

Candidate 1 evidence

Care Higher project

Brief 1: Is it always better for people requiring care to be cared for at home?

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Prompt A

Research by (J. Miller, 2023) says that **physical development** is how a person's body and brain changes from when they are first born to childhood. This includes the increased development of skills and ability to do activities that are more complex. (J. Miller, 2023) also states that physical development includes sensory development, touch, taste, vision, smell, and hearing to develop. Childhood physical development, which (J. Miller, 2023) says includes the ages of five to thirteen years, means the child will begin to grow in height and in weight. They will become more independent, such as going to the toilet themselves, tying shoelaces, eating, and drinking on their own and dress and undress themselves (J. Miller, 2023). A child with a hearing impairment can develop differently due to the effects of the disability. (NDSC, 2011) says that 40 per cent of children with a hearing impairment can have problems with their sight or can be visually impaired. Around 30-40% of children who are deaf have additional needs alongside it (NDSC, 2011). Hearing impairments can cause development problems with speech that can then create communication issues. Research shows It can also cause balance problems due to the balance organ not working properly causing vestibular hypofunction which can cause vertigo and dizziness (NDSC, 2011).

Research by (J. Miller, 2023) states that **social development** is how a person interacts with other people. It's the development of relationships which research states is important in childhood development, this includes relationships with siblings and other members of family. Spending time with friends, such as playing and going out, as their social circle begins to grow and social dependence on adults lessens while self-concept begins, peers at school or university and the beginning of social roles (J. Miller, 2023). Social development is about people gaining the knowledge, attitudes, skills, and qualities to have successful relationships and to effectively function in multi-cultural and multi-ethnic society (J. Miller, 2023).

Research has shown that there is a link between a child with a hearing impairment having more difficulties with their communication, language development and social skills with others. Which can lead to them missing out on conversations with friends or peers in school (NDSC, 2011). This can then cause the child to become socially isolated from others, which could then lead to mental health problems such as anxiety and depression. (NDSC, 2011) states that children with a hearing impairment (65%) are two times as likely than other

children (34%) to finish year one of school without achieving a good development level (NDSC, 2011).

Prompt B:

A need for a person who has Alzheimer's may be an emotional need for love and care. Alzheimer's can cause someone's emotions to be expressed differently and sometimes unexpectedly, it can affect the way that the person reacts and feels. This means it's important to have an understanding of this and to give them the emotional support they require. This may include listening to what they have to say and showing empathy. Also offer them support and encouragement to participate in things with family, friends and to stay positive and show them love and affection.

I don't believe that its always better for a person with dementia to be cared for at home. As dementia progresses it can be harder for them to be cared for at home and can be more beneficial for them to receive care in a residential care environment. This could be because it is no longer safe for them to stay at home as there are too many risks. They could be living alone and not getting the support and care they need which could lead to anxiety, depression, and feelings of loneliness. Their needs may have become too challenging for them to be cared for at home (Alzheimer's Society, 2024).

A need for a person with autism may be a social need. This could help them to develop and maintain meaningful and lasting relationships and friendships with other people. They might benefit from creating social connections with family, peers, friends, and teachers. This can also help encourage the inclusion of social, work, and educational environments. Socialisation can also help to build language skills and cognitive skills (Autism Speaks 2019). These social connections being made can help to meet the social need.

At home care for a person with autism can have many benefits and I believe is better. At home care can include whatever services the person needs (Vijay Majithia, 2022). An at home care worker can help provide help and improve daily living (Vijay Majithia, 2022). A positive at home care factor can be offering flexible aid and support for them. Another is

that being in a known environment with family can be a very helpful thing as it can help them feel safer and more comfortable. An at home carer can also build an ongoing relationship that can help with communication and trust (Vijay Majithia, 2022).

A need for a person with Alzheimer's might be a physical need. A person with Alzheimer's may benefit from having physical support and help with daily tasks they can no longer do or may now struggle with. This could include helping them to eat and drink if they are no longer able to do so alone. Also helping them to wash and dress. They could also need physical support when going to the toilet or washing (Alzheimer's Society, 2024). By doing these things it can help to meet that person's physical needs.

