

BTEC Tech Award Health and Social Care: Component 1 Knowledge Organiser

Learning Aim B — Investigate how individuals deal with life events.

B1: Different types of Life Event

Physical Events which may cause harm to the individual physically e.g. an accident, injury or illness.



Relationship Changes



Can take the form of many different types including entering into relationships, marriage, divorce, parenthood, bereavement.

Life Circumstances Can sometimes be expected or unexpected. Usually they are unexpected and have a negative impact e.g. being excluded from school, made redundant or being imprisoned.



B2: Coping with change caused by Life Events

When an individual experiences a life event, they may adapt easily or they may require support to help them. People who experience the same life event can have two different ways of coping.

Practical Help — Can take the form of financial help, child care and transport. This can be offered by a range of people including informal and formal support networks also community groups and voluntary and faith based organisations.

Informal Support — Friends, family and partners can volunteer time to support individuals. This can offer reassurance, advice and encouragement.



Formal Support — Professional carers and services e.g. GP. Help people to cope with different types of life events e.g., a mother having a baby will rely on a midwife. A person who has experienced an accident may need the support of a medical professional to treat the injury, and a counsellor to talk through their emotions.

LIFE EVENTS

EXPECTED	UNEXPECTED
-Starting/leaving school	-Exclusion/dropping out of education
-Employment	-Unemployment
-Moving house	-Promotion
-Living with a partner	-Imprisonment
-Marriage	-Illness
-Parenthood	- Accident/Injury
-Retirement	- Death

KEYWORDS & DEFINITION

Life circumstances — Factors that play a part in determining aspects of an individual's life.

Relationship changes — Altering the way two or more people connect with each other.

Expected life events — An expected major event that changes a person's status or circumstances e.g. giving birth, marriage, divorce, death of a spouse, loss of job.

Unexpected life events — Unplanned events that takes individuals by surprise as they do not know that they are going to happen e.g. an accident or an unexpected death.