTH AND WELLBEING IMPROVEMENT PLANS

For individuals to reduce their risk of certain health conditions, drawing up a specific plan can be extremely useful. Key elements of a health and wellbeing improvement plan include the recommendations and actions to be taken and the support available to follow these.

PERSON-CENTRED APPROACH

A person-centred approach is a way of providing care that is specific to an individual's needs, wishes and circumstances. When considering:

Needs	<ul style="list-style-type: none"> • Health conditions • High levels of support • Translator/interpreter
Wishes	<ul style="list-style-type: none"> • Time of day for contact • To work with a specific staff member
Circumstances	<ul style="list-style-type: none"> • Limited amount of free time • Confidential occupation • Religious restrictions

Benefits for health and social care workers

Having a positive impact on someone else's life improves job satisfaction and thus the wellbeing of workers.

It saves time so that more people can be attended to in the long run.

Achieving positive health and wellbeing in a shorter amount of time can save money for health care providers, so that it can be reinvested for other support.

If the services are effective at improving health and wellbeing, it improves the reputation of the provider and reduces the chance of complaints.

Benefits for the individual

Increased confidence that the recommendations, advice or treatment will work

Makes the individual more comfortable with receiving advice, treatment or recommendations

Ensures that the individual's unique and personal needs are met

More support can be given to individuals considered vulnerable

Empowers the individual to make their own informed decisions and be independent

Increases the chance of the individual following the recommendations

Inspires motivation in the individual to act in ways that benefit their health

The individual feels more content about their health and wellbeing

INFORMATION TO BE INCLUDED

Recommended actions

The first step of devising a plan is carrying out an assessment of the person's needs, wishes, and their goals for improvement. If there are any risks to be made about which needs pose the greatest health risk, these should be noted. The physiological and lifestyle indicators outlined on the plan should be considered.

The recommended actions of the plan then depend on the person's needs. Generally set out what needs to change in order for the person to achieve their goal. If the goal is to attain a healthy weight, the recommended actions might include:

- Follow a healthier diet / plan meals for the week
- Maintain a healthier weight
- Increase exercise
- Reduce alcohol consumption / stop smoking
- Stop using illegal substances / misusing prescription drugs
- Improve blood pressure to a level within the normal range

Short-term targets

These are goals that the person hopes to achieve in the next six months (or less). Setting short-term goals is a useful way of making the plan less daunting, especially if substantial changes to the plan are needed.

Monitoring progress towards short-term goals can help the person see evidence of positive steps can help with motivation and encourage them to continue.

Examples of short-term goals include:

Losing two pounds in the next month	Joining a gym by the end of the week	Having a blood pressure check in the next month
-------------------------------------	--------------------------------------	---

Long-term targets

These are goals for the time period past the next six months. These are targets to set a target for themselves for the end of the next six months. These habits can have a significant impact on someone's health and wellbeing. Positive changes that will stay with them for life.

Sources of support

Support from relevant individuals can make the plan more achievable. If the goals are met. This can help individuals to feel more motivated and improving their health and wellbeing.

Formal support

This is the support provided by someone working in an official capacity. These individuals are often paid, but sometimes they are volunteers.

They may be specially trained in the areas of health relevant to the person's plan, e.g.:

- professionals
- support groups
- charities

Formal support may also aid monitoring of progress, e.g. by checking physiological indicators such as blood pressure or weight.

Empowerment – increasing an individual's choice and control over their lives

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Barrier – something that prevents an individual from accessing services unique to the health and social care system

BARRIERS TO FOLLOWING RECO

Even with a well-designed plan, individuals can come across different barriers which make wellbeing improvement goals. Being aware of what these might be can help the individual to and social care staff should also be aware of these potential issues, which will allow for

PHYSICAL DISABILITY

People with physical disabilities will face a range of barriers that get in the way of them carrying out their health and wellbeing improvement plan. These include:

- Difficulty travelling to appointments
- Lack of modified equipment provided by facilities (e.g. ramps)
- Lack of suitable facilities (e.g. disability changing rooms)
- Difficulty moving around a facility (e.g. narrow corridors or narrow passageways)

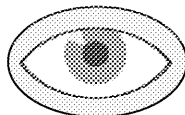
How to reduce barriers relating to physical disabilities

Facility providers can help overcome barriers for people with disabilities by installing accessible features in facilities (e.g. automatic doors and ramps). Health and social care workers can also arrange for accessible transport to/from face-to-face appointments.

SENSORY DISABILITIES

Disabilities may also affect the body's senses. Barriers are faced by those who have limited or no:

- hearing
- vision



People with sensory disabilities will experience difficulties in communicating, travelling to appointments and accessing health information.

How to reduce barriers relating to sensory disabilities

Facility providers can adopt a range of strategies to overcome barriers faced by people with hearing/visual impairments.

Hearing impairments:

- ✓ Use of technology (e.g. hearing aids) to access health services and facilities
- ✓ Use of written word in place of audio recordings / minutes of conversations

Visual impairments:

- ✓ Ensure buildings are **accessible**, e.g. clear signage, no trip hazards
- ✓ Ensure tactile paving is provided for people with visual impairments
- ✓ Provide information in **alternative formats**, e.g. Braille
- ✓ Arrange for a chaperone to help pick someone up from reception and help them around a building

SOCIOCULTURAL BACKGROUND

People from all backgrounds will need to access services and carry out a health and wellbeing improvement plan at some point.

Some barriers that they face will be unique to different individuals. For example:

- A person's religious beliefs may prevent them from following health improvement advice, e.g. following a certain diet.
- Someone who has had a turbulent upbringing may feel afraid of seeking help as they are so used to being treated without respect.
- Someone from a low-income home may be unable to afford the health improvement recommendations they have been given, e.g. to join a gym.



How to reduce barriers relating to someone's sociocultural background

Facility providers can help overcome barriers for people from different sociocultural backgrounds by taking into account their wishes and circumstances. All health and wellbeing plans should be tailored around the individual, and by doing so can have the best outcomes.

COMMUNICATION PROBLEMS

There are many people living in the UK who speak English as a second language, or who may not be confident enough in their ability to communicate. There are also some people who are unable to speak English, which significantly impact their ability to access health and social care services.

Many people suffer from speech impediments which affect their ability to communicate with others. Many people are embarrassed to seek help or lack confidence when communicating with other people. These face barriers similar to those not fluent in the English language.

How to reduce barriers relating to someone's speech or ability to speak

Facility providers can help overcome barriers for people who are not fluent in English as a first language by having translators present to help communicate advice in that person's native language. People with speech impediments may benefit from having the ability to communicate with health and social care workers via an online messaging system.

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Obstacle – something that prevents an individual from taking action and is personal to their situation.

OBSTACLES TO FOLLOWING RECOMMENDATIONS

There are also some obstacles that might interfere with someone's ability to carry out their health and wellbeing recommendations. Difficulties regarding time, resources, and accessing services can all make it harder for someone to improve their health and wellbeing.

TIME CONSTRAINTS

Working on improving one's health and wellbeing can be time-consuming.

Other commitments can make it difficult to find a suitable schedule. For example:

Work commitments

Many working individuals have busy and stressful jobs. This can lead to feeling tired, which can make it harder to carry out the actions of their plan. This is especially the case for people who work **long hours** or **night shifts**. If someone works **unpredictable hours**, it can be hard to plan the necessary actions (e.g. exercise) to improve their health.

Family commitments

Caring responsibilities (e.g. to children or older adults) are likely to take a priority, meaning there is little time for other activities. The **stress and fatigue** involved can also make it harder for people to engage in activities to improve their health (e.g. finding the time to cook healthy food).

How to overcome

Although these issues are challenging, there are ways that individuals can plan for these and overcome them:

- Go for a walk during lunch break
- Regular screen breaks and stretching if working in a desk job
- Walk or cycle to work rather than drive
- Involve family and friends in healthy behaviours, e.g. cook with children
- Arrange childcare
- Access carer support services
- Plan schedule in advance
- Prepare a healthy packed lunch for work the night before

UNACHIEVABLE TARGETS

Targets might be **unrealistic** for that individual, or may set an **impossible timescale** for achievement.

