



B1:
Different
types of
life event

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

B2: Coping
with change
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