



Component 1

**Identify all the Lifestages**



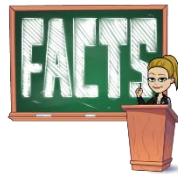
Component 1

**Give examples of Development**



Component 1

**Define Milestones**



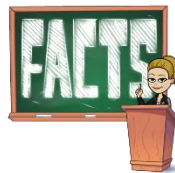
Component 2

**Identify different Geographical barriers**



Component 1

**Define Growth**

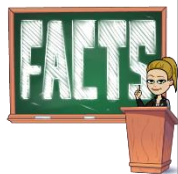


Component 1

**Define Development**



**HOW TO USE THESE CARDS  
...with a friend/parent**



**HOW TO USE THESE CARDS  
...by yourself!**



Component 2

**Why do we need to safeguard individuals**



Component 1

**Briefly summarise PIES**



Development starts from the head and works its way down the body in the same order:

Holding head up – Sitting with support –  
Sitting alone – Standing holding onto  
furniture – Walking alone

Infancy: 0-2yrs  
Early Childhood: 3-8yrs  
Adolescence: 9-18yrs  
Early Adulthood: 19-45yrs  
Middle Adulthood: 64-65  
Later Adulthood: 65+yrs

- Distance of service provider
- Poor transport links

The age at which experts suggest that most children will have reached a particular stage of development.  
E.G walking is between 9months and 18months

Human development is the way individuals increase their skills, abilities and emotions

Human growth is the increase in physical size, that is height, weight and head circumference

HOW TO USE THESE CARDS  
...with a friend/parent!



Use the 'Flashcard Game' structure to quiz your friends.

HOW TO USE THESE CARDS  
...by yourself!



Use the Leitner system (watch the you tube video to find out how).

<https://www.youtube.com/watch?v=C2DEvKtdJwQ>

**Physical:** the physical function of the body  
**Intellectual:** the ability to think and solve problems  
**Emotional:** the ability to recognise feelings (sad, happy, fear, anger) and express them in an acceptable way  
**Social:** the ability to interact with others

- To protect themselves and others from harm
- It's a legal duty



Component 1

**What is Physical  
Development**



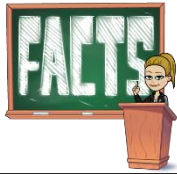
Component 1

**What is Social  
Development**



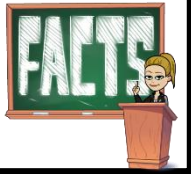
Component 1

**What does PIES  
stand for**



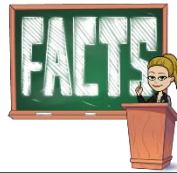
Component 1

**What is Emotional  
Development**



Component 1

**Identify different  
types of Physical life  
events**



Component 1

**Identify different  
types of relationships  
changes**



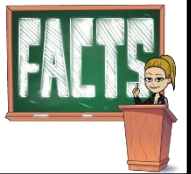
Component 1

**Identify different  
types of Life  
circumstances**



Component 1

**Identify different  
sources of support**



Component 1

**Identify different  
types of support**



Component 1

**Define the term  
Lifestage**



Is all about how we form relationships with others and how we socialise with others

Is all about how we physically increase in height and weight, and our ability to learn new skills

Is all about how we form relationships with others and how we develop our confidence and self-esteem

- Physical
- Intellectual
- Emotional
- Social

- Entering into a relationship
  - Marriage
  - Divorce
  - Parenthood
  - Bereavement

- Accident
- Injury
- Ill health

Family, Friends, Partner  
Professional Carers and services  
Community groups, voluntary and faith based organisations

- Moving house
- Starting school/work
  - Exclusion
  - Redundancy
  - Imprisonment
  - Retirement

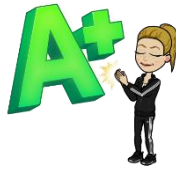
Distinct phases of life that each person passes through

- Emotional
- Information and advice
- Financial assistance
  - Childcare
  - Transport



