

Unit 1: Human Lifespan Development

Learning Aim B: Investigate how
individuals deal with life events

Student Booklet

Name: _____

Teacher: _____

TG: _____



Life events

What is a life event?

They can be expected, or unexpected. What is the difference between the two? Write your own explanation:

Identify a list below of expected and unexpected life events:

Expected	Unexpected

Task:

Choose a life event that has had an impact on you recently, it could have been expected or unexpected.

Explain how it has had an impact on your overall health and wellbeing.

You should consider your physical, intellectual, emotional and social development.

Extension task: How does a life event affect a person?

Compare the impact of an expected life event versus an unexpected life event. Choose one of each from the table on page 2. Identify the ones you have chosen in the columns provided.

Area of development	Expected life event:	Unexpected life event:
Physical		
Intellectual		
Emotional		
Social		

Physical events: Accident/injury, ill health

Physical events are often unexpected. It is something that happens that can affect your physical development, for example a car accident, or being unexpectedly diagnosed with a disease such as cancer.

Ed Jackson is an example of how a physical event can affect you.

Rugby player Ed broke his neck after diving into the shallow end of a swimming pool.

He was told he would never walk again, and had no movement or feeling from the neck downwards.

Case study: Ed

Read the newspaper article below about Ed and his injuries.

Wales rugby player breaks his NECK jumping into SHALLOW END of swimming pool

The Express, Thursday May 4th 2017

A TOP rugby player broke his neck jumping into the shallow end of a swimming pool at a family barbecue.

Ed Jackson, 28, was in intensive care after the freak accident when he hit his head on the pool bottom.

The Newport Gwent Dragons star was pulled from the water by his father and a friend but left with no feeling in his legs and arms.

Mr Jackson was rushed to hospital in Bristol for surgery to remove a shattered vertebrae and insert a metal disk.

The former Wasps, Doncaster and London Welsh player faces an uncertain future after revealing he was left with no feeling below his neck other than limited movement in his right arm.

‘After hitting my head on the bottom I realised I couldn’t swim to the surface because I’d lost movement in my legs and power in my arms’

Ed Jackson - Newport Gwent Dragons

The powerful back row star has launched a blog about his accident in a hope to share his recovery with fans.

He launched it with a picture of himself three days after the accident, in a hospital bed wearing a neck brace and gown.

Speaking about the accident for the first time, Mr Jackson said: "At a family friends BBQ I dived into the shallow end of a swimming pool.

"After hitting my head on the bottom I realised I couldn't swim to the surface because I'd lost movement in my legs and power in my arms.

"My dad, a retired GP, and friend Daffyd immediately knew something was wrong, pulled me to the surface and stabilised me in the pool until the ambulance came.

"I was transferred to Southmead Hospital with a fracture dislocation at the C6/7 joint.

"After a number of MRI scans and X-Rays the doctors decided to operate at 2am to stabilise my neck as pressure was being put on my spinal cord.

"In surgery they removed my shattered disc, relocated my vertebrae and fixed it in place with a metal plate.

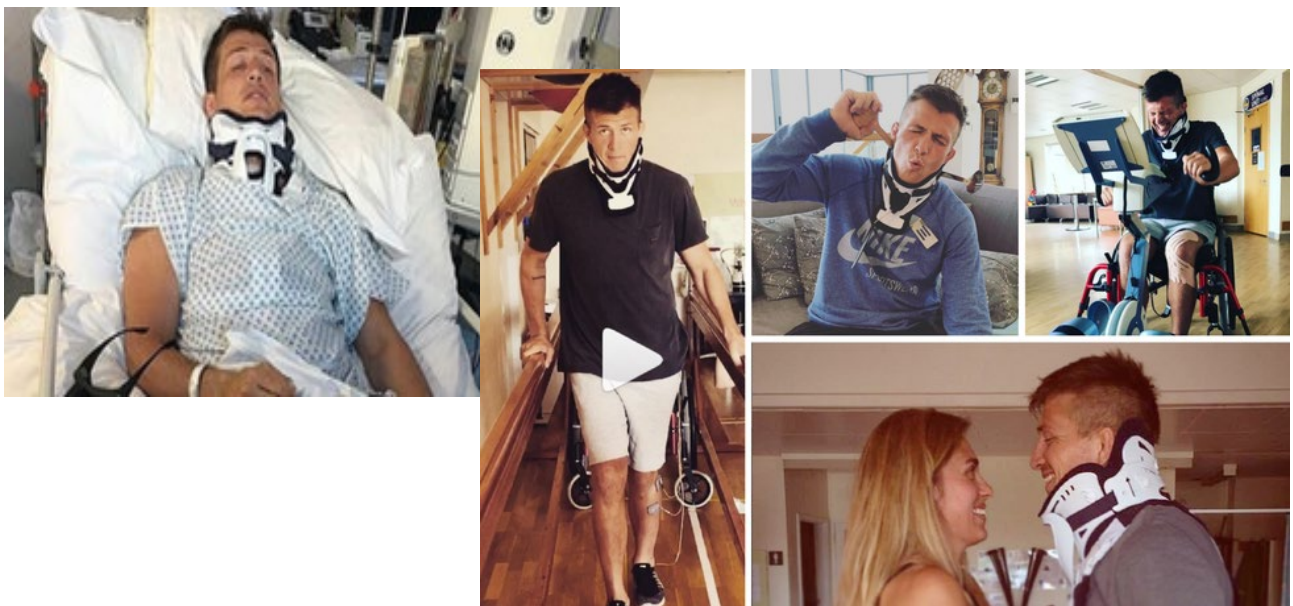
"I woke up in ICU, luckily completely coherent, however no feeling below my neck other than limited movement in my right arm.

