

Candidate 2 evidence

A

Emotional development is the process of becoming more emotionally aware as our emotions become more complex. In our younger years we limit this to feeling happy and sad but as we become more in touch with our emotions, we experience feelings of stress, anxiety, hysteria etc and the more intense emotions that life throws at us the more we need to emotionally develop to manage them. At an early age it is important we are taught how to cope and express emotions, as this is a vital skill when we are older, and the emotions can be more impactful. Anna, 4 is cared for by a single unemployed mum but due to severe post-natal depressions and anxiety, her mum chose not to send her to nursery. Anna is about to start school, and the school have involved social work over concerns that Anna is displaying signs of separation anxiety which is resulting in her mum keeping her off school and poor attendance. In comparison to other children her age, Anna has not had to deal with the feelings of being separated from her mum, around strangers and being more independent. Studies have shown that nursery helps young children transfer their attachment to a parent, to the nursery teacher which can help prevent separation anxiety and will support the move to primary school (Page & Elfer, 2013).

Cognitive development is the process of learning, problem solving, managing memory and processing. The demand on cognitive development is most prominent in our younger school years we are constantly learning new things, and this can slow as we age. Studies shows that continual learning into old age can maintain optimal brain activity and have a positive impact on life expectancy and preventions of degenerative disease (Shors et al., 2012). William, 54 is working full time but his boss has noticed that he is becoming forgetful, often appears confused and is concerned that there may be a bigger problem. They have put a referral into occupational health for a dementia assessment. Work can provide cognitive challenge, but it can also become repetitive in which case there is little cognitive demand. 70,800 adults are affected by early onset dementia which is a condition we tend to connect with an ageing population as opposed to a 54-

year-old man (Dementia Uk, n.d.). A five-week study showed the benefit of teaching memory strategies to have a positive outcome for dementia patients in particular name-face rehearsal, effortful recall, and a significant event technique (Moore, et al., 2001).

B

Anna has an emotional need for security so the best way to meet her needs at school would be to have a one-to-one time with a support teacher in class. This would give her individual support and allow her to transfer the bond with her mum to another safe adult. This could not be the teacher as they handle all the children in the classroom. There is a risk that Anna would become too dependable on the support teacher, and this could cause stress if the support teacher was off. The school could help Anna deal with her anxiety providing a quiet room for her to relax in if overwhelmed this will be secure place for her. School could even let Anna bring in a comfort from home to have with her if needed to help cope with the separation with her mum. Anna's mum should praise her for going to school and for staying the full day, and social work and attendance officers will work with mum to improve Anna's attendance. Anna being at school with all the support would make a dramatic difference compared to if she had stayed at home with her mum and homeschooled as research has shown that homeschooling can often be worst for children with separation anxiety (Kerns, 2016).

William has a cognitive need for retaining memories. Unfortunately, dementia is incurable and a degenerative disease which gets worse with age but there is still some methods of delaying the condition. His doctor may suggest using a calendar or use a diary to track his days and remove the burden of remembering things he must do. It is impertinent that William is willing to accept help and engage with the strategies or else there is no point. A study investigated cognitive activities in a dementia care home and found that willingness taking part had no link to educational experience

but there was a need to encourage people to take part as few volunteered (Hall et al., 2009).

William is still at work and lives at home with his wife, but if his health declines his wife could become his carer. Caring for a family member is difficult and if she feels this is becoming a burden, she might put William in a care home to make sure he is getting the proper care he needs to help with his dementia. Whilst he is living at home she will ensure he stays active as studies say there is a link between physical health and cognitive health (Alzheimers.org, n.d.). This place of work can ensure that William feels able to approach them on any health related issues. If his health declines to the point he isn't safe to work he will have to be removed from the workplace as it will be putting a risk to himself and even others which result in him staying at home requiring more care from his wife.

A homeless man has a physical need for shelter and nutrition. Being homeless means poor nutrition without financial means to buy decent quality food. This need could be met by going to a homeless unit, food kitchen, food banks etc. Without these services he would rely on donations of food and money from the passing public. Those homeless unit can provide food and a warm safe place to stay instead of on the streets where there is a risk to safety. Unfortunately, these services are under extreme pressure and sometimes not physically able to provide support. Glasgow city council overspent on their homeless budget by 26.5 billion with a statement in relation to asylum seekers saying: "people are travelling to Glasgow...because the city has a duty to accommodate single males" (Paterson, 2024). This man does not have a home after becoming homeless due to gambling addictions and having no immediate family to rely on for support. Therefore, he cannot be cared for at home, but he could access support via a homeless unit. This is the only way to meet his physical needs for a safe warm place to stay with food available as this is not guaranteed being homeless.