There are many positives of a person with Alzheimer's being cared for at home, but I don't believe it is always the best option. Being cared for at home lets them stay in a safe and known environment that they used to and can help them to feel more comfortable but if they don't feel safe at home anymore it can cause them anxiety (Alzheimer's Society, 2024). Residential care for someone with Alzheimer's can be more beneficial when it is no longer possible to receive the best care for them at home. This could be that they are no longer safe at home if they are falling (Alzheimer's Society, 2024), or if they are now requiring continuous care, that their at home carer cannot provide (Alzheimer's Society, 2024).

Prompt C:

Havencourt care home in Stonehaven has many positive care practices. They use carefully calculated care plans that cater to each individual resident that is in their care. A benefit of these care plans is that Havencourt carers can get a better understanding of each person's needs. This helps create a positive working environment as it lets carers provide the best quality care they can. Positive care planning is a great way to help those being cared for have as much say as possible in how they want to do things and live, while also keeping them safe from the risk of neglect, abuse, or harm. Another positive of care planning is that during this process it includes the family, carer and patient working together to create solutions and look at outcomes they hope to achieve together (NHS,2022).

This service also does annual risk assessment to make sure their residents are as safe and cared for as best as possible. A positive of risk assessments are that they can help prevent accidents, dangers, and harm to anyone involved such as the patients themselves, their family, and the carer. Being in a safe environment can also help to deliver the best quality care as possible and fulfil the wishes and needs of the patients being cared for. Risk assessments can also help to prevent the risks of poor levels of care, such as neglect of the patients, injuries, ill health and needs and wishes of the patient not being met.

Aberdeen Foyer has many educational programs to try prevent poverty and youth homelessness throughout the communities across Aberdeenshire. I did an interview with Lisa a Development Coach from Aberdeen Foyer. She told me they make sure all their staff are trained properly in order to deliver the best form of safeguarding for the adults and children who seek their guidance and support. Aberdeen Foyer uses a trauma informed approach training to acknowledge the persons needs and any experiences they have been through in the past as best as possible. This training is important when dealing with adults and children who may struggle to open up easily or can be triggered by certain things, and this can help prevent that (Foyer, 2014).

Aberdeen Foyer also does annual reports to make sure everything is running well and up to date, such as funding, training, and events that are taking place. They do impact reports to keep track of what working and what people who are taking part in the courses are liking and disliking. These reports also help keep track of the amount of people using the service and benefiting from it. Annual reports benefit people who are looking at a care service and want to find out more about it before they go to see if it's what they want and if everything is up to date (Foyer, 2014).

Prompt D:

Bartholomew (2006) defines absolute poverty as lacking necessities like clothes, food and shelter, and that relevant poverty is normally measured against living standards such as low income below the socially acceptable standards of living (J. Miller, 2023). Poverty is one of the biggest factors that contributes to people's mental health in Scotland (The Scottish

Government, 2024). Statistics show that 21% of working adults in Scotland were living in relative poverty after housing costs went up (Scottish Government, 2024). Poverty can have an increasing risk on mental health. It can be a casual factor or a consequence of someone's mental illness. These factors can include someone's physical environment they live in, economic, social and inequalities (Mental Health Foundation, 2023).

Media is a way of communication in the form of broadcasting, internet, and social platforms. This can include phones, TV's, magazines and even the radio. Media is a way that people can share their views and influence others (Jones. N, 2021). (Gov. Scot, 2019) states that young people's mental health has declined in recent years, mainly young girls. Many young girls are unsatisfied with their body image due to unrealistic expectations of social media. This is then leading to them having poor mental health (Gov. Scot, 2019). Statistics show that 99% of children ages 12-15 go on social media for nearly 21 hours in a week, and 74% have a social media platform (Gov. Scot, 2019). Social media can lead to cyber bullying and isolation which can be triggering for mental health problems (Gov. Scot, 2019).

Discrimination is when someone is treated differently, wrong, or unfairly due to one or more characteristic like their gender, age, race, ethnicity, social class, disability, or sexual orientation (Childline, 2010). Discrimination is against the law but happens all the time. The Equality Act was put in place to help try prevent discrimination against disabilities. This Act applies to schools, workplaces, and other services (Childline, 2010). 12% of people with a disability say they were discriminated against, while 6% of people without a disability reported discrimination (The Scottish Government, 2024).