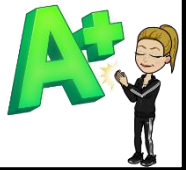
Component 1

**What are Fine Motor Skills**



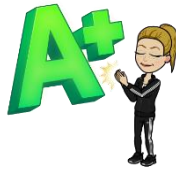
Component 1

**What are Gross Motor Skills**



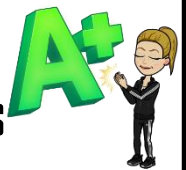
Component 1

**What is Intellectual Development**



Component 2

**Identify different intellectual barriers**



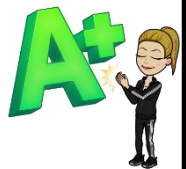
Component 1

**Name Economic factors that impact growth and development**



Component 2

**Identify different resource barriers for the service provider**



Component 3

**Identify Genetically inherited diseases**



Component 3

**Name physical factors that impact growth and development**



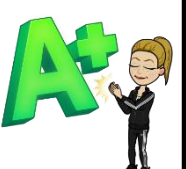
Component 1

**Name different relationship types**



Component 1

**Name social and cultural factors that impact growth and development**



The development and control of the whole body and larger muscle groups used for balance, walking and climbing

The development and control of smaller muscle groups in the hands, fingers and feet used for sophisticated movements like drawing and threading beads

Learning difficulties

Is all about learning: how individuals organise their mind, ideas, thoughts and make sense of the world.

- Staff shortages
- Lack of funding
- High local demand

- Income/Wealth
- Material possessions

- Genetic inheritance
- Diet and Lifestyle choices
- Illness and disease
  - Appearance

"Some conditions are caused by a faulty gene passed on from a mother or father – it is inherited"  
Cystic Fibrosis  
Downs Syndrome  
Congenital Heart Disease

- Religion
- Gender roles and expectations
- Educational experiences
  - Role models
- Personal relationships

- Family
- Friendships
- Intimate personal & sexual
  - Working



Component 3

**Define Health and Wellbeing**



Component 3

**Define Genetic Inheritance**



Component 3

**Identify Genetically inherited conditions**



Component 3

**Define Predisposition**



Component 2

**Identify different financial barriers**



Component 1

**Define with examples expected life events**



Component 1

**Identify Unexpected life events**



Component 1

**Name physical factors that impact growth and development**



Component 1

**Negative impacts of lack of economic resources**



Component 1

**Positive impacts of good economic resources**



Genetic diseases are inherited  
They are passed from one generation to another in their DNA

Predisposition means someone is more likely to suffer from a particular condition such as Huntington's disease

Expected life events are those that individuals can be certain will happen, they are planned and predictable:  
Starting school, puberty, menopause, marriage, having children

- Diet
- Illness
- disease
- Exercise
- Genetic inheritance

The more money an individual has the more choices they have in life: adequate housing, healthy lifestyle – diet, afford luxury goods like holidays, computers and books

A combination of physical health and social and emotional wellbeing.

- Huntington's Disease
- Cystic Fibrosis
- Diabetes – Type 1
- Sickle Cell

- Charging for services
- Cost of transport
- Loss of income

Unexpected life events are those that take individuals by surprise they are unpredictable and unplanned: Having an accident, death, divorce, redundancy

Poverty cause poor diet, poor hygiene and poor housing. They will experience over crowded houses, not enough money for heating or food and even clothes





Component 3

**Identity  
Environmental  
Factors**



Component 3

**Short term effects  
of air pollution**



Component 3

**Long term effects  
of air pollution**



Component 3

**Identify the Effects  
of water pollution**



Component 3

**Identify the  
Effects of Noise  
pollution**



Component 3

**Define  
Self Concept**



Component 3

**What is a  
balanced diet**



Component 3

**What is the difference  
between Acute and  
Chronic**



Component 3

**Identify types  
Informal support**



Component 3

**Identify types of  
Formal Support**



- Irritation to the eyes
- Respiratory infections such as pneumonia and bronchitis
  - Headaches
  - Nausea
- Allergic reactions

Housing conditions  
Pollution: Air / Noise  
Access to health and welfare services

- Hepatitis
- Cholera
- Dysentery
- Typhoid

- Chronic respiratory disease
  - Lung Cancer
  - Heart Disease
- Damage to brain, liver and kidneys

How we see ourselves and how others see us – it is made up of self esteem and self image

- Irritability
  - Angry
- Unable to concentrate
- Make irrational decisions
- Loss of friends – socially isolated
  - Tinnitus

- Acute – short term illness
- Chronic – Long term illness

A balanced diet contains the right amount of food from each food group that is identified in the Eatwell Guide.