C

Glasgow city mission is a Christian community with the winter project and city centre project targeting the issue of homelessness in Glasgow (Glasgow city mission.com, n.d.). They raise awareness by going on BBC and Clyde 1 to share their story and if more people are aware of their problem they are more likely to volunteer services or donate cash both of which improve the service. As a completely independent service they rely on donations, and this can be a negative impact on the service delivered as without volunteers and donations they can't run. A strength is promoting the work they are doing and making sure volunteers are committed to helping people on the streets and informing them of the support available. They were established in 1812 so are a long running service and this experience over so many years also means they are offering a good service which has allowed them to last. Another fallback is although major effort to provide services, there is a stigma around accepting help due to pride and people may not accept the support and choose to sleep rough. The equality act protects people against discrimination, harassment, victimisation etc and this will ensure positive practice within the homeless unit and charity work treating them with respect and as equal individuals (Equality Act, 2010). They prioritise safeguarding of their individuals with a statement: "At times this principle may take precedence over other policies and principles such as confidentiality and data protection" The volunteers for the charity and people working in the homeless unit will be screened by Disclosure Scotland and the PVG (preventing vulnerable groups). This creates positive care practice ensuring that the people delivering the service are safe to work with vulnerable groups (mygov.scot, n.d.).

Quarries are supporting Anna in attending school (quarries.org, n.d.). Quarries is long established running for over 150 years and is one of Scotland's largest social care charities, supporting thousands of people through over 100 services. They are very knowledgeable in areas of care for children and may recommend Anna for the Reach programme. The service aims to promote the wellbeing of all children in supporting them to achieve their full potential. The work with the family

and the young person to form an individualised support plan which is child centred, and this is in line with Glasgow GIRFEC (getting it right for every child) policy (GIRFEC, n.d.). By treating each case as an individual, it creates positive care practice by ensuring the needs are fully met and may do this by using a tool such as the SHANARRI wheel formed of eight segments (healthy, achieving, nurtured, active, respected, and responsible and included). This means we look at their well-being holistically instead of just one area of concern. One of the statements on what they do is: "help children to identify and build relationships with other young people and connect them into the school" which is particularly important for Anna who is lacking both social and emotional skills preventing her from going to school. A negative again is as a charity they rely on fundraising support. They have reported challenges with funding and staffing concerns and petitioned the government for social care workers to be treated equally regardless of sector. They try to ensure equality and diversity in the hiring and payment of staff but ensure that hiring is on the best candidate and not based on gender.

D

Family is an agent of primary socialisation as they teach you first behaviours and roles. This will affect your personality, behaviour and how you conduct yourself in social situations and interactions. Family is your first sense of belonging as they are all you know before school or making friends. There are a range of family forms, and in the uk approximately 3.8 million children come from separated families (gov.uk, 2024), in which the bond to the sole caring parent becomes more intense. In relation to the nature/nurture debate, Anna's mum believes that she has done what's best for her daughter by keeping her close and protecting her, and although she's not intentionally harmed her she has caused damage via separation anxiety, babying behaviour and a real issue with peer competence and social behaviour (Kim, et al., 2008). Anna's mother has the support of extended family but was unwilling to accept this support determined to be an independent strong mum, but further distancing Anna from relatives has made her completely

reliant on her mum. This makes it harder for Anna to gain independence and difficulty putting trust in others to form social relationships. This is affecting her school experience where she does not have her mum as her security blanket. Research on attachment theory notes both positives and negatives of a strong parental bond, and more importantly that we assume this is reduced moving into adulthood, but it lies dormant and impacts on attachment in all relationships (Ainsworth, 1985).

Media is a secondary agent of socialisation which has many different forms you have newspapers, social media, tv, and the internet. Millions of people have access to media and often are unaware of the influence it has on them e.g. scrolling through Facebook with ads, driving to work listening to the radio. Therefore, media can subconsciously affect you and your choices, opinions, and behaviours. The media portrays homeless people as a drain in society and with causes including drug and alcohol addiction. This affects people's opinions, and they are less likely to give money to someone on the streets assuming it will be used for drugs or alcohol. Many people could be homeless due to other reasons such as estrangement from parents or family, unemployment, mental illness, and domestic violence. They are often portrayed as dangerous which creates fear and accusatory behaviour by the public. Social media could be used positively to change the perception and remove stereotypes. The "World's Big Sleep Out," is a global initiative, which has used social media to raise awareness and funds for homelessness (bigsleepout.com, n.d). A positive use of social media and caring for the homeless included a Tiktoker sharing posts about a homeless person they met on their daily worker battling cancer and used his account following to set up a go fund me page which paid for treatment and accommodation (Weeks, 2024).