"You never think this is ever going to happen to you, but it did, now I've got to deal with it. This is my road to recovery."

At the time of the accident on April 8 his club, Newport Gwent Dragons said: "Ed Jackson suffered a non-rugby related injury.

"He has undergone a neck operation, which was a success, and the surgeons are satisfied with the results.

"Ed is making significant progress and is currently recovering in hospital."



1. *Can you identify what type of life event is this?*

2. *Can you describe the impact the injury has had on Ed's physical and emotional development?*

3. *Can you explain how Ed has adapted, and how he has been supported?*

1

2

3

Ill health

Some illnesses can affect people for a few days, or for their whole life.

Illnesses could affect all areas of a person's health and wellbeing, or may just affect one part, for example physical health.

Ed fell ill whilst recovering in hospital. He was diagnosed with a bacterial infection known as MRSA. How could this have affected his road to recovery?

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Relationship changes

- Entering into relationships
- Marriage
- Divorce
- Parenthood
- Bereavement

We will all experience relationship changes throughout our lives. Some will have significantly positive effects on our lives, whilst others will unfortunately have a negative impact. Even something positive such as marriage can come with its challenges, such as losing close friendships, and the cost of a wedding causing stress and worry.

Once you have completed the carousel activity, you are going to choose one of the following celebrities/couples.

You are going to write a paragraph, explaining how their relationship change has affected their health and wellbeing (PIES).



You should consider positive and negative impacts on a person's development.

Explain the evidence you can find that your peers have put effort into their work.	
How can your peers improve their thinking?	
What can your peers do to improve their work?	

Life circumstances

- Moving house, school or job
- Exclusion from education
- Redundancy
- Imprisonment
- Retirement

Task

Your practitioner is:

Each group is going to produce a mind map that identifies how a particular life circumstance affects a person's health and wellbeing.

The practitioner must make sure all groups produce the work that is required.

Your practitioner has some resources that she can use to guide you if you get stuck.

Use the next page to create your mind map, identifying how a particular life circumstance affects PIES development.

You will then be asked to feed back to the rest of the class.



Sources of support

- Family, friends and partners
- Professional carers and services
- Community groups, voluntary and faith based organisations

Task

Choose a celebrity, or celebrity couple from your previous task on relationship changes.

You are going to identify and describe which different sources of support would benefit them, and why.

Chosen celebrity/couple:

What is the difference between formal and informal support?

You can find information in the following places:

Student book

Websites:

NHS choices

Mind

Gov.uk

Citizens Advice

In each box, identify who would support the celebrity, and describe what they would do to help them. You should also describe how this would benefit them.

Family, friends and partners

Professional carers and services

Community groups, voluntary and faith based organisations

Types of support available

- *Emotional e.g. counsellor, befriending*
- *Information and advice e.g. charities, Citizens Advice, patient services*
- *Practical help e.g. financial assistance (social worker, volunteer or citizens advice), childcare, transport*

What has the charity 'Heads Together' done to offer emotional support and information to service users?