If an individual has an unrealistic target, failure to make progress towards it as planned is likely to **demotivate** the person. The pressure of sticking to an unrealistic plan can also put someone off trying. This can lead to the individual giving up on their plan, and reverting to previous unhealthy habits.

How to improve

As we saw on Page 10, one of effective target-setting is to use the **'SMART'** target formula. Targets should be modified to be more achievable.

Consider the following example, for a person who wants to go from doing no exercise whatsoever to increasing their exercise levels:

- **Old target:** Exercise for one hour every day
- **New target:** Exercise for 30 minutes, five times a week

The new target is likely to be more **achievable** for that individual, as it offers more flexibility while still meeting exercise recommendations for adults.

AVAILABILITY

RESOURCES

If someone does not have enough **money** and/or the right **materials**, they may find it difficult to carry out the recommended actions on their own. It may be easier for them to stay on track. Unfortunately, they will face obstacles in these areas. For example:

Physical resources

Having the right materials and items can be an important part of improving one's health, but not all individuals will have access to them. For example, individuals may not have the equipment to improve their exercise levels (e.g. a gym membership or a bike) or the right medical equipment (e.g. a peak flow meter).

Financial resources

Some individuals on a lower income may find it harder to afford to carry out their plan, such as buying healthy, nutritious food and/or gym membership, which can be **expensive**. Stress over financial issues can also have a negative impact on **motivation** to change.

How to overcome

Although resources are often difficult to carry out a plan, there are ways to mitigate this. Some things to consider are:

- ✓ An individual may be **eligible** for certain health services, e.g. **pregnancy** or **chronic illness** services, receiving certain **benefits** can help.
- ✓ Cooking in bulk is often cheaper and can be used for a healthy lunch or dinner.
- ✓ Buying **cheaper** food alternatives, such as frozen vegetables, can be cheaper than some conventional options.
- ✓ **Avoid** wasting food to make the most of what you have.
- ✓ Some exercise is **free**. An individual can walk/run, or follow home exercise videos.

- ✓ Tell friends and family members about your plans in **advance**.
- ✓ Establish more **supportive** relationships, e.g. with other people who have similar goals.
- ✓ Tell friends and family how they can **help** you, and what they can't do if they aren't helpful.

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DEFINITIONS OF HEALTH AND WELLBEING

What exactly do we mean when we use the terms 'health' and 'wellbeing'? Which aspects of human existence are we talking about?

Health

This is often defined in terms of someone being **physically** well, including being free from disease/sickness and their physical needs met (e.g. for food, shelter, etc.). However, health is defined by the **World Health Organization** as:

'A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity'

Therefore, a more **holistic** definition of health includes consideration of an individual's intellectual, emotional and social wellbeing.

Wellbeing

Holistic – in care, this means considering all aspects of a person's wellbeing

A **holistic** state of 'health and wellbeing' is reached when all of an individual's needs are met.

Describe 'intellectual', 'emotional' and 'social' wellbeing by filling in the table.

Intellectual wellbeing	
Emotional wellbeing	
Social wellbeing	

PHYSICAL FACTORS WHICH AFFECT HEALTH

'Physical factors' means aspects of our lives where our experiences of ill health are likely to be affected.

GENETIC INHERITANCE

In some cases, an individual will inherit a condition from their **parents** that cause the significant health condition. If this is the case, the condition can affect all an individual's wellbeing throughout their entire lives. Below are two examples of conditions that can affect health and wellbeing.

	Cystic fibrosis	Sickle cell anaemia
What is it?	A faulty gene that regulates the movement of salt and water into and out of cells, inherited from both parents.	A faulty gene that affects the shape of red blood cells and is inherited from both parents.
Physical impact		

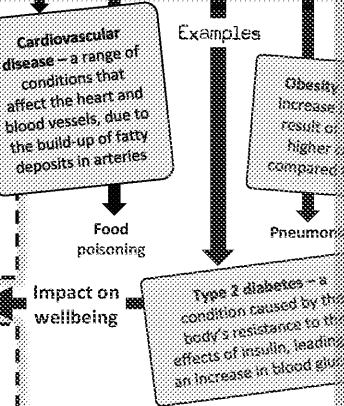
Explain the impact that cystic fibrosis and sickle cell anaemia could have on physical health.

Give an impact of cystic fibrosis and sickle cell anaemia on each of the other areas of health and wellbeing.

Physical

- Negative effects...
- ✗ **Physical** – symptoms include fatigue, weight loss, and vision problems.
 - ✗ **Intellectual** – hypoglycaemic episodes can affect functioning at work or school.
 - ✗ **Emotional** – diabetes is a stigmatised condition, which could affect confidence and self-esteem.

- Positive effect...
- ✓ **Social** – close loved ones may also adopt a healthier diet to help the individual manage their condition.



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Balance

Following a 'balanced' diet means consuming enough of the necessary **nutrients** to provide the body with **energy** and to support its **functions**.

Describe how the different types of nutrients can positively affect an individual's physical health.

- Proteins
- Carbohydrates
- Vitamins and minerals
- Fats

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NUTRITION

Amount

A balanced diet should avoid an excessive intake of fats and sugars, which can increase the risk of becoming **obese**, which can lead to **coronary heart disease (CHD)**, **type 2 diabetes** and **joint problems**.

If an individual does not consume enough nutritious food, they are likely to become **underweight** and suffer from nutrient **deficiencies**. This can be an indicator that an individual is suffering from an eating disorder.

Adult women should consume around 2,000 kcal per day, and adult men around 2,500 kcal.

Anorexia – a serious mental health condition involving restricted food intake or excessive exercising

Obesity – having a body mass index of 30 or over, which increases the risk of many health conditions

Undereating also leads to...
anaemia, fertility decline and cognitive problems

Overeating also leads to...
CHD, type 2 diabetes, joint problems

Quality

The quality of foods consumed also has a health impact. Higher-quality foods are often those which have gone through **fewer processing** measures. Foods may be processed by adding **preservatives** or extra salt to make them last longer on shelves.

Consumption levels of **processed meats** (e.g. bacon, sausages) has been linked to an increased **bowel cancer** risk.

A healthy diet can help beyond the physical impacts:

- ✓ **Intellectual** – helps an individual think clearly and be alert
- ✓ **Emotional** – reduces depression and stress
- ✓ **Social** – improves confidence (linked to weight loss)

PHYSICAL

Physical activity

The government recommends 'moderately intense' aerobic exercise for high-intensity

Exercise

LIFESTYLE FACTORS THAT AFFECT HEALTH AND WELLBEING

How an individual chooses to live their life significantly impacts their wellbeing in the long term. A healthy lifestyle reduces the chances of suffering from many serious health conditions, and also improves mental, intellectual, emotional and social wellbeing.

ALCOHOL

Alcohol is regularly consumed during social activities. Consuming alcohol in moderation has a low risk of adverse health. However, regularly drinking in excess of the recommended weekly limit can run the risk of serious physical and mental health conditions.

Explain two negative health consequences of excessive alcohol intake.



Should not regularly exceed 14 units per week



... spread across three days or more

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SUBSTANCE MISUSE

Illegal drugs

Drugs are often taken to achieve a 'high' or altered state of consciousness, or because an individual has become **addicted** to them. Drugs can have a range of health consequences.

Medicines receive a specific set of instructions on how to safely take them, and follow these instructions.

Some 'high' substances are prescribed for medical purposes.

Explain a negative substance misuse aspect of health.

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SOCIAL AND CULTURAL FACTORS THAT CAN AFFECT

SOCIAL FACTORS

Humans are social creatures, and our relationships with others have the potential to significantly influence our health and wellbeing throughout our lives.



Supportive relationships

Explain how supportive relationships could positively influence each aspect of an individual's health and wellbeing.



Unsupportive relationships

Unfortunately, some relationships involve conflict. This can lead to an increase in stress levels, reduce self-esteem and make the development of mental health problems more likely. Friends could be unsupportive also due to the influence of peer pressure to engage in risky activities.

Peer pressure – strong persuasion from one's peer group to engage in certain (usually risky) activities

May lead to...

