

BTEC Tech Award Health and Social Care Component 1—Learning Aim B

Knowledge Organiser

Understand how individuals deal with life events.

This knowledge organiser will help you to understand keywords and concepts, as well as how to spell them and define what they mean.

B1: Different types of Life Event

Health and wellbeing

An event which may cause harm to the individual physically. For example an accident, injury or physical illness.



Relationship Changes

Relationship changes can take the form of many different types. They include entering into relationships, marriage, divorce, parenthood, bereavement.

Life Circumstances

A life circumstance can sometimes be expected or unexpected. Usually they are unexpected and have a negative impact. For example being excluded from school, being made redundant or being imprisoned.

B2: Coping with change caused by Life

Events When an individual experiences a life event, they may adapt easily or they may require support to help them. People who experience the same life event can have two different ways of coping.

A person's character traits influence how they cope.

E.g. Resilience, self esteem, intelligence.

Sources of support: friends, family, neighbours and partners can offer support for individuals. Community groups, multi agency working and multidisciplinary working are also sources of support.

Support can help individuals adapt: They provide emotional support, information, advice, and give practical help such as financial assistance.

Definitions

Circumstance

A situation which a person may find themselves in.

Adapt

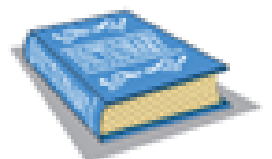
Getting used to a change, making adjustments.

Informal (support)

Casual, relaxed

Formal (support)

Offered by professionals such as GPs.



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