

# Candidate 2 evidence

## Project

### 'Is it always better to be cared for at home?'

NC Higher Health & Social Care

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#### PROMPT A

Human development is a series of aspects that take place throughout our life. These are; Social, Physical, Emotional, Cognitive and Cultural. If an individual doesn't successfully fulfil these aspects of development, it can have a detrimental effect on an individual's life. Things that may affect an individual's development are; loss and grief, neglect, addiction, illness (physical and mental), disability or a sensory impairment.

Individuals will go through stages of development throughout their lives. These are; Infancy, Childhood, Adolescence, Early adulthood, Middle adulthood and Older adulthood if an individual does not successfully fulfil an aspect of development (SPEC), during these stages of development, it will have a detrimental effect on their progression to the next stage of their life.

Sam (24) has autism and is nonverbal. He requires 24-hour care from a combination of family and carers. He struggles in social situations and feels overwhelmed so often stays home.

Social development is based on how we interact with others, expand our relationships and take on societal roles. How we socialise with others plays a key role in our social development and helps us better understand the world around us. Socialisation helps us gain social skills, helps us gain knowledge and also helps us understand the qualities and attitudes expected of us in society as a whole. Miller (2019). Regarding Sam, his social development is not being fulfilled. Sam is currently at the stage of young adulthood and in this period of life, an individual starts to develop significant relationships. According to The Autism Speciality Group, Meaningful relationships of all kinds are important for people with autism, as are learning tools that can help these relationships grow and develop. (Available from autism speciality group, 2021)

Mary (35) has been facing physical domestic violence from her wife. She is a mother of 2 young boys and is worried about upsetting their lives if she leaves her wife.

Emotional development is our feelings and how we cope with them. How we develop our self-esteem and our sense of identity. Miller (2019). Mary's emotional development is not being met in her current situation. At her stage in life, her emotional development should be about growing her sense of identity by way of being influenced by work, partnerships, friends and parenthood. Her current

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situation of abuse will cause a negative influence from partnerships. Thus Affecting her self-esteem and not enabling her to develop emotionally.

### **PROMPT B**

All individuals have needs, which fall under the categories of Social, Physical, Emotional, Cognitive, Communicative, Cultural and Spiritual. However, everyone's individual needs will vary depending on their circumstances.

Maria (22) has recently lost her full left leg and right foot to amputation due to a car accident.

Every person has physical needs. These are usually categorised as the basics we need as human beings to stay alive: food and water, air, sleep, warmth, safety and keeping our bodies healthy and functioning as well as we possibly can. In Maria's case, she has a physical need for mobility. Using prosthetics and physical therapy, she could potentially walk of her own volition again. If these work, it will be in Maria's best interests to be cared for at home and she can keep her independence.

Charles (84) has recently lost his wife to cancer and is struggling to leave the house due to his decreased mobility. He has his shopping delivered by his daughter and she cleans his house but she can't stay long as she has to go to work and look after her children.

Emotional needs are important as they can positive mental well-being in an individual. When our emotional needs are met, we feel a sense of security and confidence. We are also able to develop the ability to share our feelings and in turn, when an individual can share and express their feelings and have them recognised by family or a loved one, this results in a person feeling; loved, secure and confident knowing that our emotional needs are being met. In Charles's situation, he has an emotional need to communicate his feelings with someone as he is on his own and his daughter only comes in for a brief visit. I do believe it is in Charles's best interests to be cared for at home and he could potentially have care assistants or even a befriending service coming into his home to give him the company of other people, assist him with his mobility needs and take the pressure off of his daughter.

Billy (7) has been missing school due to his parent's addiction issues and when he does attend it has been noted by his teacher that his uniform is dirty. The school have been in contact and they are considering social work intervention.

Social needs relate to our need for different types of relationships, friendships and interactions with others. Individuals do not do well when they are isolated from human contact so in Billy's case, his social needs are not being met as he isn't getting to interact with children his age at school. He would benefit from not being cared for at home and potentially being placed into the care of someone else be it

another family member or foster care to give him the best chance to get back into school and give him the chance to build friendships.

### **PROMPT C**

Henry (24) from Clydebank has recently lost his sister Margaret to cancer and hasn't been coping with the loss. He is becoming violent and argumentative with friends and family.