Social exclusion

Give a definition of 'social exclusion' and explain how it could negatively impact on an individual's emotional wellbeing.



Prejudice

The unfair, preconceived and unreasonable opinion of an individual that is not based on facts.

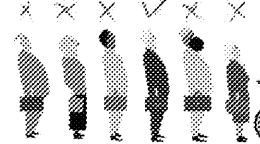
May lead to...

Discrimination

Treating someone based on a particular characteristic they possess, e.g. gender, race, religion, disability.

For example, people with disabilities may feel discriminated against if they are experiencing a lack of success with job opportunities. A female may feel discriminated against if all the sports activities offered by a local centre are for males.

Explain how discrimination could negatively impact an individual's physical and emotional wellbeing.



Physical

Intellectual

Emotional

Social

Explain how bullying could negatively impact an individual's intellectual and social wellbeing.

Bullying

Behaviour that is intended to cause repeated harm to another person by holding power over them. Bullying is commonplace in **schools** where pupils attempt to display dominance over others, or in **workplaces** where people in senior positions abuse power and set unrealistic tasks for employees.

A lot of bullying also takes place online in the form of **cyberbullying**. This is where people send messages or leave comments that are negative and abusive on social media sites such as Facebook, Twitter and Instagram.

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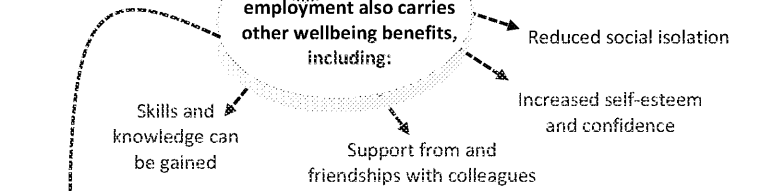
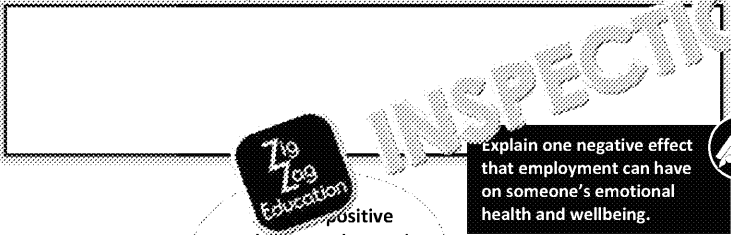
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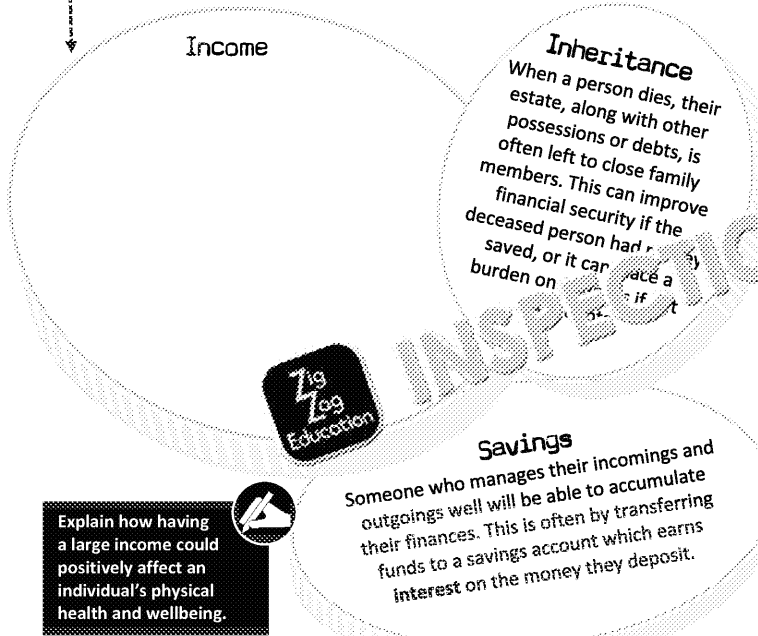
ECONOMIC FACTORS WHICH AFFECT HEALTH AND WELLBEING

'Economic factors' are those aspects of someone's financial position in society. This includes how much income they have, their cost of living, and whether or not they are in employment (and the type of employment they are in).

Employment situation

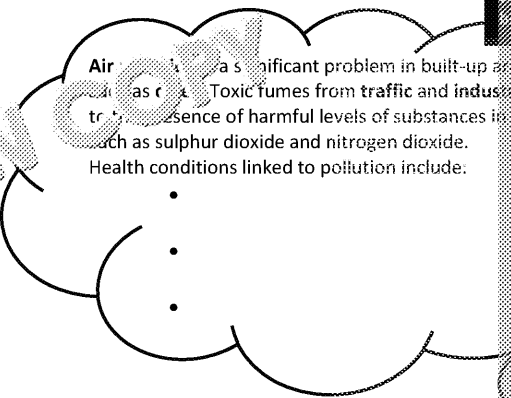


Financial resources



ENVIRONMENTAL FACTORS

Levels of pollution



Light pollution is caused by excessive artificial lighting. This is usually a problem in cities where there are a lot of commercial properties with exterior lighting. Light can combine with noise to disrupt sleep.

Housing conditions

Having a safe and clean home is important for optimal wellbeing. This allows people to carry out the tasks of daily living (e.g. washing, cooking, and sleeping) and be comfortable under their roof. Poor housing conditions can impact physical health and wellbeing:

Broken stairs	pose risk of accident and injury, such as trips and falls.
Damp and mould	
Lack of heating	Increases the risk of pneumonia, and makes conditions such as arthritis worse.

Housing needs

Everyone has different housing needs based on their life situation. For example:

- A student will require short-term lets or student accommodation suited to their status
- Working professionals will need affordable rent to be able to save for their own mortgage
- Couples may need sufficient space in a bigger home to raise a family

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THE IMPACT OF LIFE EVENTS ON HEALTH AND WELLBEING

Every
and

RELATIONSHIP CHANGES

Relationships are the ways in which we are connected with others. As a relationship progresses or breaks down, it can impact an individual's **physical, intellectual, emotional and social** health and wellbeing.



Explain how a relationship change could impact each aspect of health and wellbeing.

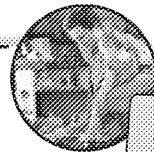
Physical	
Intellectual	
Emotional	
Social	



Parenthood

For many people, becoming a parent is an exciting and a source of pride. However, it can also be challenging. Feeling unconditional love for your child (**emotional** wellbeing) and learning new skills while caring for them (**intellectual** wellbeing) can be rewarding.

How parenting can involve high levels of fatigue (**physical** wellbeing). Socialising becomes more difficult (**social** health), and there may be increased **financial pressure** on the family. Some women are also at risk of developing **postnatal depression** (**emotional** health).



For
devel
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birth

Bereavement

Losing a loved one is a difficult time, and everyone deals with **grief** differently. The way we deal with grief can impact our health and wellbeing:

Positives:

- ✓ Reflecting and recognising that life is short, and making lifestyle choices for **physical** health (e.g. giving up smoking, taking part in more exercise)
- ✓ Stronger relationships with loved ones (**emotional** wellbeing)

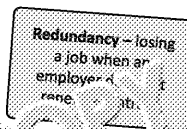
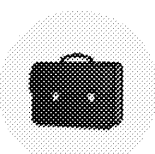
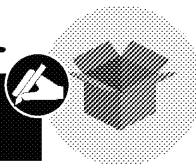
Negatives:

- ✗ Impaired **functioning** at work or at school (**intellectual** wellbeing)
- ✗ Refusing help and support from others and wanting to be alone (**social** wellbeing)

CHANGES IN LIFE CIRCUMSTANCES

Moving home or school

Explain one positive and one negative impact that moving home or school could have on each aspect of an individual's health and wellbeing.



