


# OCR Health & Social Care

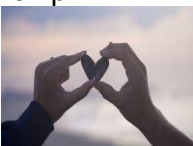
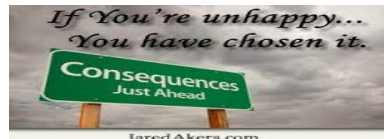
## Knowledge Organiser – R033 Growth & Development

### Learning Aim A: Understand Human Growth & Development across Lifestages and the Factors that Affect it

How do people grow and develop throughout their lives? How can factors such as life choices, relationships affect this?  
Understanding these processes is essential knowledge and understanding for health care practitioners

A1 - Growth & Development across Lifestages	A2 – Factors Affecting Growth & Development
<p><b><u>Lifestages</u></b>            4-10 years (childhood)            11-18 years (adolescence)            19-45 years (young adulthood)            46-65 years (middle adulthood)            65+ Late adulthood</p> 	<p><b><u>Holistic Development (PIES)</u></b></p> <p><b>1. Physical development</b> – physical growth &amp; physiological change</p> <p><b>2. Intellectual development</b> – developing thinking and language skills and common activities that promote learning &amp; development</p> <p><b>3. Emotional Development</b> – developing feelings about self and others</p> <p><b>4. Social Development</b> – forming relationships</p>
	<p><b><u>1. Physical Factors</u></b></p> <ul style="list-style-type: none"> <li>• Genetic inheritance</li> <li>• Diet &amp; lifestyle choices</li> <li>• Experience of illness &amp; disease</li> <li>• Appearance</li> </ul> <p><b><u>2. Economic Factors</u></b></p> <ul style="list-style-type: none"> <li>a) Income/ wealth</li> <li>b) Material possessions</li> </ul> <p><b><u>3. Social, Cultural &amp; Emotional Factors</u></b></p> <ul style="list-style-type: none"> <li>a) Educational experiences</li> <li>b) Cultural e.g. community involvement, religion, gender</li> <li>c) Influence of role models</li> <li>d) Influence of social isolation</li> <li>e) Personal relationships with friends and family</li> </ul>

### Learning Aim B – Investigate how individuals deal with life events

B1 – Different types of life event	B2 – Coping with Change, Caused by Life
<p><b><u>1. Physical Events</u></b></p> <ul style="list-style-type: none"> <li>a) Accident injury</li> <li>b) Ill health</li> </ul> <p><b><u>2. Relationship Changes</u></b></p> <ul style="list-style-type: none"> <li>• Entering a relationship</li> <li>• Marriage</li> <li>• Divorce</li> <li>• Parenthood</li> <li>• Bereavement</li> </ul> 	<p><b><u>3. Life Circumstances</u></b></p> <ul style="list-style-type: none"> <li>• Moving house school or job</li> <li>• Exclusion from education</li> <li>• Redundancy</li> <li>• Imprisonment</li> <li>• Retirement</li> </ul> 
	<p><b>1. How individuals adapt to these changes and sources of support</b></p> <ul style="list-style-type: none"> <li>a) Family, friends, partners</li> <li>b) Professional carers services</li> <li>c) Community groups, voluntary and faith based organisations</li> </ul> <p><b><u>3. Types of support</u></b></p> <ul style="list-style-type: none"> <li>a) Emotional</li> <li>b) Informational advise</li> <li>c) Practical help e.g. financial assistance, childcare</li> </ul>