Prompt E:

Feminist theory looks to try and bring attention and explain the position that women have in society. To try and focus the attention on how women are treated and have been oppressed and subordinated over many years (J. Miller, 2023). Due to stereotypes that go back centuries women are treated differently based on their gender and patriarchy. An example of this is that because women bear children and become pregnant, they should be the ones to stay home and look after the children as this is their "natural" role (J. Miller,

2023). Another is that women should do the housekeeping while being at home looking after the children and the man is out working (J. Miller, 2023). On average there is one woman killed by an abusive ex or partner every five days (Refuge, 2017). There are many refuge centres for women and children to go to when going through domestic abuse. It isn't always best for women to receive care at home as there could be higher risks of safety and may cause difficulty for the woman to inform the member of staff visiting, of any ongoing abuse. A refuge could benefit them more as they are away from the fear and worry each day of being hurt by their partner (Refuge, 2017). By staying in the home alongside their abuser could put them at higher risk and danger of continued abuse, including emotional, physical, psychological, or financial abuse. Feminist theory is relevant to abuse as it helps to bring awareness to the situation women are living in. Feminism has helped encourage society to revolt against gender discrimination. For example, the Scottish Parliament has taken initiative to try improve community care (J. Miller, 2023). They now have a zero tolerance towards domestic abuse (J. Miller, 2023).

(Abercrombie et al., 2006) describes **symbolic interaction theory** as the attention on meanings people give to different social actions. Symbols are seen as a foundation that interactions are built on (Abercrombie et al., 2006). A symbol can be the clothes people wear, how they do their makeup, even objects can have a symbolic meaning. There can also be negative symbols and stigma in society towards certain groups that individuals may stereotype and discriminate against. People with mental health problems can be stigmatised and labelled in society. These labels can have an even worse effect on people's mental health causing them to not seek help sooner or at all. People with a mental health disorder can be labelled as dangerous or violent due to their illness when they are at more risk of being hurt or harming themselves (Mental Health Foundation, 2021). By detaining someone with a mental health disorder it could lead to further trauma if they have had past experiences that have been bad. This may lead to improper care and bad treatment outcomes, so being cared for at home may be a better option to help them. Although if they are at risk of harming themselves or others it may be better for them to be cared for in a hospital. Where they can be cared for safely and more efficiently than if they were cared for at home. By being in a hospital care staff can keep an eye on people better and potentially stop someone from doing something dangerous. A negative of being detained can be that

people are labelled further as 'mental' or 'Crazy' which can lead to their mental health declining further or cause them to relapse and lose any progress they have made. Being placed in a hospital may create a symbol of that person having mental health problems in the eyes of other people. Being cared for at home with a mental health disorder can cause people to stereotype and even avoid people due to their illness which can cause more chance of harm. Getting care in a hospital with others going through the same or similar thing, can help them to accept who they are and even help them recover better by getting away from the labels and the stigmas of society. Symbolic interaction theory has helped bring to light the severity of labelling and stigma towards groups of people. It gives people insight into what it is and the effects it can have on people.

Functionalism theory looks at society as more than just the total of individual people that make it up. Emile Durkheim (1858-1917) thought and developed the essential ideas that functionalism is the social groups that perform functions in which are useful to society as a whole. Functionalists see society as a whole being composed by unified parts that work together in society as a whole to make it functional (J. Miller, 2023). If something doesn't work or fit into these unified parts or doesn't contribute anything good. It's then seen as dysfunctional (J. Miller, 2023). This is due to it being threatening to society's order and stability. Functionalists believe in social norms and values. A social norm identifies what the appropriate use of substances like alcohol and drugs are. Such as prescription drugs when needed and the amount a person can take. The times a person can buy alcohol and the age it can be purchased. If these rules are broken it is seen as dysfunctional in society. A person with a substance abuse problem can be viewed negatively as they do not operate the way that society believes they should be. Being cared for at home for an addiction can sometimes not be a beneficial as being cared for in a hospital could be. Being cared for at home leaves the higher risk of them having access to the substance they are addicted to easier and could cause them to relapse or be fatal if not watched properly, the temptation could also be higher if they are at home. Being cared for at home could also cause social issues. If a person who has an addiction is being cared for at home, they may not have the access or resources. Although the risk of being seen in a more negative way by being cared for in a hospital while going through recovery could become more likely. This is due to that specific groups of people not fitting into the social norms and being viewed as dysfunctional.

