

# Higher Care Project

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



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## Section A

**Social development** in adolescence is when they begin to develop strong friendships, loyalty and devotion to their friend groups. At this stage they are influenced by their peer groups actions and decisions, they gain many social skills at this stage of development. A study found that both male and females have strong traits of honesty, manners, friendliness and modesty (Gallardo, 2014). They also develop a sense of leadership and sacrifice; these are crucial features of the social development of adolescents. An adolescent with autism may be impacted socially, for example Jack who is 14 years old has autism and struggles to socialise and is at high risk of experiencing social isolation due to a number of reasons, such as lacking in confidence or skills to engage with others or not wanting to repeat a past negative experience in a social situation such as bullying. These are most likely to occur in higher education as a study has suggested that children with autism are 50% more likely to experience bullying. Another study has stated that 15-year-olds with 'special educational needs' are more likely to experience exclusion from peer groups and/or name calling. This could further prevent Jack from making friends and developing socially which could cause problems later in life getting jobs and socialising with others.

**Physical development** is very important in adolescence as this is the transition from childhood to adulthood. Motor development also comes under the physical development of and adolescent, which is the movement and activity of the muscles, bones and limbs. At this age, young people may become more active for example joining the gym and taking extracurricular activities like football. Adolescents are able to do more complex activities compared to when they are in their middle childhood. An adolescent with cerebral palsy may be impacted physically by their disability, for example, 16-year-old Leah that lives with cerebral palsy struggles to do the same physical activities that her friends do, as they all play sports and take part in physical education at school. Leah lacks muscle tone, balance and motor skills which are important in the physical aspect of development (Anon., 2017). There is support for Leah as she will be cared for by a team of professionals that have a care plan for her, she will also receive physiotherapy which includes exercises and stretches that help maintain and improve movement, according to the NHS, this is very important as Leah is an

adolescent and physical development is crucial at this stage and therefore the exercises will benefit Leah and overall help her develop physically.

### Section B

Kelly who is 35 and has recently lost her job and has been diagnosed with depression. Kelly's individual *emotional* needs would be the need for support and security. The need for support is crucial as she would be feeling very low, this would help bring her confidence up. Her need for security is vital also as she needs to feel secure as this would've been knocked when she lost her job. Studies have shown that mental health problems are inevitable if these needs are not met (Jadallah, 2015). We have general emotional needs as babies when we long to be held and loved and get this by crying as we have no other way of communicating our needs. As we get older, we forget how to ask for these needs to be met and how to even identify our own emotional needs and when we can't identify what they are, they cannot be met. A study has shown that that middle-aged women who are unemployed are most likely to experience the highest level of psychological distress, out of other age groups (Kerr, 2016). This links to my brief as Kelly doesn't leave her house as her depression makes this a very hard task. Therefore, it would be better for Kelly receive care at home, until she feels able to leave the house and get to her appointments, an example of care at home would be from interim health care., they send out professions to create a home care plan for those like Kelly to be cared for in the comfort of her home (Anon., 2019).

Lauren, who is 24 and has been diagnosed with ovarian cancer. Laurens individual *emotional* needs would be the need to talk to other young people with this kind of diagnosis. This would help Lauren understand that she is not alone and that she has people who understand what she is going through. This could prevent her feeling isolated and alone with her condition, which would have a positive impact on her mental health. We all have emotional needs to feel loved, appreciated and be able to feel secure, this is key as when we get older, we don't realise our needs as much as we did when we were young children and babies, because we were able to communicate our needs much more easily. These needs are vital for Lauren especially with her diagnosis as she will need a lot of support, not just from friends and family but also from other young people with cancer. About 70-75% of cancer patients will experience clinical depression (Zainer, 2012), clearly

demonstrating how important it is for Lauren to receive the help she needs by being able to discuss her fears after the diagnosis. If Lauren had more young people to discuss these fears with then she may feel more at ease with the diagnosis and this would hopefully help her mental health in the long run. This links to my brief as Lauren would find it beneficial to receive care out with her home as she will need specialist treatment at the hospital such as chemotherapy. She will also benefit from getting out of the house as she will be able to speak to other young people through support groups about her diagnosis which would help prevent her from feelings of loneliness and isolation which could cause mental health problems in the future.

Jonathan who is 25 years old and was born with cerebral palsy, which causes him to rely on a wheelchair. He recently moved out of his parent's house in order to gain more independence and freedom. He would have **physical needs** including eating and drinking, for most people these would be seen as easy tasks but for Jonathan he struggles cooking substantial meals due to his muscles being tight in his hands he struggles to hold cooking equipment which could also pose a danger to himself, he also struggles to eat food (**Anon., 2014**). Home care would be the best option for Jonathan in order for him to still live independently but with some help to manage his meals and his other needs such as bathing. We all have physical needs to eat, drink, sleep, etc., for Jonathan these everyday tasks become a daily struggle for him. These needs are the most basic for survival at the very bottom of Maslow's needs pyramid (**Barker, n.d.**). A study has shown people living with cerebral palsy are more likely to become undernourished or experience malnutrition, this is due to the motor skills that could include the muscles used when chewing, swallowing or even being able to eat independently (**Cerebral Palsy Guidance, 2019**). This links to my brief as Jonathan would benefit hugely from receiving home care as it would ensure he is getting the right meals and care for his specific needs, and he still gets to live independently, giving him a choice and a say in how he is cared for.