Peers are an agent of secondary socialisation, and some say are the family we choose for ourselves and bring out the best in us through love and laughter. In other ways peers may have a negative impact via peer pressure, high expectations and competitive natures. William is suffering

with dementia and is struggling maintaining his friendships as this disease is putting an awkward strain on his friendships. Studies report that friendships dissolve following a dementia diagnosis due to the stigma attached to the diagnosis and impatience from the unaffected friend, but that it can be maintained if there is a willingness to adapt to change and continuing to prioritise the friendship (Genoe et. al., 2022). William's friendships are important as his friends can reminisce about the past to keep up with his memories (Reminiscence Network, n.d.). Studies have shown that new friends formed through a mutual diagnosis of dementia can also provide a vital support link via experiential sharing, a sense of belonging, feeling less alone, reduction in stress and anxiety, and sharing and empathy (Sullivan et al., 2022). A report suggests that 42% will stop visiting someone with dementia in a care home when they fail to recognise them as they think it's pointless (BBC, 2016). Visitors have shown to be vital and there is a volunteer scheme where people volunteer to make weekly visits to their dementia care home resident (TrustedCare, n.d.).

E

Functionalist theory places importance on our shared norms and values, by which society is enabled to function through consensus (studycorgi.com, n.d). Functionalists liken society to the human body which has organs working doing different jobs, and society has different groups that accept a role. William is still able to function living at home but requires the support from his wife. Studies have shown that we must consider the burden that caring places on the wives and that often it is their suffering as the carer which ultimately leads to the decision to place their partner in care (Winslow & Carter, 1999). It is when the family starts to experience dysfunction, in relation to William's dementia, and the burden on his wife, that there may be no other option than to consider a care home. However, as he is only in the early stages moving to a care home could be more detrimental as he would have to learn new norms, in an unfamiliar surrounding which would cause emotional distress and may lead to outbursts of anger. Studies have reported that Behavioural and psychiatric symptoms are linked to multiple areas of neurodegeneration, representative of network-wide dysfunction in the brain (Gottesman & Stern, 2019). In relation to the brief and where it is best

for William to be cared for, ideally functionalist theory would argue that he should remain at home as long as physically possible. This will rely on support from his wife which will be progressively more demanding as he loses functional ability. When this becomes too demanding the decision would likely be made for him to be placed in a care home. This would not only allow William to be better cared for, but also his wife to continue functioning within her cognitive ability.

Feminism challenged previous theories (mainly by men) which ignore the role of woman in society (ScienceDirect, n.d.). Feminism aims to empower woman, challenge stereotypes and gender roles, and oppress the patriarchy. This theory is particularly applicable in care professions with gender role socialisation regarding jobs, promotions, symptoms, delayed diagnosis and avoidance of medical care (Villines, 2021). Anna's mum has fulfilled her perceived role as full time mum to Anna, and as there is no male figure in her life this is not an option for shared parenting. Anna's mum has felt pressure to be the "perfect mum" which resulted in being over-protective. Anna can remain living at home as her mum poses no danger which would warrant her being removed. However, there is concern over her emotional needs being separated from mum, and need for cognitive development at school as opposed to home schooling which mum would prefer. Anna's attendance at school meets a multitude of care needs including social, cognitive and emotional needs. Something that could be even more beneficial in Anna's life would be a male primary school teacher, which would provide that support and role model missing from her home life. Statistics show 89% of primary teachers employed in Scotland in 2023 were female, in comparison to 11% males (Gov.scot, 2023). In relation to feminism this shows that this is a job is predominantly fulfilled by females due to the society views on gender roles and job suitability.

Symbolic interactionism considers ideal-self alongside the significance of symbols and labels placed on individuals by society (studycorgi.com, n.d.). When labelled the individual often adopts a

role based on that label and societal perception of behaviour. A newspaper reported homeless people labelled as “vermin” “cockroaches” which needed to be exterminated and “treated like illegally parked cars” (Farha, 2015). This makes them feel worthless, guilty and to blame when this is not always the case or a choice. The streets symbolise freedom and sometimes strength without accepting help but are also dangerous and can present further challenges such as abuse, addiction and other health related issues. Homeless symbolises emptiness as anyone can have a house or a building to reside in but not everyone has a “home” and sometimes the streets are an escape from a worse alternative (Coward, 2018). A homeless unit offers somewhere where care can be provided and in relation to the brief the streets or a unit are the only option for someone who is without a home. When support is given to the homeless some will accept whereas others will decline out of pride. To other homeless people they might view him as weak and can't survive on the streets without help. A homeless unit is a much better place to be than on the streets as it puts you in a vulnerable situation in the cold and dark trying to keep your valuables safe while asleep. Unfortunately, a major issue is the availability of homeless units, and the government need to step up to support this via funding (crisis.org, n.d.) In relation to the brief, the labels put on homeless people are highly damaging on their mental health and self-esteem which can limit their willingness to accept help – due to being burdened already as “drains of society”, “scroungers” etc. It is vital that homeless people are targeted and given support required so they can change their life and live a longer life.

