

## COMPONENT 1: HUMAN LIFESPAN DEVELOPMENT

### A1: Human growth and development across life stages

Life stages and their expected key characteristics in each of the PIES classifications

- Infancy, 0-2 years
- Early childhood, 3-8 years
- Adolescence, 9-18 years
- Early adulthood, 19-45 years
- Middle adulthood, 46-65 years
- Later adulthood, 65+ years

### A2: Factors affecting growth and development

#### Physical factors

- Inherited conditions
- Mental ill health
- Physical ill health
- Disabilities
- Sensory impairments

#### Lifestyle factors

- Nutrition
- Physical activity
- Smoking
- Alcohol
- Substance misuse

#### Emotional factors

- Fear
- Anxiety/worry
- Upset/sadness
- Grief/bereavement
- Happiness/contentment
- Security
- Attachment

#### Social factors

- Supportive and unsupportive relationships
- Inclusion and exclusion
- Bullying
- Discrimination

#### Cultural factors

- Religion
- Gender roles and expectations
- Gender identity
- Sexual orientation
- Community participation
- Race

#### Environmental factors

- Housing needs, conditions, locations
- Home environment
- Exposure to pollution: air, noise & light

#### Economic factors

- Employment situation
- Financial resources: income, inheritance, savings

### B1: Different types of life event

#### Health and wellbeing

- Accident/injury
- Physical illness
- Mental and emotional health and wellbeing

#### Relationship changes

- Entering into relationships
- Marriage, civil partnership, long-term relationship
- Divorce, separation for non-married couples
- Parenthood
- Bereavement

#### Life circumstances

- Moving house, school or job
- Exclusion from education
- Redundancy
- Imprisonment
- Changes to standards of living
- Retirement

### B2: Coping with change caused by life events

#### The character traits which influence how individuals cope

- Resilience
- Self-esteem
- Emotional intelligence
- Disposition: e.g. positive, negative

#### The sources of support which can help individuals adapt

- Family, friends, neighbours, partners
- Professional carers and services
- Community groups, voluntary and faith-based organisations
- Multi-agency working
- Multidisciplinary working

#### The types of support that can help individuals adapt

- Emotional support
- Information, advice, endorsed apps
- Practical help

## COMPONENT 2: HEALTH AND SOCIAL CARE SERVICES & VALUES

### A1: Healthcare services

#### Health conditions

- Arthritis
- Cardiovascular conditions
- Diabetes (type 2)
- Dementia
- Obesity
- Respiratory conditions
- Additional needs

#### Health services available

- Primary care
- Secondary care
- Tertiary care
- Allied health professions
- Multidisciplinary team working

### B1: Skills and attributes in health and social care

#### Skills

- Problem solving
- Observation
- Dealing with difficult situations
- Organisation

#### Attributes

- Empathy
- Patience
- Trustworthiness
- Honesty

### A2: Social services

#### Social care services

- Services for children and young people
- Services for adults and children with specific needs
- Services for older adults

#### Additional care

- Informal care
- Voluntary care

### B2: Values in health and social care

- Care
- Compassion
- Competence
- Communication
- Courage
- Commitment

### A3: Barriers to accessing services

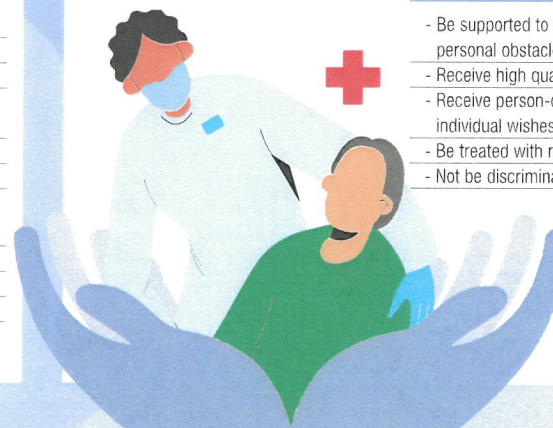
- Barriers to people with sensory disability
- Barriers to people with different social and cultural backgrounds
- Barriers to people who speak English as an additional language or speech and language impairments
- Geographical barriers
- Barriers for people with learning disabilities
- Financial barriers

### B3: The obstacles individuals requiring care may face

- Emotional/psychological
- Time constraints
- Availability of resources
- Unachievable targets
- Lack of support
- Other factors specific to individual

### B4: The benefits to individuals of the skills, attributes and values in health and social care practice

- Be supported to overcome their own personal obstacles
- Receive high quality care
- Receive person-centred care based on individual wishes
- Be treated with respect
- Not be discriminated against
- Be empowered and have independence
- Be involved in care decisions
- Be protected from harm
- Feel comfortable to raise complaints
- Have their dignity and privacy protected
- Have their confidentiality protected
- Have their rights promoted



## COMPONENT 3: HEALTH AND WELLBEING

### A1: Factors affecting health and wellbeing

#### Physical factors

- Inherited conditions
- Physical ill health
- Mental ill health
- Physical abilities
- Sensory impairments

#### Lifestyle factors

- Nutrition
- Physical activity
- Smoking
- Alcohol
- Substance misuse

#### Social factors

- Supportive/unsupportive relationships
- Social inclusion and exclusion
- Bullying
- Discrimination

#### Cultural factors

- Religion
- Gender roles and expectations
- Gender identity
- Sexual orientation
- Community participation

#### Economic factors

- Employment situation
- Financial resources

#### Environmental factors

- Housing needs, conditions, locations
- Home environment
- Pollution: air, noise and light

#### Life events

- Physical events
- Relationship changes
- Life circumstances

### B1: Physiological Indicators

- Resting heart rate (pulse)
- Heart rate (pulse) recovery after exercise
- Blood pressure
- Body Mass Index (BMI)
- Potential significance of abnormal readings

### B2: Lifestyle indicators

- Nutrition: the Eatwell Guide
- Physical activity: UK Chief Medical Officers' Physical Activity Guidelines
- Smoking: UK Chief Medical Officers' Smoking Guidelines
- Alcohol: UK Chief Medical Officers' Alcohol Guidelines
- Substance misuse

### C1: Person-centred approach

- Needs
- Wishes
- Circumstances
- The importance of a person-centred approach for individuals
- The benefits of a person-centred approach for health and social care workers and services

### C2: Recommendations and actions to improve health and wellbeing

- Established recommendations for helping improve health and wellbeing
- Formal and informal support available when following recommendations to improve health and wellbeing

### C3: Barriers and obstacles to following recommendations

#### Barriers

- Physical barriers
- Barriers to people with sensory disability
- Barriers to people with different social and cultural backgrounds
- Barriers to people that speak English as an additional language or those who have language or speech impairments
- Geographical barriers
- Resource barriers for service provider
- Financial barriers

#### Obstacles

- Emotional/psychological
- Time constraints
- Availability of resources
- Unachievable targets
- Lack of support