Being cared for in a hospital can play a vital role in the process of a person's addiction recovery. It can aid them in recovery and create a structured and secure environment for them to heal and learn how to control their addiction (Allard, 2023). This can help the process of them to hopefully building their new life and fit into societies social norms and values of functionalism.

Prompt F:

Bowlby refers to **Attachment theory** as a strong and lasting emotional bond between two people making them closer with one another. Due to this attachment when they become separated from each other it can cause distress (Bingham, E., 2009). This can be the case for a child in foster care. They can begin to form insecure attachments to their foster parents. It's inevitable that the child in a foster home will eventually be taken away from that home and either adopted or placed with a new caregiver further down the road. If a child's exposed to this at young age it can cause them to feel they can't rely on others. This can then lead to damaging the child's trust further by taking them away from the foster parents they have formed the attachment with, causing long term effects such as separation anxiety. Although I don't believe it's always better to be cared for at home, if a child is given a secure, caring, and loving environment to stay this can help build a secure attachment. By given them this security and safety it can have a life changing effect on them if they have been through past neglect and trauma for past experiences. A younger child may be more likely to form an attachment to a foster parent than an older child as they have less of an understanding about the situation. But for an older child it could be damaging since they do have an understanding and could find it more difficult to connect with the foster parents and lead to isolation and loneliness. Being in a foster home can create attachments both negative and positive which can depend on the child situation and circumstances as to why they are in care, which can lead to it being better to be cared for at home or better to not be.

Bandura believed that thought processes allows each individual to interpret what the consequences of their behaviours will be (J. Miller, 2023). He believed that a person's development and their behaviours are a result of their social interactions they have with

others. Social interactions begin from when a person is born to the day they die. Socialisation is the process of a person learning to conform to societies norms and act in certain ways that is considered acceptable in society (J. Miller, 2023). Bandura said that people were more likely to imitate people that were similar to themselves such as the same sex (J. Miller, 2023). Being in a care home that doesn't give or show positive behaviours and attitudes from the carers can cause the resident to begin acting the same way back and even start mirroring the carers actions back to them. These imitations can be either positive or negative depending on the type of behaviours and actions they are seeing. I believe if the care home a person is being placed in has good positive care practice and fulfils the needs and wishes of the residents staying with them and it can have a good outcome on them, it is better for them to be cared for in a residential care home if they need day and night care. If the care they receive is neglectful and or abusive then being in that setting isn't better for them as it could lead to them harming themselves or other. Anxiety and depression can be common in care homes (Fremantletrust, 2024). Which can lead to isolation and loneliness. Positive social interactions are very important as they can help residents and staff connect more with one another and this can have a knock-on effect to others who may be struggling in the care home environment.

Person centred theory is when a person starts to have a sense of who they are. This is referred to by Carl Rogers as self-conscious and self-awareness (J. Miller, 2023). This is when a person becomes aware of the type of person they are, how they feel about themselves, and they type of personality they have (J. Miller, 2023). For a person with a learning disability, it is important for them to still have a say in the care they receive. If they want to be cared for at home or not. By letting them have this choice it will enable them to form their own self-image. What their personality, what they like and dislike, without anyone else telling them or deciding for them. by letting them decide where they want to be cared for will also let them find their ideal self. Perhaps they will find a new hobby or even what kind of music they like. By being cared for at home they have a secure and known environment where they feel safe. They are also surrounded by family. But by being cared for in a residential environment it can also give a structure and secure environment if they need day and night care that can't be offered at home. By being surrounded by others the same or similar to them with a learning disability could help them become more secure in

themselves and help with the process of them becoming their ideal self (J. Miller, 2023). Therefore, I believe that being cared for at home isn't always better, but if the person is capable of deciding what care they want and need I believe it should be their decision.

Prompt G:

In conclusion of this essay, I don't believe it is **always** better for a person requiring care to be cared for at home. There are many factors that come into play when deciding a person's care needs such as age, capability, safety, and level of care they require. For example, an elderly person with dementia may benefit being in a residential care home in the later stages of dementia, if they require day and night care. By being in residential care it could be easier to access while at home the carer may not be able to give this level of care that's required. Another example is a child in foster care. I believe that it depends on the situation the child is living in and the circumstances in which they have been placed into foster care. If their home is unsafe such as they are being abused or neglected, then I don't believe being care for at home is the best option. But if the home is safe for them to stay in and they aren't at risk then it may be better for they to stay at home in a known and comfortable environment if possible.

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