

# COMPONENT 1: HUMAN LIFESPAN AND DEVELOPMENT KNOWLEDGE ORGANISER

Challenging texts



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- TOPIC CONTENT:**
- You will study the areas of growth and development that contribute to the whole person considering PIES
  - Will reflect on the factors that impact on everyone's life e.g. lifestyle culture etc.

- LEARNING OBJECTIVES**
- A – Understand the different types of health and social care services and barriers to accessing them.
  - B – Understanding the skills, attributes and values required to give care.

*LAA – Understand human growth and development across life stages and the factors that affect = it.*

**Main life stages**

Age Group	Life stage	Developmental progress
0-2 years	Infancy	Still dependent on parents/carers but growing
3- 8 years	Early Childhood	Becoming increasingly independent, improving thought processes and learning how to develop friendships
8-18 years	Adolescence	Onset of puberty, growth spurts and emotional changes.
19-45 Years	Early Adulthood	Leaving home, making your own choices about family and career
46-65 years	Middle Adulthood	Having more time to travel, socialise and take up hobbies as any children may be leaving the home, beginning of menopause and ageing process.
65+ years	Later Adulthood	The ageing process continues which may affect memory and mobility.



**P.I.E.S**

- P** – Physical – how a body grows and changes and how their motor skills change
- I** – Intellectual - how people develop cognitive abilities (thinking skills) such as memory/recall and language.
- E** – Emotional - describes how people learn to cope with their feeling towards themselves and others
- S** – Social – describes how people form relationships and learn how to be independent.

**Factors affecting growth and development**

- Inherited conditions** – are as a result of genes that are passed from a parent/parents to their child.
- Illness and disease** – Chronic or serious illness during their lifetime that impacts their growth and development.
- Mental ill health** – It affects the way a person feels about themselves and how they interact with others.
- Disability** – Something that may limit an individual's ability to carry out some activities.
- Sensory Impairment** - Partial or complete loss of one of the sense e.g. sight, hearing, touch or taste.
- Lifestyle** – Choices people make about their lives e.g. Smoking, Alcohol consumption, substance misuse, exercise.
- Emotional** – Someone's feelings – emotions change depending on life experiences and decisions.
- Social** – Relationships with others supportive/unsupportive
- Cultural** – The religious/cultural and community groups people belong to.
- Gender roles** – roles and responsibilities determined by a person's gender
- Environmental** – Our surroundings and conditions which we live in, could be your home, community, air around us.
- Economic** – A person's employment situation and their financial resources.

- Key terms –**
- Characteristics
  - Life stages
  - Growth
  - Classification
  - Development
    - Physical
    - Intellectual
    - Emotional
    - Social
  - Gross Motor Development
  - Fine Motor Development
  - Inherited conditions
  - Supportive
  - Unsupportive
  - Cultural factors
  - Gender Roles
  - Housing
  - Pollution
  - Life events
  - Expected events
  - Unexpected events
  - Informal support
  - Professional support
  - Voluntary Support
  - Multi-agency working
  - Multidisciplinary

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**LEARNING OBJECTIVES**

A – Understand the different types of health and social care services and barriers to accessing them.

B – Understanding the skills, attributes and values required to give care.

Life events can be **expected**: you would expect this event to happen to you in your lifetime, or **unexpected**: you would **not** expect this event to happen to you in your lifetime. Unexpected life events are harder to adapt to because you do not expect them to happen.

**Life circumstances**  
Like the other life events, life circumstances can be **expected** and **unexpected**.

**Expected** life circumstances include, leaving school, getting a job, moving out of parents house, moving home and retirement.