Change of job

Individuals are exposed to a lot of changes with their jobs. From first jobs to pay rises, promotions and redundancies. These changes can have a wide range of impacts on health and wellbeing:

	Positive effects	Negative effects
Physical wellbeing	Workplace health initiatives, e.g. the cycle to work scheme	Less time to participate in physical activity
Intellectual wellbeing	Learn new skills and rise to new challenges	Lack of support for professional development
Emotional wellbeing	Increase confidence and receive support	Higher stress levels and lack of support
Social wellbeing	Meet new colleagues and make friends	Less time for socialising

Retirement

Retirement is something that typically occurs when people reach their 60s, and means they stop working. Retirement gives people time to spend their free time as they like.

Explain two ways that retirement could affect an individual's health and wellbeing.

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What?

Your pulse rate is the number of times your heart beats each minute, and is an indicator of cardiovascular health. You can feel your pulse in main **arteries**, as a throbbing sensation.

There are two key measurements:

Resting rate: How fast your heart beats when you are not engaged in exercise.

Recovery rate: Heart's ability to return to its normal resting levels following exercise.

Describe the relationship between heart rate recovery and fitness.



Arteries – blood vessels which carry blood from the heart to other areas of the body

How?

You can measure your pulse yourself – place two fingers (as shown in the picture below) on your **wrist** or neck, and set a timer for one minute. Count how many times you feel your pulse throb – the total number of times this occurs in one minute is your pulse rate. Alternatively, heart rate monitors can be used for greater accuracy. These will be used in any clinical setting.



What?

Blood pressure (the amount of force involved in pumping blood around the body) is another indicator of cardiovascular health.

BLOOD PRESSURE

PULSE

PHYSIOLOGICAL INDICATORS

Looking at physiological indicators means examining the clues that our bodies give about the health of bodily functions and systems. These can be used to judge the risk of someone becoming seriously unwell in the future. An awareness of physiological indicators can thus help individuals to take steps to improve their own health and wellbeing.

Give one short-term risk and one long-term risk of an abnormal pulse reading.



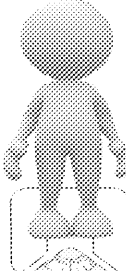
What?

BMI shows whether someone is at a healthy weight, given their height.

How?

It is calculated by dividing a person's weight in kilograms by their height in metres squared (kg/m^2).

Note that the guidance provided on the right applies only to *most* adults. BMI may be **misleading** if used with groups such as **pregnant** women and muscular **athletes** (as muscle weighs more than fat).



Post

Short-term nutritional result

Long-term nutritional result

Height

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Short- and long-term abnormal readings

Abnormal readings from the various physiological indicators could pose short-term or long-term risks.

- ✗ **Short-term risks** are those that impact current physical health.
- ✗ **Long-term risks** are those that have the potential to impact future physical health if left untreated.



SMOKING

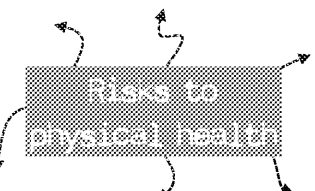
Cigarettes are highly **addictive** due to the **nicotine** they contain.

Note that an individual does not have to smoke addictively to face the risks of smoking. **'Social smoking'** (i.e. smoking occasionally during social situations) and **'second-hand smoking'** (inhaling the cigarette smoke of other people, AKA passive smoking) also carry some health risks.

Page 2 also contains some brief details about the health risks of smoking – see the diagram below to learn about the wide range of physical health conditions linked to smoking.

Whether or not someone smokes (and how long) can increase the risk of developing these conditions (and existing conditions being **exacerbated**).

Give six risks to physical health caused by smoking.



Data from the Office for National Statistics shows that in 2013 14.1% of people aged 16+ in the UK (22.9 million people) smoked cigarettes.

LIFESTYLE INDICATORS OF

As we saw on Page 2, 'lifestyle' factors are those that can be modified. When working in social care, you may work with service users who are currently living an unhealthy lifestyle. Knowing what these 'lifestyle indicators' are can help you encourage service users to live healthier lifestyles and, therefore, improve their health.

ALCOHOL CONSUMPTION

Line 1: Senior Medical Officer's notes for alcohol consumption.

It's important to remember that even drinking alcohol within these limits carries a risk, as does **'binge drinking'**. This means drinking a large volume of alcohol in a short period of time. Being intoxicated can lead people to carry out **risky or reckless** behaviours which could be fatal, including fighting, or even drink-driving.

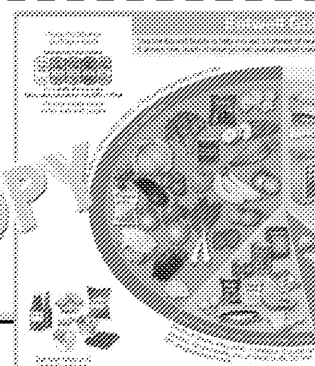
Case study question: Jim is 57 and is a regular drinker. Explain one short-term risk and one long-term risk that Jim's alcohol intake could have on his health.

The nurse notes down that Jim consumes approximately 28 units of alcohol per week, which is equivalent to 'binge drink' twice a week.

Explain one short-term risk and one long-term risk that Jim's alcohol intake could have on his health.

NUTRITION

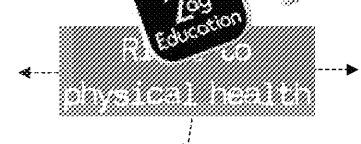
The Eatwell Guide is a government tool that describes the amount and types of nutrients that make up a healthy, balanced diet.



Give four risks to physical health caused by substance misuse.

- Healthy eating means:
- Meeting your energy and calorie needs
- Consuming the right balance of nutrients from the Eatwell Guide
- Drinking plenty of water
- Choosing low-fat, low-sugar, low-salt foods

SUBSTANCE MISUSE



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HEALTH AND WELLBEING IMPROVEMENT PLANS

For individuals to reduce their risk of certain health conditions, drawing up a specific plan can be extremely useful. Key elements of a health and wellbeing improvement plan include the recommendations and actions to be taken and the support available to follow these.

PERSON-CENTRED APPROACH

Give two examples of needs, wishes and circumstances that might be considered with a person-centred approach.

Needs	<ul style="list-style-type: none">
Wishes	<ul style="list-style-type: none">
Circumstances	<ul style="list-style-type: none">

Describe three benefits of a person-centred approach for health and social care workers.

Benefits for health and social care workers

Describe six benefits of a person-centred approach for the individual.

Benefits for the individual

INFORMATION TO BE INCLUDED

Recommended actions

The first step of devising a plan is carrying out an assessment of the person's needs, wishes, and their goals for improvement. If there are any risks to be made about which needs pose the greatest health risk, these should be noted. The physiological and lifestyle indicators outlined on the next page should be recorded.

Rupert has met with his GP for some tests concerning his health. He has been advised that he eats a lot of processed foods high in salt. He plans to reduce his salt intake to 5g a week, and his blood pressure is 150/94 mmHg.

State three recommendations to improve Rupert's health.

-
-
-

Short-term targets

These are goals that the person hopes to achieve in the next six months (or less). Setting short-term goals is a useful way of making a plan less daunting, especially if substantial changes to the person's lifestyle are required.

Monitoring progress towards short-term goals can help to build confidence. Evidence of positive steps can help with motivation and encourage the person to continue.

Long-term targets

These are goals that the person hopes to achieve in the period past the next six months. These are often set as targets for the end of the next year. Long-term targets can have a significant impact on someone's health and wellbeing, as they are changes that will stay with them for life.

Provide one example of a short-term goal and one example of a long-term goal.

Sources of support

Support from relevant individuals can make it more likely that the person will follow the plan. This can help individuals to feel less 'alone' in their journey.

Formal support

This is the support provided by someone working in an official capacity. These individuals are often paid, but sometimes they are volunteers.

Give two examples of a formal source of support and explain how they could help an individual with their health and wellbeing improvement.



Continue on a separate sheet

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Barrier – something that prevents an individual from accessing services unique to the health and social care system

BARRIERS TO FOLLOWING RECO

Even with a well-designed plan, individuals can come across different barriers which make wellbeing improvement goals. Being aware of what these might be can help the individual to and social care staff should also be aware of these potential issues, which will allow for

PHYSICAL DISABILITY

People with physical disabilities will face a range of barriers that get in the way of them carrying out their health and wellbeing improvement plan.