<https://www.youtube.com/watch?v=45RqUmxDXiY>

<https://www.youtube.com/watch?v=CTkzOrRCCR4>

Heads Together

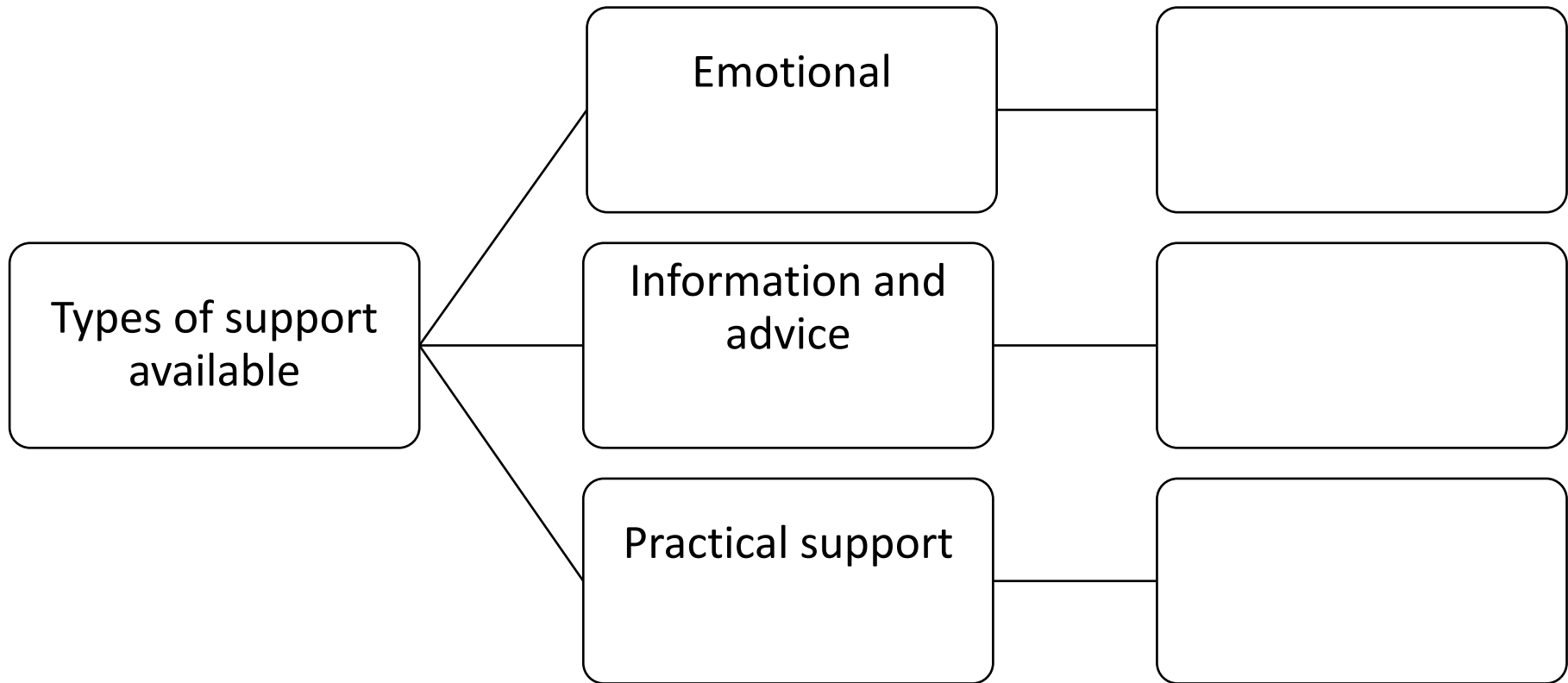
Both Rio Ferdinand and Princes William and Harry have suffered unexpected bereavement. Rio Ferdinand lost his wife to breast cancer, whilst Princess Diana, the mother of William and Harry, was killed in a car crash in Paris when they were both teenagers.

Brainstorm your ideas in the space below:

Task

Now that you have a better understanding of the types of support that are available, you need to identify the help available for your chosen celebrity. You should provide a description of the support they could have.

Complete the plan on the next page:



Assignment preparation

THIS IS A PRACTICE BEFORE YOU COMPLETE THE REAL ASSIGNMENT!

You are going to be interviewing a service user who has experienced a particular life event.

You need to find out the following information:

- 1. How has the event impacted their development (PIES)?*
- 2. How have they adapted to the life event, using support?*
- 3. How well have they adapted to the life event?*
- 4. What support did they receive, and what role or value did it have?*

Can you describe the difference between an open and a closed question?

Make a list below of three questions that you could ask the service user. They should be as specific and open as possible in order to get the most information from the service user that you can:

1. _____

2. _____

3. _____

Use the spaces below to record the answers to your questions:

1.

2.

3.

Learning Aim B Assignment: Investigate how individuals deal with life events

NOTE: Before you start your assignment, you should carry out an interview with each of your chosen individuals. You should already have filled in your interview sheets, and have a consent slip signed by each person. You should change the name of the person in your work, as well as any place names.