Service: Stepping Stones Clydebank- Stepping Stones was set up in the early 90s by a group of local people to improve mental health services in the area. They provide bereavement support, peer support, 121 support, person-centred therapy, and self-guided CBT. (Available from Stepping Stones 2023)

The positive care practice features Henry should expect from Stepping Stones would be;

For all members of staff to hold a PVG. The Protection of Vulnerable Groups act was introduced in 2007 and the purpose of the PVG scheme is to safeguard children and vulnerable groups against any sort of harm. This promotes positive care as it stops anyone with certain criminal convictions from working with children or vulnerable groups. This would be beneficial to Henry as it would ensure that the people providing him with advice and help with his mental health treatment have been cleared to be in a position where they pose no threat to him.

Another positive care aspect that would be beneficial to Henry would be his time with Stepping Stones would be outcome focused. For there to be a goal for what Henry would like to achieve whilst receiving help. This would also establish a timeframe to complete any treatments and give Henry a goal to aim for.

All staff should receive ongoing training in their relevant fields to remain up-to-date on the most recent care practices and also follow any refresher training on existing training when required. This benefits Henry as it ensures that the staff assisting him provides the most up-to-date treatments and care practices.

Stacy (34) from Glasgow has been living with drug addiction since her early 20s. She has also been feeling paranoid. She has decided it is time to try and get help.

Service: The Priory Group - Priory is the leading independent provider of behavioural care in the UK. They operate services in healthcare and adult care. They offer private mental health treatment, Addiction treatment programs and eating disorder services. (Available from Priory, 2023)

Unconditional positive regard is important in any care sector as it allows the person receiving care to know that they will receive the best quality of care and be treated well by the person administering care. For Stacy, this means that she can safely know that she isn't going to be judged by anyone caring for her.

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To protect your data from being shared unfairly, The Data Protection Act comes into play. Your details will never be shared without your consent and prevent a service or company from withholding whatever information they have stored. The act promotes that individuals have control over how their data is used. In regards to Stacy, If she is feeling paranoid about her data being shared, she can remain safe in the knowledge that she will have control over how her data is managed, thus giving her piece of mind and letting her focus on her treatment.

For any care worker, they must promote the individual's well-being. This involves discouraging negative behaviour and thoughts. Promote and encourage positive behaviour and thoughts from the individual. In Stacy's case, This would be a positive as the people providing care and treatment would have her best interests in mind and discourage any negative thoughts or behaviours surrounding drug use and encourage positive changes.

#### **PROMPT D**

Rebecca (14) has recently been diagnosed with anorexia nervosa she is still in school but has recently been hospitalised due to a deteriorating condition after a mental breakdown. Her phone was confiscated by her parents after an argument about her eating habits and they found conversations with classmates talking about techniques to lose weight and links to the social media accounts of modelling agencies.

Family is a primary source of socialisation. Through family, we learn the values, roles, expected norms and culture of the society we are born into. Our family's influence can reinforce our ideas and values of what is expected of us be it; getting a job, getting married or following the law. A familial influence may also do the opposite such as; crime, illegal behaviour or maltreatment of children as this may be considered the norm in the family. A study suggests that; *'People who have suffered extreme difficulties in childhood are more likely to commit crimes as adults than those who have not'*. (Available from The University of Edinburgh- Edinburgh Law school, 2022).

With Rebecca, her family's attitude and behaviours create negative connotations around conversations about her eating habits which will most likely lead to Rebecca not wanting to talk to them about food as this will bring on arguments making her feel bad about herself and can potentially have a knock-on effect to her mental health and could have contributed to her recent deterioration and could worsen her behaviour.

Media is a secondary source of social influence and refers to the channels of communication we consume news, music, films, and promotional materials. Media also includes physical newspapers and magazines, tv, radio, phone and the internet. These can all affect how we behave, how we form views on society and our role in it and our attitudes and values towards other people and ourselves. Social media can be accessed at any time through mobile devices and it can be a

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positive or negative thing depending on how it is utilised by the individual. In relation to body image, a study has shown *'there is a small, positive relationship between the use of social media and body image disturbance'*. (Available from: Science Direct, 2019)

Social media is most likely playing a negative part in Rebecca's life by viewing images of beauty standards imposed by modelling agencies and comparing herself to them. These standards to which Rebecca is comparing herself to are creating a negative attitude towards her body and can in the long run affect her life chances as studies show that; 'Roughly 20% of women attending infertility clinics have a current or previous diagnosis of an eating disorder' (Available from: Science Direct, 2007) negative images and influxes - life chances not talking about infertility

Our peers are another secondary source of socialisation. Peers are made up of people who are usually of the same age group as the individual who spent time together and have similar interests. The period in our lives when our peers' influence is the strongest is adolescence. These can be positive and negative; we may adopt behaviours or habits to fool accepted or fit into that group.

