

Health and Social Care Knowledge Organiser: Component 1 Human Lifespan Development

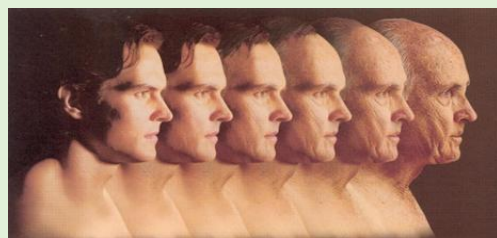
Learning Aim A: Understand human growth and development across life stages and the factors that affect it

How do people grow and develop throughout their lives?

A1 Growth and development across life stages

Life stages

1. Infancy (0 – 2 years)
2. Early childhood (3 – 8 years)
3. Adolescence (9 – 18 years)
4. Early adulthood (19 – 45 years)
5. Middle adulthood (46 – 65 years)
6. Later adulthood (65+ years)



A2 Factors affecting growth and development

1. Physical factors

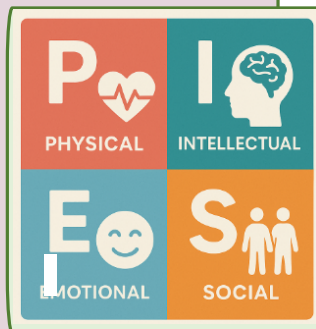
- a) Genetic inheritance
- b) Diet and lifestyle choices
- c) Experience of illness and disease
- d) Appearance

2. Economic factors

- a) Income/ wealth
- b) Material possessions

3. Social, Cultural and emotional factors

- a) Educational experiences
- b) Culture, e.g. community involvement, religion, gender
- c) Influence of role models
- d) Influence of social isolation
- e) Personal relationship with friends and family



A1 Holistic Development

1. Physical development – Physical growth and physiological change
2. Intellectual development – Developing thinking and language skill and common activities that promote learning and development
3. Emotional development – Developing feelings about self and other
4. Social development – Forming relationships

Inherited conditions

Sickle Cell Anaemia
Cystic Fibrosis
Muscular Atrophy
Marfan Syndrome
Huntington's Disease

Physical Factors

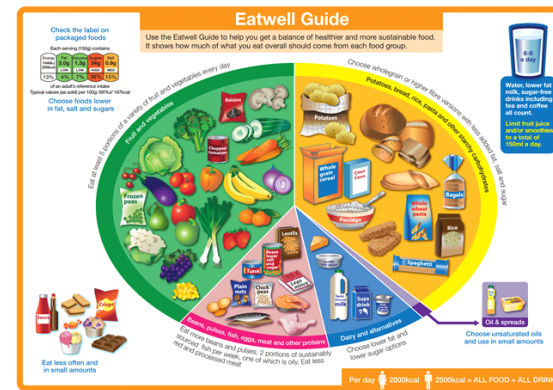
Cardiovascular health
Obesity
Type 2 diabetes
Disability

Self image –
how you see
yourself.

Self esteem –
how you value
yourself.

=

Self concept – a
combination of
self-image and
self-esteem.



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Learning Aim B: Understand how individuals deal with life events,
How can factors such as lifestyle choices, relationships affect this?

Learning Aim B: Investigate how individuals deal with life events

B1 Different types of life event

1. Physical events

- a) Accident/ injury
- b) Ill health



2. Relationship changes

- a) Entering a relationship
- b) Marriage
- c) Divorce
- d) Parenthood
- e) Bereavement



3. Life circumstances

- a) Moving house, school or job
- b) Exclusion from education
- c) Redundancy
- d) Imprisonment
- e) Retirement



Formal Support

Statutory Care Services – those provided by the state
Private Care Services – Privately funded
Charitable Organisations – non-profit making

B2 Coping with change caused by life events

1. How individuals adapt to these changes

2. Sources of support

- a) Family, friends partners
- b) Professional carers and services
- c) Community groups, voluntary and faith based organisations

3. Types of support

- a) Emotional
- b) Information advice
- c) Practical help, e.g. financial assistance, childcare, transport

Multi-agency working is when more than one agency work together to support an individual or family.

Multi-disciplinary working is when 2 professionals from the same service but who have different roles work together to support an individual or family.

Informal Support

Reassurance
Advice
Encouragement
Security
Someone to talk to
Practical help

YOU CAN MAKE A DIFFERENCE