

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? How can factors such as lifestyle choices, relationships affect this? Understanding these processes is essential knowledge and understanding for health and social care practitioners.

A1 Growth and Development Across Life Stages

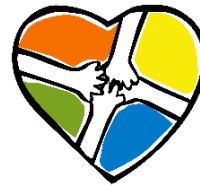
Life Stages

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)



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 yourself and others.
4. Social development - Forming relationships



A2 Factors Affecting Growth and Development

1. Physical factors

- a) Genetic inheritance
- b) Diet & lifestyle choices
- c) Experience of illness & 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



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



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.

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Key Words

Childhood
 Retirement
 Parenthood
 Marriage
 Income
 Emotional
 Factors
 Intellectual
 Lifestyle
 Appearance
 Wealth
 Physical
 Adulthood
 Relationships
 Genetics
 Adolescence
 Divorce
 Redundancy
 Diet
 Infancy
 Social
 Unexpected
 Impact
 Promotion
 Disease
 Expected
 Impact
 Promotion
 Disease
 Expected

Career Paths

- Nurse
- Midwife
- Social Worker
- Teacher
- Nursery Nurse
- Counsellor
- Care Assistant
- Physiotherapist
- And many more....



Key Questions

How do factors affect our growth and development?

What are the four areas of development?

What sources of support could help someone going through a bereavement?

What influence do role models have on our development?

What impact could illness or disease have on an individual's development?

What social and cultural factors impact our development across life stages?

How does diet affect growth and development?

Explain how education can impact life circumstances?