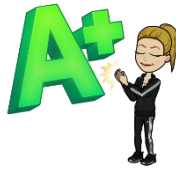
Support provided by professionals who are paid to do so as their job and follow the principles of care – GP's, counsellors, social workers and teachers

Support provided by friends, family and neighbours during a time of need. This can be through: emotional support, financial, practical help, baby sitting, transport, advice and just listening



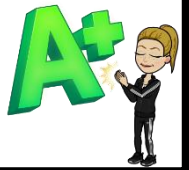
Component 2

**Identify different  
Social, Cultural and  
Psychological Barriers**



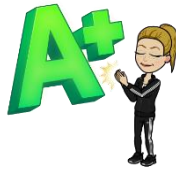
Component 2

**Identify different  
language barriers**



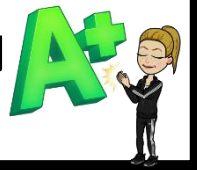
Component 1

**Adolescence:  
characteristics in girls  
only**



Component 1

**Characteristics common in  
boys and girls during  
adolescence**



Component 1

**Adolescence:  
characteristics in  
boys only**



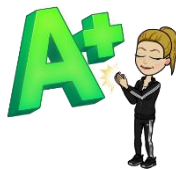
Component 3

**What are the benefits of  
regular  
exercise?**



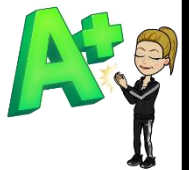
Component 3

**What are the negative  
effects of lack of  
exercise?**



Component 1

**What is a  
Nuclear family**



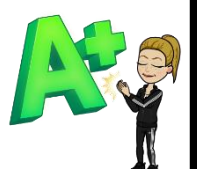
Component 1

**What is an  
Extended family**



Component 1

**What are Step  
Families**



- Different first language
- Language impairments

- Different cultural beliefs
- Fear of loss of independence
  - Lack of Awareness

- Rapid growth spurt, Pubic and underarm hair growth
- Moodiness, self conscious and aggression
- Can think and reason more widely, solve problems in their head and think abstractly,

- Breasts develop
  - Hips Widen
- Menstruation starts

Physical activity helps to protect an individual against chronic diseases and improve quality of life.

- Penis size increases
- Larger Adams apple
  - Voice breaks
- Growth of facial hair
- Chest and shoulders broaden

Consists of parents and their children they have had together.

Can cause obesity, heart disease, osteoporosis and joint problems.

This is a result of remarriage. Either or both parents may have children from a previous relationship. They are not related so they are step brother/ sister. If another child comes from this new relationship they will be classed as a half brother/sister as they have half the genes.

Includes: grandparents, aunties, uncles, cousins, nephews, nieces and grandchildren.



Component 2

**Identify Primary  
Care Services**



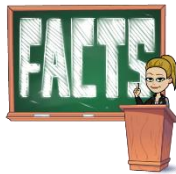
Component 2

**Identify Secondary  
and Tertiary Care**



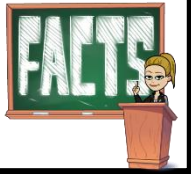
Component 2

**Identify Allied  
health  
professionals**



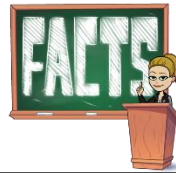
Component 2

**Identify social services  
for children and young  
people**



Component 2

**Identify social services  
for adults and children  
with specific needs**



Component 2

**Identify different  
physical barriers**



Component 2

**Identify different Social  
Services for Older  
Adults**



Component 1

**Identify different  
sources of support**



Component 2

**Identify different  
Sensory barriers**



Component 2

**Define the term  
Life Event**



Specialist medical care

- GP
- Dentist
- Optician
- Community Health Care

- Foster Care
- Residential Care
- Youth Work

Physiotherapy  
Occupational Therapy  
Speech and Language  
therapy  
Dieticians