F

Roger's person-centred theory of self-concept considers self-image, ideal self and self-esteem (Greene, 2017). Society judges homeless people by their appearance due to no access to personal hygiene or maintenance. This is a downwards slope as his appearance will continue to decline over time as hair grows and dirt builds up. A study reported that those who are homeless have devalued sense of self, diminished sense of identity, low self-worth and self-esteem (Murthy

et al., 2021). His ideal self would be to get a job and have money to support himself and have somewhere to stay but this seems unachievable further plummeting self-esteem. Greene (2017) recommends a Rogerian approach where homeless unit volunteers show core conditions which are empathy, congruence, unconditional positive regard. Empathy is important for the volunteers as they are showing they understand what the homeless people are going through and not pitying them or feeling sad for them as this will not improve their self-esteem. Congruence is showing a genuine care and dedicating to helping them get off the streets. Unconditional positive regard would be treating them with respect in times of hardship, slipping off the bandwagon or when hygiene proves challenging. By truly investing in his care and offering him support he may be able to change his pathway and access services from housing and the job centre to get off the streets.

Adam Hayes and Hopson formed the transition curve based on the stages:

1. Immobilisation - state of shock self-esteem drops as they feel threatened
2. Minimisation - temporary increase in self-esteem when person play down what happened
3. Depression - reality sinks in and levels of self-esteem drop
4. Acceptance of reality - self-esteem is lowest, accepting they can't go back
5. Testing - self-esteem starts to rise and they test new ideas/thinking/behaviour
6. Search for meaning – make sense of situation ready to fully move on
7. Internalisation - adapted to change and higher self-esteem more positive. (Francis, n.d.)

Using Transition theory to evaluate the best care environment for Anna as she starts primary school it is important to recognise the psychological and emotional adjustments as she transitions to primary school. This theory emphasises the importance of understanding individual experiences during change, particularly regarding feelings of uncertainty and anxiety. Anna's separation anxiety stems from an overprotective relationship with her mother, which has led to her reluctance to

attend school. Social work involvement is essential to facilitate a supportive transition. It may be beneficial for Anna to gradually acclimate to the school environment through a structured program that involves her mother initially, allowing her to develop confidence and coping strategies in a safe setting. Then as she builds nurturing relationships with staff and social connections with peers, she will be more willing to attend school. A reassuring routine will diminish anxiety around the transition and make it smoother rather than continual stop start where she has long periods of absence staying at home and the transition restarts.

Erik Erikson's lifespan theory highlights how social relationships affect our sense of self and describe physiological crisis that can occur through 8 stages of development (Erikson, 1959). The stage that William falls into is stage 7 generativity vs Stagnation (40- 65years). Work is a key part of this stage as the individuals are often focused heavily on their careers and feel a sense of contributing to the world. William has dementia he is no longer able to focus on his career and his views on retirement and building a pension have ultimately changed. Stagnation is when an individual such as William feels as if he is not making a positive impact feeling unproductive and uninvolved. Success and Failure feature in stage seven when people experience a satisfaction in lives success or a feeling of Failure that they haven't done enough in their life feeling unaccomplished. The positive is dementia patients often lose self-awareness and won't feel the burden of failure (betterhelp.com, n.d.) but this represents that they are often not of sound mind to make decisions based on where they receive care and family may have power of attorney and make these decisions (Alzheimer Scotland, n.d.). In relation to the theory a simplistic view treats dementia as a reversal of the stages of Erikson's life cycle supported by caregivers who witness first hand that, just like at the beginning of their lives, dementia patients need help with decisions, dressing, feeding and hygiene (Lyman, 1998). Similarly to a child this would represent a need to be cared for either at home by a family member or in a care home.

G

To conclude, the answer in relation to where is best to care for someone depends on the individual and their care need. Anna is safe living at home, but her social and cognitive needs need to be met at school which is currently a barrier due to emotional attachment and has led to social work involvement to resolve her case. William is currently living at home and holding down "normal life", but his dementia diagnosis means his condition will only digress further and if family can no longer provide care he may move into a care home for his safety. The homeless man is unique as there is no home for him to live in and to be cared for fully, he needs to access a homeless unit or else he will be deprived living on the streets. These are only a few distinct cases where care is required but there is a lot of different reasons someone may require care and all with a range of answers. Each case must be handled individually, their needs assessed holistically, the care receiver involved in the process and only then will we be able to answer are they best cared for at home.

Word Count 4225

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