

Revision List for Year 9 Health and Social Care mock

Life stages and key characteristics for PIES

Infancy (0 – 2 years)

Physical : Rapid physical growth of weight and height, development of gross and fine motor skills, following the same pattern of growth and development but at different rates.

Intellectual: rapid development of language and thinking skills such as memory/recall

Emotional: attachments are formed, emotional wellbeing is based on bonding/attachment, security and contentment

Social: strong dependence on adults/carers, socialisation through family, engage in solitary play

Early childhood (3–8 years)

Physical: continued growth of weight and height, mastery of gross and fine motor skills

Intellectual: increased curiosity, language fluency develops, strong grasp of memory/recall

Emotional: increased independence, wider range of relationships are formed, emotional wellbeing is based on attachment, security and contentment

Social: social circle widens and close friendships are formed, socialisation continues through family and also friends/carers, social play develops

Adolescence (9–18 years)

Physical: onset of puberty, differences between males and females, primary and secondary sexual characteristics –

Intellectual: complex and abstract thinking develops

Emotional: independence increases further, more freedom to make own decisions, concerns over self-image and self-esteem may increase, emotional wellbeing is based on attachment, security and contentment

Social: wide range of formal/informal relationships develop and have influence, intimate relationships are formed

Early adulthood (19–45 years)

Physical: peak physical fitness, full height reached, sexual maturity reached, women at their most fertile

Intellectual: mastery of abstract and creative thinking, careers become important, may return to education

Emotional: independent living and control over own lives, emotional wellbeing is based on attachment, security and contentment –

Social: intimate and long-lasting relationships are formed

Middle adulthood (46–65 years)

Physical: at the end of this life stage the ageing process begins, menopause occurs for women

Intellectual: can use knowledge and experience for complex decision making, may retire

Emotional: may experience changes in self-image and self-esteem linked to retirement or ageing process, emotional wellbeing is based on attachment, security and contentment

Social: may have more time to socialise

Later adulthood (65+ years)

Physical: ageing process continues, decline in strength and fitness, loss of mobility, loss of muscle tone and skin elasticity

Intellectual: may experience decline in cognitive ability such as loss of memory/recall

Emotional: may start to become more dependent on others, emotional wellbeing is based on attachment, security and contentment

Social: may experience bereavement and reduction of social circle

Physical factors:

Inherited conditions – sickle cell disease, cystic fibrosis, muscular dystrophy, Marfan syndrome and Huntington's disease

Experience of illness and disease

Mental ill health – anxiety, stress

Physical ill health – cardiovascular disease, obesity, type 2 diabetes

Disabilities

Sensory impairments.

Lifestyle factors:

Nutrition

Physical activity

Smoking

Alcohol

Substance misuse

Emotional factors:

Fear

Anxiety/worry

Upset/sadness

Grief/bereavement

Happiness/contentment

Security

Attachment.

Social factors:

Supportive and unsupportive relationships with others – friends, family, peers and colleagues

Social inclusion and exclusion

Bullying

Discrimination.

Cultural factors:

Religion

Gender roles and expectations

Gender identity

Sexual orientation

Community participation

Race.

Environmental factors:

Housing needs, conditions, location

Home environment – living with a high level of parental conflict, experiences of abuse and neglect o

Exposure to pollution – air, noise and light.

Economic factors:

Employment situation

Financial resources – income, inheritance, savings

Health and wellbeing

Accident/injury, physical illness, mental and emotional health and wellbeing.

Relationship changes

Entering into relationships, marriage, civil partnership, long-term relationship o divorce, separation for non-married couples, parenthood, bereavement.

Life circumstances

Moving house, school or job o exclusion from education, redundancy, imprisonment, changes to standards of living o retirement.

The character traits that influence how individuals cope;

Resilience, self-esteem, emotional intelligence, disposition – a person's character traits, e.g. positive, negative.

The sources of support that can help individuals adapt;

Family, friends, neighbours, partners, professional carers and services, community groups, voluntary and faith-based organisation.

Multi-agency working, e.g. social services working with mental health trust, children's services working with the justice system o multidisciplinary working, e.g. a health visitor working with a GP, psychiatric nurse with an occupational therapist.

The types of support that can help individuals adapt: o emotional support o information, advice, endorsed apps o practical help – financial assist