


A2 –Factors affecting growth and development	Lifestages 1. Infancy (0 – 2 years) 2. 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)	
<p>Coping with change</p>  <p>Character Traits</p> <p>Resilience: Resilience is the ability to bounce back from adversity, adapt to change, and recover from setbacks. It involves maintaining a positive outlook, belong to a close family and community network, problem-solving skills, plan for expected life events and the capacity to persevere during challenging times.</p> <p>Self-Efficacy: Self-efficacy is a belief in one's ability to succeed and accomplish goals. Individuals with high self-efficacy are more likely to approach challenges with confidence, persistence, and a belief in their own competence, which aids in coping with life events.</p> <p>Self-Confidence and self-esteem: Disposition towards self-confidence involves a belief in one's abilities and worth. Individuals with a strong sense of self-confidence may be more inclined to view change as a chance for personal development and growth, as they have faith in their capacity to adapt and succeed in new situations. They are more able to adapt to the change, make decisions, try out new experiences and believe in themselves to change things.</p> <p>Emotional Intelligence: The ability to understand and manage one's own emotions and effectively navigate relationships with others. Individuals with high emotional intelligence can regulate their emotions, express themselves constructively, and empathize with others, which aids in coping with life events. It stops people from being overwhelmed and make positive decisions to move on.</p> <p>Disposition, An individual's inherent personality or temperament, can play a significant role in how individuals cope with change. A positive disposition can help individuals; make decisions, enjoy change; assess the impact and have perseverance.</p>	<p>Informal Support</p> <p>Emotional Support: A valuable source of emotional support, providing a listening ear, empathy, and understanding. Having someone to confide in and share feelings with can help individuals cope with stress, anxiety, or sadness.</p> <p>Validation and Empowerment; Validate individuals' experiences and feelings, reinforcing their self-worth and empowering them to navigate difficulties. Validation from loved ones can boost confidence, encourage resilience, and provide a sense of being understood.</p> <p>Practical Assistance: Practical help with everyday tasks or responsibilities, alleviating some of the burdens during challenging times. Examples include help with childcare, household chores, errands, or transportation, which can reduce stress and allow individuals to focus on coping and self-care.</p> <p>Information and Advice: Valuable information and advice based on personal experiences or knowledge. This can include guidance on accessing resources, navigating systems, or seeking professional help, assisting individuals in making informed decisions and finding appropriate support.</p> <p>Social Connection and Belonging: Fosters social connection and a sense of belonging. Being part of a supportive network provides a feeling of being cared for and connected to others, reducing feelings of isolation and enhancing overall well-being.</p> <p>Role Models and Inspiration: Individuals who have successfully coped with similar challenges. These role models can offer inspiration, guidance, and hope, providing examples of resilience and personal growth.</p> <p>Encouragement and Motivation: Provide encouragement and motivation during difficult times. Loved ones and community members can offer words of encouragement, reminding individuals of their strengths, achievements, and their ability to overcome challenges.</p> <p>Distraction and Recreation: Provide opportunities for recreation, leisure, and distraction from stress. Engaging in enjoyable activities with loved ones or participating in community events can provide much-needed respite, relaxation, and a positive outlet for coping.</p> <p>Informal support networks play a vital role in promoting resilience, well-being, and effective coping.</p>	<p>Voluntary sources of support</p> <p>Princess Trust: Advice, support and help with education and training to get a job.</p> <p>Home-start: Carries out home visits or organises groups so that parents can talk and share their worries, refers parents to other services if there are concerns.</p> <p>Royal National Institute of blind people: Gives advice on sight loss, supports training, education and work, campaigns for better services.</p> <p>Cruse Bereavement Support: Provides support, information, and advice to people when someone close to them dies.</p> <p>Relate; Offers face to face counselling, workshops and online chat lines.</p> <p>Support Line; Provides confidential emotional support over the phone online or by post.</p>
<p>Professional Support</p> <p>Support can be provided by statutory care services provided and paid for by the state or private health and care services paid for by the person receiving care.</p> <p>Counsellors, specialist nurses (Psychiatric, cancer, children's), GP, acute services, specialist teachers, educational psychologist, probation officer, dieticians, health visitors, mental health teams, occupational therapists, social workers, home carers.</p> <p>Support can help maintain or improve mobility, support learning, help come to terms with life circumstances, understand and manage emotions, change lifestyle choices to adapt to change.</p>	<p>Multi-agency working.</p> <p>The benefits of multi-agency working: Do not have to seek support from different services, professions, person centred approach, do not make separate appointments avoiding duplication and gaps in service, more likely to access support quicker, sharing knowledge and expertise to meet holistic needs, can provide continuous care, more likely to achieve health and development targets.</p>	<p>Community Groups</p> <p>Lunch clubs of social clubs; provide companionship and support to older people who live alone, are ill or disabled.</p> <p>Food banks; to provide food to people with financial difficulties following divorce or loss of jobs.</p> <p>Transport: To help people get to clubs or hospital appointments</p> <p>Volunteers; Visit new parents, older people, or disabled people in their own homes. During the recent pandemic support was given through doorstep, telephone calls or video calls.</p> <p>Community organisations: Provide social opportunities that help new people become a part of the community.</p> <p>Faith based organisations; Share religious or spiritual beliefs and often take on wider responsibilities for community groups, providing food banks, transport and support emotional, social and faith needs.</p> 