In Rebecca's peer group, they appear to be sharing weight loss tips. This will negatively affect Rebecca's attitude towards herself as she will be trying to fit in with her peer group, thus giving her a negative value of herself. These messages and conversations will also be reinforcing that talking about weight loss and striving to be thinner is considered the norm for girls that age. A study has shown that; *'daily social interactions can influence unhealthy eating practices in adolescent girls and boys, and suggest that weight-related issues of parents and peers can be transmitted to adolescents.'* (Available from: Cambridge University Press, 2012)

## **PROMPT E**

### **Functionalism**

Functionalism focuses on the 'needs of society' meaning that if people do not abide by the feature set out by the theory, society cannot work successfully. It is a very fixed way of thinking and doesn't leave a lot of space for individuality. The key features of Functionalism are; 'the consensus regarding norms, values, and roles' meaning that society is in agreement about what they entail. Among them could be the role of parent or guardian; providing love and care to their children, valuing education and following the law. 'Integration and interdependence'. Society comprises interrelated parts that operate together to help society function effectively. Examples of the different factors include; social institutions such as the Family, economy, the law and the education system. The purpose of school is to get educated, earn qualifications that assist us in finding jobs, and pay taxes to assist in running the country. The exact opposite of functionalism is the term 'Dysfunctionality' which refers to an individual or group that does not conform to established norms such as anti-social behaviour. Society may try to intervene to try and re-educate the individual/group to conform to the established norms. There

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are several ways in which dysfunction can be addressed. These can include; fines, removal of children or even Jail. Society considers dysfunctionality to be a threat.

In relation to the brief with the above theory applied, if an individual is living with an addiction, they would be seen as 'dysfunctional' as they would be going against the 'values and norms' of society and intervention would be required to try and get the individual to conform with assistance being it within the home or in a rehabilitation facility depending on the severity of the addiction.

### **Symbolic Interactionism**

Symbolic interactionism is known as a 'micro perspective' and focuses on an individual and their interactions and how they act within society. The key features of symbolic interactionism theory are; 'The idea of 'Self-concept' in which how we view ourselves is primarily based on our perceptions of the remarks we receive from others during our social interactions. This may be good or bad. The next feature is the 'Concept of role taking'. We associate certain behaviours with roles based on the feedback we get from others. For example, a person living with a disability may often have things done for them by a family member. They may see themselves as having the role in of a person in need of assistance from others and will base their interaction with others on this perception. Another key feature is 'The Significance of symbols and labels in social interaction'. We exist in a symbolic world and there is a shared perception of these symbols. This may encompass how we dress, our gestures, the phrases we use etc. Labelling in relation to humans can effectively discover an individual's identity. This can link to the concept of 'Self-fulfilling prophecy' which can manifest when expectations of someone's behaviour are based totally on a label they have been given.

Again, looking to the individual living with an addiction in relation to the brief, if the person looks at themselves and sees that all the interactions they have with people are negative and in relation to their addiction and that's is all they see of themselves it may lead to them 'self-fulfilling' the idea that their only trait is that of being a person with an addiction and affect their behaviour negatively and lead them onto the concept of role taking and that is all they will be based on the feedback from other members of society this again affecting their behaviour and may lead to them needing to be cared for outwith their home away from their familiar society to focus on their treatment.

### **Feminism**

Feminism is a macro perspective that focuses on the way society has treated women. Feminism is a conflict theory that seeks to draw attention to the power differentials between men and women in society. Feminism is a social movement that pushes for equality of opportunity between the sexes and aims to break down the inequalities that exist between them. Miller (2019). Even though feminism is a movement for progress and equality, I will be discussing it in the key features in

relation to society generally and then in relation to the project brief. The first key feature is 'gender role socialisation' which argues that gender-based stereotypes are often involved in our earliest forms of socialisation, for example, children's toys. Girls mostly play with dolls and often take on the 'mothering' role of looking after the doll and tending to it whereas male toys are more likely 'masculine' toys like Action man who is a soldier and is all about war and fighting. A woman may feel obliged to take on the role of carer in the family and this may limit their life chances and discourage them from getting their full potential. Another feature is 'oppression and subordination through patriarchy'. 'Patriarchy' refers to the systematic power, control and authority men hold in society and within the household dynamic. The biggest Motto of Feminism is 'equal rights for women'. Feminists believe that equality should be fostered within the home environment and wider society. Legislation was developed to protect women from workplace and home discrimination. This is the Equality Act, which protects people from workplace and wider societal discrimination. Miller (2019).

If we continue looking at the individual with an addiction and apply feminism as a theory to them, if they are a woman, they may be living in a situation where they are so focused on their getting assistance with their addiction that they let a patriarchal figure subordinate them and see them as 'weak' and their equal rights would be affected. If the individual is capable of standing up to the patriarchal influence they should be able to receive care at home but if the situation is severe they may be better off receiving treatment out-with the home environment.