Identify three barriers faced by people with physical disabilities, and suggest a solution for each.

Barrier	Solution

SOCIOCULTURAL BACKGROUND

People from all backgrounds will need to access services and carry out a health and wellbeing improvement plan at some point. The barriers that they face will be unique to different individuals. For example:

-
-

Explain two barriers that someone might face as a result of their sociocultural background.

SENSORY DISABILITIES

Disabilities may also affect the body's senses. Barriers are faced by those who have limited or no:

- hearing
- vision

Give two ways that barriers to people with hearing impairments can be solved.

Barrier	Solution

Give two ways that barriers to people with vision impairments can be solved.

Barrier	Solution

How to reduce barriers relating to someone's sociocultural background

Facility providers can help overcome barriers for people from different sociocultural backgrounds by taking into account their wishes and circumstances. All health and wellbeing plans should be tailored around the individual, and by doing so can have the best

COMMUNICATION PROBLEMS

There are many people living in the UK who speak English as a second language, who may not be confident enough in their ability to communicate. There are also some people who are unable to speak English, which significantly impact their ability to access health and social care services.

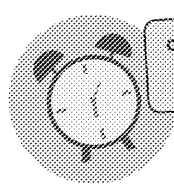
Many people suffer from speech impediments which affect their communication with others. Many people are embarrassed and lack confidence when communicating with other people. These people face barriers similar to those not fluent in the English language.

How to reduce barriers relating to someone's speech or ability to speak

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Obstacle – something that prevents an individual from taking action and is personal to their situation.

OBSTACLES TO FOLLOWING RECOMMEN

There are also some obstacles that might interfere with someone's ability to carry out their health and wellbeing plan. Difficulties regarding time, resources, and accessing services can all make it harder for someone to improve their health.

TIME CONSTRAINTS

Working on improving one's health and wellbeing can be time-consuming.

Other commitments can make it difficult to find space in one's schedule. For example:

Work commitments

Many working individuals have **busy** and **stressful** jobs. This can leave them feeling **tired**, which can make it harder to carry out the actions of their plan. It is especially the case for people who work **long hours** or **night shifts**. If someone works **unpredictable hours**, it can be hard to plan the necessary actions (e.g. exercise) to improve their health.

Family commitments

Caring responsibilities (e.g. to children or older adults) are likely to take a priority, meaning there is little time for other activities.

The **stress** and **frustration** of caring can also make it harder to find time for health activities to improve health (e.g. finding time to cook healthy food).

Give five ways to overcome obstacles relating to time constraints.



How to overcome

Although these issues are challenging, there are ways that individuals can **plan** for these and overcome them:

-
-
-
-
-

AVAILABILITY OF PHYSICAL RESOURCES

If someone does not have enough money and/or the right materials or equipment, it can be harder to carry out the recommended actions of their plan. It is much easier for them to stay on track. Unfortunately, many individuals will face obstacles in these areas. For example:

Explain two ways that a lack of physical resources could make it harder for someone to carry out their health and wellbeing improvement plan.

Physical resources

Financial resources

Some individuals on a lower income may also find it harder to carry out their plan. For example, healthy, nutritious food and gym memberships can be **expensive**. Stress over money can also lead to a lack of **motivation** to change, as this may not be an immediate benefit.

How to overcome

Although resource availability can make it harder to carry out a plan, an individual may be able to find ways to overcome these obstacles.

Case study question

Josh is 26 and wants to start eating more healthily, as he has noticed his weight is increasing. However, he is on a low income and is worried about his budget.

Suggest two ways that Josh could overcome the obstacle of a lack of financial resources.

UNACHIEVABLE TARGETS

Targets might be **unrealistic** for that individual, or may set an **impossible** timescale for achievement.

If an individual has an unrealistic target, failure to make progress towards it as planned is likely to **demotivate** the person. The pressure of sticking to an unrealistic plan can also put someone off trying. This can lead to the individual giving up on their plan, and reverting to previous unhealthy habits.

How to improve

A key part of an effective plan is setting **achievable** targets. These can involve using the **'SMART'** target criteria. Targets should be modified to be more achievable.

Consider the following example, for a person who wants to go from doing no exercise whatsoever to increasing their exercise levels:

- **Old target:** Exercise for one hour every day
- **New target:** Exercise for 30 minutes, five times a week

The new target is likely to be more **achievable** for that individual, as it offers more flexibility while still meeting exercise recommendations for adults.

How to mitigate the impact of a lack of support

A health and wellbeing improvement plan that does not have **support** from others can be **unsuccessful**.

This would allow the individual to identify and address any obstacles that might arise.



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DEFINITIONS OF HEALTH AND WELLBEING

What exactly do we mean when we use the terms 'health' and 'wellbeing'? Which aspects of human existence are we talking about?

Health

This is often defined in terms of someone being **physically** well, including being free from disease/sickness and their physical needs met (e.g. for food, shelter, etc.). However, health is defined in a **broader** way by the **World Health Organization** as:

'A state of complete **physical**, **mental** and **social** well-being and not merely the absence of disease or infirmity'

Therefore, a more **holistic** definition of health includes consideration of an individual's intellectual, emotional and social wellbeing.

Wellbeing

Holistic – in care, this means considering all aspects of a person's wellbeing

A **holistic** state of 'health and wellbeing' is reached when all of an individual's needs are met, including the following aspects:

Describe 'intellectual' and 'emotional' wellbeing by filling in the table.

Intellectual wellbeing	
Emotional wellbeing	
Social wellbeing	Feeling satisfied and content in our relationships with other people and our ability to participate in wider society in the way that we want to.

PHYSICAL FACTORS WHICH

'Physical factors' means aspects of experiences of ill health are likely

GENETIC INHERITANCE

In some cases, an individual will inherit **genetic** conditions from their **parents** that cause them to develop a **significant** health condition. If this is very severe, the condition can affect all aspects of an individual's **wellbeing** throughout their entire lives.

Describe the cause of cystic fibrosis and sickle cell anaemia

	Cystic fibrosis	Sickle cell anaemia
Cause		
Physical impact	Results in a build-up of mucus in the lungs and digestive system, leading to breathing difficulties and problems absorbing food.	Changes the shape of red blood cells, causing them to obstruct blood flow and affecting their ability to carry oxygen.

Other examples of inherited conditions include: Duchenne muscular dystrophy (MD), Huntington's disease and Fabry disease.

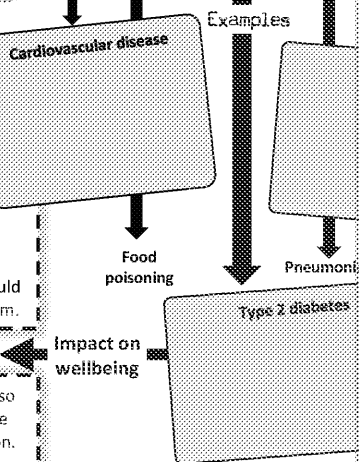
Give an impact that having a genetic condition could have on the other areas of health and wellbeing.

Physical

Describe the different examples of physical health conditions

- Negative effects...
- Physical – symptoms include fatigue, weight loss, and vision problems.
 - Intellectual – hypoglycaemic episodes can affect functioning at work or school.
 - Emotional – diabetes is a stigmatised condition, which could affect confidence and self-esteem.

- Positive effect...
- Social – close loved ones may also adopt a healthier diet to help the individual manage their condition.



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Balance

Following a 'balanced' diet means consuming enough of the necessary **nutrients** to provide the body with **energy** and to support its **functions**.

Examples of different types of nutrients the body needs are:

- **Proteins** – aid building and repair of **muscles**. Sources include meat and beans.
- **Carbohydrates** – provide **energy** to the body. Sources include grains and fruit.
- **Vitamins and minerals** – these support **essential** **functions**. Examples include Vitamin C (e.g. growth, repair of tissues) and calcium (e.g. bone strength).
- **Fats** – also provide **energy** and aid vitamin **absorption**. Sources of **healthy** fats include nuts, some fish, and olive oil.