E.G – issues getting into  
and around facilities such  
as a Doctors surgery

- Residential care
- Respite care
- Domiciliary care

- Family
- Friends
- Partners
- Professional carers and services
- Community groups and faith  
based services

- Residential care
- Domiciliary care

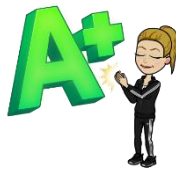
A life event is an  
expected or unexpected  
event that can affect  
development

- Hearing  
difficulties
- Visual difficulties



Component 3

**What are the benefits of regular exercise**



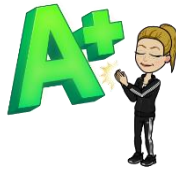
Component 3

**What are the effects of not exercising regularly**



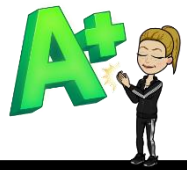
Component 3

**Identify examples of Substance use**



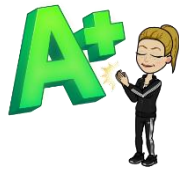
Component 3

**Why is it important to have good personal hygiene**



Component 3

**Identify different types of social interactions**



Component 3

**How can stress affect PIES**



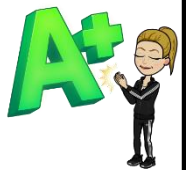
Component 3

**What factors can affect a persons willingness to seek help**



Component 3

**How are a person's financial resources affected?**



Component 3

**What are the two main types of pollution**



Component 3

**What is the difference between Rural and Urban**



- Stiff joints
- Poor stamina
  - Obesity
  - Stroke
- Coronary Heart Disease

- Helps concentration
  - Relieves stress
- Helps us relax and feel good
- Help socialise with others

- Prevents germs from being spread
  - Prevents illness
- Reduces the number of bacteria on our skin

- Alcohol
- Smoking
- Illegal drugs
- Misuse of prescribed drugs

Physical – Tension in your body  
 Intellectual – Distracted and loss of concentration  
 Emotional – being upset and unhappy  
 Social – Finding it hard to mix with others

- Supportive relationships
  - Unsupportive relationships
- Social integration
- Social isolation

- Employment status
  - Wealth
  - Occupation
  - Social class
- Material possessions

- Cultural
- Gender
- Education

- Rural – Living in the countryside
- Urban – Living in the city

- Air pollution
- Noise pollution





Component 3

**What ways are used to measure health**



Component 3

**What is the person centred approach**



Component 3

**What are the benefits of a person centred approach**



Component 3

**What information needs to be included in a care plan**



Component 3

**What are some of the potential obstacles to implementing plans**



Component 2

**What is empowerment**



Component 2

**How can you respect a person's privacy**



Component 2

**How can we demonstrate dignity towards others**



Component 2

**Why do we keep information confidential**



Component 2

**How can a care worker communicate effectively**



The client is involved within all aspects of their care and decision making

- Recommended actions
- Short term targets
- Long term targets
- Appropriate sources of support

Supporting people in taking control of their life

- Closing doors and curtains
- Using professional language
- Providing clean clothes
- Dealing with embarrassing situations sensitively

- Adapt their communication style to suit the situation
- Make service users feel respected

- Pulse rate
- Blood pressure
- Peak flow
- BMI

- Improves the quality of services
- Helps people get the care they need
- Reduces pressure on health and social services
- Helps people to become more active in looking after themselves

- Emotional – lack of motivation
  - Time constraints
- Availability of resources
- Unachievable targets
- Lack of support

- Gain permission
- Provide a private space for conversations
- Keep information confidential

- It's a legal right everyone has
- Keeps sensitive information private
- Prevents embarrassment
- A person might be at risk