#### **PROMPT F**

Tyler (8) lives with his father, mother and 2 older sisters. Tyler has been physically and mentally abused by his father and has witnessed his father, who has an alcohol addiction, being physically and mentally abusive towards his mother and sisters on multiple occasions. It has been noted by his teacher that Tyler has been violent towards other pupils in the class. Tyler told his teacher that his dad ripped up the drawing he took home from school.

#### **Social Learning Theory**

Bandura's Theory of social learning states that how we behave, is influenced by social interactions from an early age. We learn how to perform and conform to expectations put on us by our parents and family, our culture and society. Bandura states that young people copy the behaviour shown by adults and peers and are more likely to imitate the behaviour displayed by people of the same gender as them. The things that children imitate from their models could be things like smoking, drinking swearing losing their temper, but are not always negative. They could be having a hard work ethic, being kind and being a good Samaritan. Bandura also stated that modelling may not be the only cause turn individuals behaving in a particular way. He states that behaviour can be a result of operational conditioning. (Miller 2019).

Applying social learning theory to Tyler's case may give a better understanding of his behaviour in school towards other children and the cause of his violence.

Concerning the brief, if an individual is displaying similar behaviour to a model of influence within the home, be it positive or negative, it would be beneficial to consider social learning theory if the individual is better being cared for at home or not as the behaviour learned, may influence the individual requiring care development and the environment they would receive care in.

### **Operational Conditioning**

The theory of 'operational conditioning' was developed by Skinner and suggested that "behaviour is shaped and maintained by its consequences". The theory introduced the idea that behaviour is shaped by rewards and punishment. This is known as 'operational conditioning'. In operational conditioning, it is believed a positive reinforcement will always result in behaviour increasing be it negative or positive behaviour. Whereas, punishment be it a reaction to negative or positive behaviours will always result in decreased behaviour. (Miller 2019)

In applying operational conditioning to Tyler, when he took his drawing home to show his dad, his father punished positive behaviour by ripping up his work which may result in Tyler putting in less effort in class and relating good things to a negative response from him.

In the context of the brief, if an individual requiring care has negative connotations of a care environment or their home environment, this should be taken into consideration when assessing if it is better for an individual to be cared for at home or not as it may be detrimental to the care they receive as it may affect their development in the care they are receiving for the worse or hinder the timeline of the care plan.

### **Social Development**

Vygotsky's social development theory argues that social interaction plays a main role in the cognitive development process. Through the social development theory, Vygotsky argues that the cultural development of children is based firstly on a social level called 'inter-psychological' and then on a personal level called 'inter-psychological'. He states that in the 'zone of proximal development' (ZPD), there are 3 levels. The first band is 'can do independently' the middle band is 'can do if assisted' and the outer band is 'cannot do at all'. The 'zone of proximal development' was identified by Vygotsky and he states that the ZPD harbours skills and abilities that are not yet fully developed by an individual but are on the verge of competency and will only emerge if the person is given support. For someone to learn in the middle band they should gain information from a 'more knowledgeable other'. This is known as scaffolding if the MKO is teaching the person who is in the middle band. (Miller 2019)



If we apply this theory to Tyler, If he has negative interactions with a 'more knowledgeable other' he may not be willing to talk to them and seek help with tasks. His father ripped up his drawing and if Tyler believes this is something he has received negative feedback on, he may believe it is something he cannot do rather than something he can do with assistance from an MKO.

In relation to the brief, if an individual requiring care is to be assessed whether they can or cannot be cared for at home, their social development should be considered as there may be tasks in their zone of proximal development that they can do with assistance and advice from a caregiver (in this instance a MKO) and then learn to do on their own whereas if an individual lacks the capacity to do some things for themselves that will require assistance and may even require care outwith the home environment.

### **Prompt G**

In conclusion, there is simply no cut-and-dry answer to the brief as all care situations are different with the exception that the person requiring care is in a life-threatening situation at home.

Other factors come into play in the decision-making process for example; Charles as mentioned in prompt B, If his mobility decreases, his situation may change and he may become less mobile thus his care needs may change from mainly emotional to mainly physical. And in the case of Tyler Mentioned in Prompt F, he may be loved by his mother and it is his father who requires care for his alcohol addiction and this may be beneficial to all the other family members.

The overall main objective of the brief has to be person-centred care as the driving force and the individual's opinion matters in the decision-making process for their care.

(Turnitin 14%)

**PROMPT H**

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