NUTRITION

Amount

A balanced diet should avoid an excessive intake of fats and sugars.

Give three health conditions which could be caused by an unbalanced diet.



-
-
-

A young woman should generally aim to consume around 2,000 **calories** (kcal) per day, and adult men should consume around 2,500 kcal.

A healthy diet can help beyond the physical impacts:

- ✓ **Intellectual** – helps an individual think clearly and be alert
- ✓ **Emotional** – reduces depression and stress
- ✓ **Social** – improves confidence (linked to weight loss)

Quality

The quality of foods consumed also has a health impact. Higher-quality foods are often those which have gone through **fewer processing** measures. Foods may be processed using **preservatives** to extend shelf life to make them last longer on shelves.

High consumption levels of **processed meats** (e.g. bacon, sausages) has been linked to an increased **bowel cancer** risk.

PHYSICAL

Physical activity

The government recommends 'moderately intense' aerobic exercise for high-intensity physical activity.

Explain

LIFESTYLE FACTOR THAT AFFECT HEALTH AND WELLBEING

How an individual chooses to live their life can significantly impact their wellbeing in the long term. A healthy lifestyle reduces the chances of suffering from many serious health conditions, and is a long way to promoting intellectual, emotional and social wellbeing.



ALCOHOL

Alcohol is regularly consumed during social activities. Consuming alcohol in moderation has a low risk of adverse health. However, regularly drinking in excess of the recommended weekly limit can run the risk of serious physical and mental health conditions.

Identify one physical health condition and one mental health condition that regular alcohol use could contribute towards.



Should not regularly exceed 14 units per



... spread across three days or more

Many people turn to alcohol to 'numb' out their problems. This can lead to a negative downward spiral as it prevents them from seeking the services that can help deal with these problems and improve health and wellbeing.

Consuming a large amount of alcohol in one go (**binge drinking**) can lead to poor coordination and reduced inhibitions, which increases the risk of harming oneself and having accidents.



SUBSTANCE MISUSE

Illegal drugs

Drugs are often taken to achieve a 'high' or altered state of consciousness, or because an individual has become **addicted** to them. Drugs can have a range of health consequences.

Medicines received a specific set of instructions to be safely taken, and you should follow these instructions.

Some 'high' substances are purely physical, while others are emotional.

Explain a range of substance misuse and its emotional impact.

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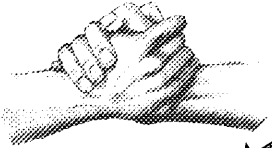
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SOCIAL AND CULTURAL FACTORS THAT CAN AFFECT

SOCIAL FACTORS

Humans are social creatures, and our relationships with others have the potential to significantly influence our health and wellbeing throughout our lives.



Supportive relationships

Supportive relationships with friends, partners, relatives and colleagues are likely to involve **encouragement, comfort** and being able to discuss your problems.

Explain one way that supportive relationships could positively influence an individual's physical health.



Unsupportive relationships

Unfortunate relationships involve **criticism, excessive criticism, and/or bullying**. Unhealthy relationships can increase **stress** levels, reduce **self-esteem** and make the development of mental health problems more likely. Friends could be unsupportive also due to the influence of **peer pressure** to engage in risky activities.

Peer pressure – strong persuasion from one's peer group to engage in certain (usually risky) activities

May lead to...

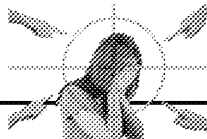
Social exclusion

Give a definition of 'social exclusion' and explain how it could negatively impact on an individual's emotional wellbeing.



Emotional

Discrimination and bullying can be very damaging to one's emotional wellbeing. They may cause depression and affect the way someone is, and anxiety around situations where



Bullying

Behaviour that is intended to cause repeated harm to another person by holding power over them. Bullying is commonplace in **schools** where pupils attempt to display dominance over others, or in **workplaces** where people in senior positions abuse power and set unrealistic tasks for employees.

A lot of bullying also takes place online in the form of **cyberbullying**. This is where people send messages or leave comments that are negative and abusive on social media sites such as Facebook, Twitter and Instagram.

Negative impacts on health and wellbeing

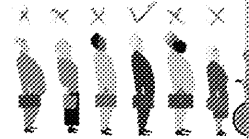
Physical

Explain how discrimination could negatively impact an individual's physical wellbeing.



Intellectual

Explain how bullying could negatively impact an individual's intellectual wellbeing.



Prejudice

The unfair, preconceived and unreasonable opinion of an individual that is not based on experience.

May lead to...

Discrimination

The unfair treatment of someone based on a particular characteristic they possess, such as **gender, race, religion, disability**.

For example, people with disabilities may feel discriminated against if they are experiencing a lack of success with job opportunities. A female may feel discriminated against if all the sports activities offered by a local centre are for males.

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+ve impacts

- ✓ **Physical** – more likely to take up exercise, e.g. via joining a local sports team.
- ✓ **Intellectual** – opportunities to be involved in local projects and learn new skills.
- ✓ **Emotional** – builds confidence and self-esteem.
- ✓ **Social** – reduced loneliness, making new friends.

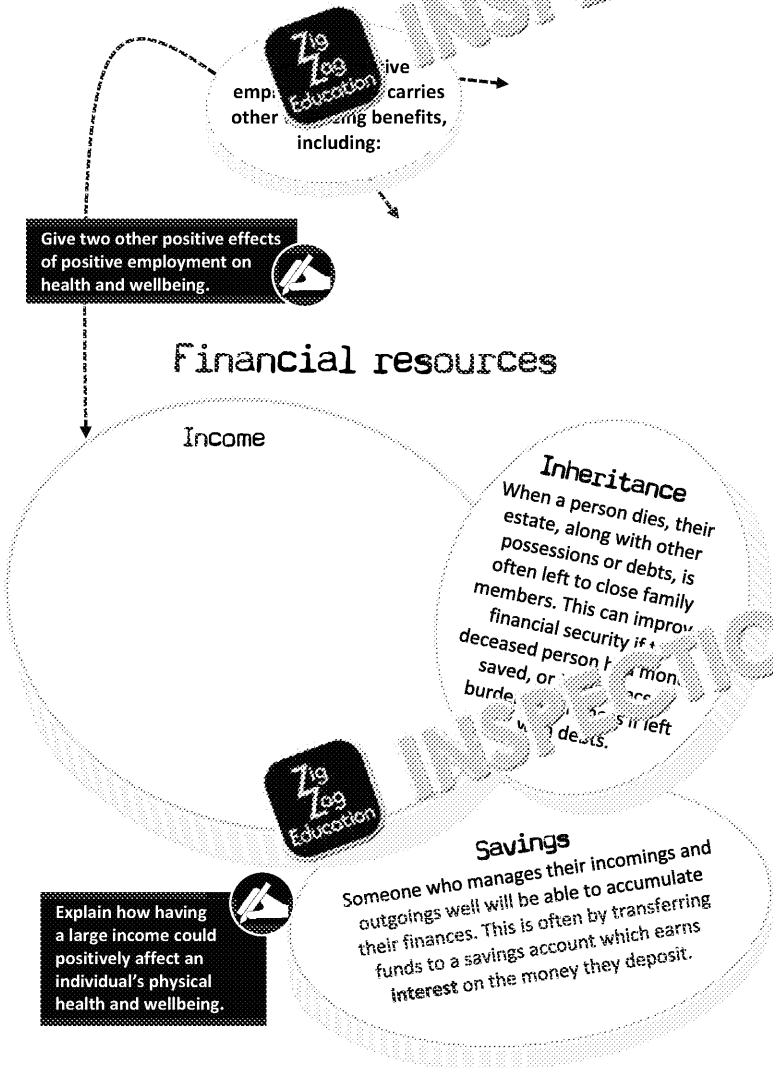


ECONOMIC FACTORS WHICH AFFECT HEALTH AND WELLBEING

'Economic factors' are those aspects of someone's financial position in society. This includes how much income they have, their cost of living, and whether or not they are in employment (and the type of employment they are in).