**Unexpected** life events would include, being excluded from education, periods of unemployment due to redundancy, losing a job

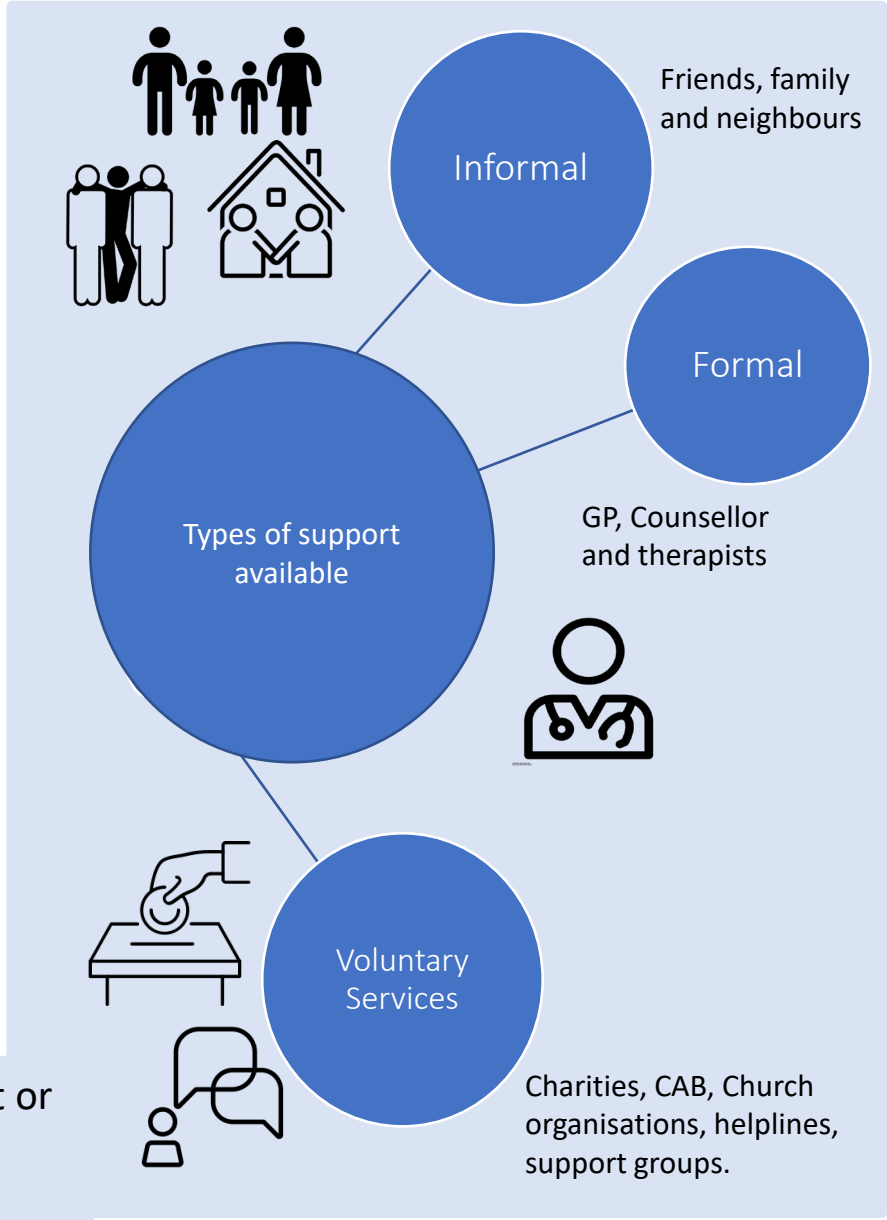
Changes in living conditions and standards. In addition, due to life choices a person may find themselves imprisoned

**You need to explain what support a person has, how the support works and how the support enables the person to adapt to the life event.**

Support comes in three different types. Informal support is the everyday type of support a person would receive. Informal Support is **unpaid**.

Support can also be formal, people who provide formal support are paid for their service. Such services could be doctors, midwives speech therapists etc.

Voluntary Services offer support, free of charge, in many different forms, such as support groups help lines and advice groups. Voluntary groups rely on donations from the Government and the public.



**Positive:** The support an individual receives enables them to adapt to their new circumstances and the development of their PIES is not impacted in the long term. This is because all four types of support are available, and the individuals confidence and self-esteem is maintained or even improved. The individual is well informed and can feel secure that they have a support network to help them during the adjustment period.

**Negative:** There is either a lack of support or ineffective support for the individual to access. This can lead to negative state of mind, anger, withdrawal or mental health issues. Ultimately the individual is unable to adapt both mentally and physically and the development of their PIES is impacted both in the short and long term.

**You need to explain what support a person has, how the support works and how the support enables the person to adapt to the life event.**