In this assignment, you will be covering the following:

B1: Different types of life event

- *Physical events-accident/injury, ill health*
- *Relationship changes-entering into relationships, marriage, divorce, parenthood, bereavement*
- *Life circumstances-moving house, school or job, exclusion from education, redundancy, imprisonment, retirement*

B2: Coping with changes caused by life events

- *Sources of support-family, friends and partners, professional carers and services, community groups, voluntary and faith based organisations*
- *Types of support-emotional, information and advice, practical help (financial assistance, childcare, transport)*

You will be aiming to achieve the following criteria:

B2.P3 Explain the impact of a life event on the development of two individuals

B2.P4 Explain how two individuals adapted to a life event, using support

B2.M2 Compare the ways that two individuals adapted to a life event and the role that support played.

B2.D2 Assess how well two individuals adapted to a life event and the role and value of support in this.

You are going to be studying two individuals, who have experienced the same life event.

You are going to be producing an information pack that will be split into three sections:

1. The actual life event and the impact of this on each of the individuals
2. How each individual adapted to the life event
3. The role that support played in helping them to adapt and the value of the support to the individuals

Section 1

The first section of your information pack should begin by introducing the individuals and the life event you have selected. You should then explain the impact of the life event on each individual, giving examples of the different ways in which each person was affected by the same event.

Introduction:

- *Identify and introduce each of the individuals you will be studying. Identify that you have changed the names of your case studies to maintain confidentiality.*
- *Briefly explain the life event that they have both experienced*
- *Use a rhetorical question to highlight what your report will be about: ‘So how does (bereavement) affect a person, and how can they be supported to overcome this?’*

B2.P3: Explain the impact of a life event on the development of two individuals

In this section of your work, you should be providing a detailed explanation of how each person has been affected by the life event. You should explain how their physical, intellectual, emotional and social development has been affected. Remember, there could be positive and negative influences as a result of the life event.

Below is an example of a PEE paragraph:

Case study: Rio

P: Rio has been affected physically by the loss of his wife Rebecca.

E: For example, he is struggling to sleep, often only going to sleep for 3-4 hours per night. His diet was also negatively affected, as he didn't feel motivated to cook meals at home, instead finding takeaways easier.

E: This is having a negative impact on Rio's physical development because he is tired all of the time. This means he is less likely to take part in exercise, which has always been important to him. He is therefore more likely to gain weight, and could increase his risk of diseases such as high blood pressure and heart disease. A poor diet could further increase his risk of these illnesses, and contribute to a poor quality of life.

You should produce a PEE paragraph for each area of PIES for each case study.

Section 2:

B2.P4 Explain how two individuals adapted to a life event, using support

In this section of your work, you should be identifying each type of support the individuals have accessed, and then explaining in detail how it has helped them adapt to a life event. If the person has not accessed any support, you should identify and explain what could help them.

Below is an example of a PEE paragraph:

P: One form of support that Rio has accessed is from family and friends, this is known as emotional support.

E: For example, his mother and mother in law will regularly support Rio at home with cooking meals and looking after the children.

E: This has helped Rio to adapt because his mum is there to listen to him, and offer him comfort if he is finding a task challenging or upsetting. She will regularly ask if he is ok, and check how he is feeling. If he is feeling particularly low or upset, she will offer to take the children to school to give Rio some time to reflect, or to do something positive such as go to the gym.

You should produce a PEE paragraph for each source and type of support for each case study. Make sure you identify the source and type at the start of each paragraph by underlining it.

B2.M2 Compare the ways that two individuals adapted to a life event and the role that support played.

For this task, you should compare the impact that the same life event had on each individual, classifying impacts clearly in relation to PIES. You should also compare the impact of support received, noting similarities and differences. If there is little evidence from your interview that the person received support, you could identify and explain what difference support would have made.

You should plan your answer first, in the table provided on the next page.

Case study	Impact of event (relate to PIES)	The impact of support received (similarities)	The impact of support received (differences)	Is there any other support the case study could benefit from? How would it impact them?

Section 3:

B2.D2 Assess how well two individuals adapted to a life event and the role and value of support in this.

In this final section, you should comment on how well the individuals adapted to the life event, with supporting evidence (this evidence will come from your interviews). As part of this, you will assess both the role and value of the support received. For example, how important was the support? You could base this on the answers from the interview too.

What is the difference between the role of support, and the value of it? Record your answers in the space below:

You should plan your answer first, in the table provided on the next page.

Case study	How well did the individuals adapt to the life event? Refer to evidence from your interviews.	What was the role of the support in helping the person?	How valuable was the support received? Refer to evidence from your interviews.

Conclusion:

- Summarise your report-what is the main takeaway for the reader?
- Answer the question you posed in your introduction:
‘(bereavement) affects a person in many ways, often for the rest of their life, however there is support available, from family and friends, as well as professionals.....’

Note: Make sure you include a reference page, as well as your interview documentation and consent forms.