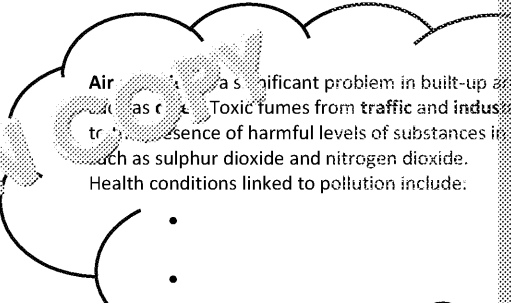
Employment situation

Being unemployed can lead to serious stress if someone is in a difficult financial situation. However, being in employment can also be stressful, particularly if the role is in a high-conflict or high-pressure environment.



ENVIRONMENTAL FACTORS

Levels of pollution



Give two examples of physical health conditions which have been linked to air pollution.

Light pollution is caused by excessive artificial lighting. This is usually a problem in cities where there are a lot of commercial properties with exterior lighting. Light can combine with noise to disrupt sleep.

Housing conditions

Having a safe and clean home is important for optimal wellbeing. This allows people to carry out the tasks of daily living (e.g. washing, cooking, and sleeping) and be comfortable under their roof. Poor housing conditions can impact physical health and wellbeing:

Broken furniture/fittings	Discomfort
Asbestos	Discomfort
Lack of heating	Discomfort

Housing needs

Everyone has different housing needs based on their life situation.

Identify one other housing need that an individual may have.

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THE IMPACT OF LIFE EVENTS ON HEALTH AND WELLBEING

Every
and

RELATIONSHIP CHANGES



Marriage & partnership

Explain one effect of marriage/partnership on an individual's social wellbeing.

Physical	+	Increased libido; improved sleep; healthy eating
Intellectual	+	Partners encourage creative abilities and expand knowledge and skills
Emotional	-	Anxiety; depression; chronic stress
Social		



Apply, e.g. a positive of a happy relationship is reduced stress

Divorce & separation

Give two effects of divorce/separation on an individual's health and wellbeing.

Moving home or school

Moving home or school can impact PIES health

Impact on physical health:

There could be a positive change in **location**, e.g. an area with less **pollution**. However, being forced into a poorer **standard of living** can impair physical health.

Impact on intellectual health:

There could be a positive change in the **quality of schooling**, which will improve intellectual development. However, moving school as a result of exclusion is likely to set someone back.

Impact on emotional health:

Moving home can be very **stressful**, moving school can be highly **daunting**. However, it also provides the opportunity to **start**.

Impact on social health:

Explain one positive and one negative impact that moving home or school could have on an individual's social health and wellbeing.

Change of job

Individuals can experience a lot of changes with employment, from pay rises, promotions to redundancy. These changes can have a wide range of impacts on health and wellbeing:

	Positive effects	Negative effects
Physical wellbeing	Workplace health initiatives, e.g. the cycle to work scheme	Less time to participate in physical activity
Intellectual wellbeing	Learn new skills and rise to new challenges	Lack of support for professional development
Emotional wellbeing	Increase confidence and receive support	Higher stress levels and lack of support
Social wellbeing	Meet new colleagues and make friends	Less time for socialising

Parenthood

For many people, becoming a parent is an exciting and a source of pride and achievement. Feeling unconditional love for your child (**emotional** wellbeing) and learning new skills while caring for them (**intellectual** wellbeing) can be rewarding.

However, parenting can involve high levels of fatigue (**physical** wellbeing). Socialising becomes more difficult (**social** health), and there may be increased **financial pressure** on the family. Some women are also at risk of developing **postnatal depression** (**emotional** health).

Bereavement

Losing a loved one is a difficult time, and everyone deals with **grief** differently. The way we deal with grief can impact our health and wellbeing:

Positives:

- ✓ Reflecting and recognising that life is short, and making lifestyle choices for **physical** health (e.g. giving up smoking, taking part in more exercise)
- ✓ Stronger relationships with loved ones (**emotional** wellbeing)

Negatives:

- ✗ Impaired **functioning** at work or at school (**intellectual** wellbeing)
- ✗ Refusing help and support from others and wanting to be alone (**social** health)

CHANGES IN LIFE CIRCUMSTANCES

Retirement

Retirement is something that happens when someone reaches their 60th birthday and leaves employment. Retirement can impact how they spend their time.

This could have the following impacts:

- ✓ **Physical** health – job was physically demanding
- ✓ **Intellectual** health – job was mentally stimulating

- ✓ **Emotional** health – job was a source of pride and achievement
- ✓ **Social** health – getting to see friends and colleagues

However, it could also have negative impacts:

- ✗ **Physical** health – less time for exercise, sitting at home
- ✗ **Intellectual** health – less time for learning new skills
- ✗ **Emotional** health – loss of a sense of purpose
- ✗ **Social** health – becoming isolated

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What?

Your pulse rate is the number of times your heart beats each minute, and is an indicator of cardiovascular health. You can feel your pulse in main arteries, as a throbbing sensation.

Arteries – blood vessels which carry blood from the heart to other areas of the body

Describe the difference between resting heart rate and recovery rate.



Resting rate:

Recovery rate:



Normal measurements

The NHS advises a normal resting pulse range for most adults is:

60–100 bpm
(beats per minute)

It is advisable to get checked out if your rate is frequently below 40 bpm or above 120 bpm. However, people who are very **physically fit** may have a **lower heart rate** as their heart muscles are stronger.

Potential significance of abnormal readings

Give one long-term risk of an abnormal pulse reading.



How?

You can measure your pulse yourself – place two fingers (as shown in the picture below) on your **wrist** or neck, and set a timer for one minute. Count how many times you feel your pulse throb – the total number of times this occurs in one minute is your pulse rate. Alternatively, heart rate monitors can be used for greater accuracy. These will be used in any clinical setting.

What?

Blood pressure (the amount of force involved in pumping blood around the body) is another indicator of cardiovascular health.

BLOOD PRESSURE

PHYSIOLOGICAL INDICATORS

Looking at physiological indicators means examining the clues that our bodies give about the health of bodily functions and systems. These can be used to judge the risk of someone becoming seriously unwell in the future. An awareness of physiological indicators can also help individuals to take steps to improve their own health and wellbeing.

BMI

(BODY MASS INDEX)

Guidance on BMI

BMI score (kg/m ²)	18.5
Meaning	Underweight

What?

BMI shows whether someone is at a healthy weight, given their height.

How?

It is calculated by dividing a person's weight in kilograms by their height in metres squared (kg/m²).

Note that the guidance provided on the right applies only to **most** adults. BMI may be **misleading** if used with groups such as **pregnant** women and muscular **athletes** (as muscle weighs more than fat).



Potential

Short-term nutrient deficiency as a result of a poor diet

Long-term health problems

High blood pressure

Short- and long-term abnormal readings

Abnormal readings from the various physiological indicators could pose short-term or long-term risks.



- ✗ **Short-term risks** are those that impact current physical health.
- ✗ **Long-term risks** are those that have the potential to impact future physical health if left untreated.

For instance, the short-term risks of an abnormally fast heart are dizziness, chest pain and palpitations.

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SMOKING

Cigarettes are highly **addictive** due to the **nicotine** they contain.

Note that an individual does not have to smoke addictively to face the risks of smoking. **'Social smoking'** (i.e. smoking occasionally during social situations) and **'second-hand smoking'** (inhaling the cigarette smoke of other people, AKA passive smoking) also carry some health risks.

Page 2 also contains some brief details about the health risks of smoking – see the diagram below to learn a wide range of physical health conditions that smoking can cause.

Whether or not someone smokes, and to what degree / for how long) can be a factor of their risk of developing these conditions (e.g. conditions being exacerbated).

Give four risks to physical health caused by smoking.

Risks to physical health

SUBSTANCE MISUSE

Give two risks to physical health caused by substance misuse.

Risks to physical health

LIFESTYLE INDICATORS OF

As we saw on Page 2, 'lifestyle' factors are those that can be modified. When working in social care, you may work with service users who are currently living on a low income and carries many physical health risks. Knowing what these 'lifestyle indicators' are can encourage service users to live healthier lifestyles and, therefore, reduce their health risks.

ALCOHOL CONSUMPTION

Complete this form as a Medical Officer's clinical assessment of alcohol consumption.

Case study question: Jim is 57 and is drinking with the nurse at 12. The nurse notes he is drinking approximately 10 units each week.

Explain two effects of alcohol intake could have on Jim's health.

It's important to remember that even drinking alcohol within these limits carries a risk, as does 'binge drinking'. This means drinking a large volume of alcohol in a short period of time. Being intoxicated can lead people to carry out risky or reckless behaviours which could be fatal, including fighting, or even drink-driving.

NUTRITION

The Eatwell Guide is a government tool that describes the amount and types of nutrients that make up a healthy, balanced diet.

Examples of a healthy diet include consuming a variety of calories (e.g. 2000-2500) or eating foods that are high in salt, sugar and saturated fat.

Explain how poor nutrition may result in a nutrient deficiency.

- Healthy eating tips:
- Meet your daily calorie intake
 - Consume a variety of the five food groups in the Eatwell Guide
 - Drink plenty of water
 - Choose low-fat, low-sugar, low-salt foods

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HEALTH AND WELLBEING IMPROVEMENT PLANS

For individuals to reduce their risk of certain health conditions, drawing up a specific plan can be extremely useful. Key elements of a health and wellbeing improvement plan include the recommendations and actions to be taken and the support available to follow these.

PERSON-CENTRED APPROACH

A person-centred approach is a way of delivering care that is specific to each service user's needs, wishes and circumstances.

Give one example of a need, wish and circumstance that might be considered in a person-centred approach.

Needs	*
Wishes	*
Circumstances	*

Benefits for health and social care workers

It saves time so that more people can be attended to in the long run.

Identify two other benefits of a person-centred approach for health and social care workers.

Benefits for the individual

Increased confidence that the recommendations, advice or treatment will work

Makes the individual more comfortable with receiving advice, treatment or recommendations

Identify four other benefits of a person-centred approach for the individual.

INFORMATION TO BE INCLUDED

Recommendations and actions

The first step in drawing up a plan is carrying out an assessment of the individual's needs, wishes and their goals for improvement. If there are several needs, it is important to decide which needs pose the greatest health risk. The physiological and lifestyle indicators outlined on the next page can help with this.

Rupert has met with his GP for some tests concerning his health. He has been advised that he eats a lot of processed foods high in salt. He plans to eat less salt from now on. His blood pressure is 150/94 mmHg.

State three recommendations to improve Rupert's health.

-
-
-

Short-term targets

These are goals that the person hopes to achieve in the next six months (or less). Setting short-term goals is a useful way of making large changes less daunting, especially if substantial changes to the person's lifestyle are required.

Monitoring progress towards short-term goals can help with motivation and encourage the person to keep going.

Long-term targets

These are goals for the period past the next six months. They are set for the end of the next year or longer. Long-term targets have a significant impact on someone's health and can lead to changes that will stay with them for life.

Provide one example of a short-term goal and one example of a long-term goal.

Sources of support

Support from relevant individuals can make it easier for goals to be met. This can help individuals to feel more confident and motivated in improving their health.

Formal support

This is the support provided by someone working in an official capacity. These individuals are often paid, but sometimes they are volunteers.

Provide one example of a formal source of support and explain how it could help an individual with their health and wellbeing improvement plan.

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Barrier – something that prevents an individual from accessing services unique to the health and social care system

BARRIERS TO FOLLOWING RECO

Even with a well-designed plan, individuals can come across different barriers which make wellbeing improvement goals. Being aware of what these might be can help the individual to and social care staff should also be aware of these potential issues, which will allow for

PHYSICAL DISABILITY

People with physical disabilities will face a range of barriers that get in the way of them carrying out their health and wellbeing improvement plan.

Identify two barriers faced by people with physical disabilities, and suggest a solution for each.

Barrier	Solution

SOCIOCULTURAL BACKGROUND

People from all backgrounds will need to access services to carry out their health and wellbeing improvement plan at the same point. The barriers that they face will be unique to different individuals. For example:

- Someone who has had a turbulent upbringing may feel afraid of seeking help as they are so used to being treated without respect.

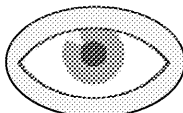
Explain one other barrier that someone might face as a result of their sociocultural background.



SENSORY DISABILITIES

Disabilities may also affect the body's senses. Barriers are faced by those who have limited or no:

- hearing
- vision



People with sensory disabilities will experience difficulties in communicating, travelling to appointments and accessing health information.

How to reduce barriers relating to sensory disabilities

Facility providers can adopt a range of strategies to overcome barriers faced by people with hearing/visual impairments.

Give one way that barriers to people with hearing impairments can be solved.



Zig Zag Education

Give one way that barriers to people with visual impairments can be solved.



COMMUNICATION PROBLEMS

There are many people living in the UK who speak English as a second language, who may not be confident enough in their ability to communicate. There are also some people who are unable to speak English, which significantly impact their ability to access health and social care services.

Many people suffer from speech impediments which affect their communication with others. Many people are embarrassed and lack confidence when communicating with other people. They face barriers similar to those not fluent in the English language.

How to reduce barriers relating to someone's speech or ability to speak

Give one way that barriers to people who don't speak English can be solved.

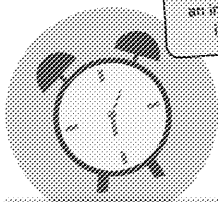


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Obstacle – something that prevents an individual from taking action and is personal to their situation.



OBSTACLES TO FOLLOWING RECOMMENDATIONS

There are also some obstacles that might interfere with someone's ability to carry out their health and wellbeing plan. Difficulties regarding time, resources, and accessing services can all make it harder for someone to improve their health.

TIME CONSTRAINTS

Working on improving one's health and wellbeing can be time-consuming.

Other commitments can make it difficult to find space in one's schedule. For example:

Work commitments

Many working individuals have busy and stressful jobs. This can lead to feeling tired, which can make it harder to carry out the actions of their plan. This is especially the case for people who work **long hours** or **night shifts**. If someone works **unpredictable hours**, it can be hard to plan the necessary actions (e.g. exercise) to improve their health.

Family commitments

Caring responsibilities (e.g. children or older adults) can make it difficult to take a minute to meal prep, exercise, or engage in other activities. The **stress and fatigue** involved can also make it harder for people to engage in activities to improve their health (e.g. finding the time to cook healthy food).

Give three ways to overcome obstacles relating to time constraints.

AVAILABILITY OF RESOURCES

If someone does not have enough money and/or the right materials or equipment, it can be difficult to carry out the recommended actions. It can be much easier for them to stay on track. Unfortunately, many individuals will face obstacles in these areas. For example:

Physical resources

Financial resources

Some individuals on a lower income may also find it difficult to carry out their plan. For example, health and gym memberships can be **expensive**. Stress can also impact on **motivation** to change.

How to overcome

Although these issues are challenging, there are ways that individuals can plan for these and overcome them:

-
-
-

How to overcome

Although resources are often difficult to carry out a plan, there are ways to mitigate this. Some things to consider include:

Suggest one way to overcome a lack of resources.

UNACHIEVABLE TARGETS

Targets might be **unrealistic** for that individual, or may set an **impossible timescale** for achievement.

If an individual has an unrealistic target, failure to make progress towards it as planned is likely to **demotivate** the person. The pressure of sticking to an unrealistic plan can also put someone off trying. This can lead to the individual giving up on their plan, and reverting to previous unhealthy habits.

How to improve

As we saw in Page 10, one of effective target-setting is to use the **'SMART'** target formula. Targets should be modified to be more achievable.

Consider the following example, for a person who wants to go from doing no exercise whatsoever to increasing their exercise levels:

- **Old target:** Exercise for one hour every day
- **New target:** Exercise for 30 minutes, five times a week

The new target is likely to be more **achievable** for that individual, as it offers more flexibility while still meeting exercise recommendations for adults.

- ✓ Tell friends and family members about your plans in **advance**
- ✓ Establish more **supportive** relationships, e.g. with others who have similar goals
- ✓ Tell friends and family how they can **help** you, and what isn't helpful

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