### Section C

Anti discriminatory practice aims to prevent negative effects of discrimination on service users. As a caregiver you must not be involved in any actions that could be seen as discriminating or insulting an individual or a group of individuals. Anti-discriminatory training is usually provided by the employer and is a crucial part of training, especially in

care home environments (Anon., 2015). This links to the service of care homes as they have to treat all residents with the same level of respect and dignity, if this is not seen to be happening in this setting there is consequences for the carer. This has a positive impact as it prevents any discrimination being felt by residents in the level of respect they are treated with. This could mean that residents feel more relaxed and at ease as no one feels as though they are being discriminated or judged, on their gender, race or religious beliefs.

Training is essential for those caring for vulnerable service users as carers need to be aware of the different needs of the service users and how to be aware of how to handle certain situations. Supervision is also thought to help care workers in building emotional resilience, for example in a care home for the elderly this would help when someone is at the end of their life which can cause great stress (Anon., 2018). Having training and supervision is essential to having better outcomes both for the service user and the carer. The carer would feel more confident in providing quality care to the service user and would also be comfortable handling difficult situations. This would also help the service user's family feel at ease with the care that their family member receives as they will be aware of the training received by the carer. Supervision promotes and motivates good practice which in turn, further develops the quality of service received by the service user, by having this in place it will ensure professional relationships. This would have a huge impact as if this was in place in a care home it would allow carers to feel confident in different situations whereas if someone is not trained well, they may not know how to react causing distress to the service user. This could be prevented if correct training was in place.

#### **Section D**

**Family** can be a social influence. Primary socialisation is the learning we experience by those who have raised us, caregivers must teach us norms and values in order for us to function in society, if as children we do not receive suitable primary socialisation, they may not play well as adults in society. If primary socialisation goes wrong then we can learn the wrong norms and values of society, meaning we don't know right from wrong and can behave as dysfunctional individuals in society, because of this a service user may not know how to behave and society and may lead them to learn beliefs that lead to crime. An example of a service user this may impact is 16-year-old Lewis whose parents are substance misusers, this could lead to Lewis using as well, as he sees this behaviour as normal and acceptable. This

would then impact Lewis's life chances as he is used to seeing this type of behaviour and therefore may start taking drugs as well. A study has found that children of substance miss users are 45-79% more likely to abuse drugs themselves (Bushak, 2014). This clearly shows the impact of having parents that miss use drugs and how much of a risk Lewis is at.

*Social media* has a huge impact on our generation, especially young teenagers and young adults. Secondary socialisation and can cause great pressure on today's society on how to look a certain way and how to live your life. Mass media can influence many factors in a person's life including fashion sense, promoting education and fitness and healthy eating. Celebrities may be promoting unhealthy eating habits claiming they're 'diets', influencing an individual to change their lifestyle possibly for the worse, it is also done through TV programmes and series' but could also be used in a positive way by having disabled actors which could make service users feel better about themselves and gain confidence. A service user that mass media may affect is 15-year-old Lucy who has downs syndrome. The mass media may affect her as she may feel pressured to look like the girls she sees on social media. This factor may impact her mental health and possibly her physical health if she tries these diets advertised by celebrities. Representation of more disabled actors would therefore be positive for mental health and self-love and appreciation. The BBC aim to double the amount of disabled people on screen are disabled by 2020 (Anon., 2018). By having more disabled actors it will play a role in ensuring the disabled population feel represented in the media (Newton, 2018).

*Peer group* can impact young people in their teens and early 20's as at this age, young people tend to be closer with their friends and are therefore able to be more influenced by them. Teenage years are when young people are learning and developing through exploring, meaning they can easily misjudge the situation and making the wrong decisions (Anon., 2017). Friendships start in primary school and develop into secondary school, this is known as secondary socialisation. If a young person gets in with the wrong crowd, they can easily be influenced to take part in the activities that their peer group does. This is usually done through peer pressure from the group. If a young person is exposed to criminality then they are likely to join in, either because they want to fit in or due to the peer pressure. A study has shown that a quarter of all children ages between 11-16 have committed a crime in the last year, the children surveyed admitted to committing these crimes through boredom,

being drunk and peer pressure (Anon., n.d.), this then shows how influenced young people can be at this important development stage. An example of a service user that this could impact is 15-year-old Josh, who has recently moved school and has made friends with a crowd that has been in trouble for crime before. This could impact Josh as so many young people can get peer pressured into crime and because he is new at this school he may just want to fit in and have friends and may be scared that if he doesn't take part in these crimes then he will be excluded from the group. This would affect Josh as it may then impact his education and lead to crimes later on in life if he has experienced this from an early stage in life.

### Section E

Marx's main involvement was his way of studying the relationship between the world and of ideas and the material world (Hands, 2010). Marx argues that the capitalist approach of production creates two main social classes, the bourgeoisie and the proletariat. The proletariat is the lower who don't own anything and so they have to sell their labour. Inequalities are caused by such great class division. The bourgeoisie are able to exploit the proletariat and leave them alienated, meaning they would be detached from what they earn from their labour. This is also known as the class struggle. This theory links to my brief because if you are lower class, you will have less money than those in the bourgeoisie and will be less likely to be able to afford private and quick health care, meaning you may not even have the option to be cared for at home. Although we have the NHS, the waiting list is usually very long, a study found that the NHS waiting list for treatments was set to double to 800,000 by 2019 (Ashmore, 2017). This could result in those who cannot afford private healthcare becoming even more ill while they wait, or they may even die depending on how ill they are. This theory is relevant because it clearly shows the inequalities faced by the proletariat in terms of wealth as they may not have the same opportunities as those in the upper classes.

The labelling theory is a concept in which others may inflict on other people, this may be based on their past, schooling, social class and or family life. This theory states when a person is labelled, they tend to behave in ways that reflect the label given by others. This theory is used in everyday life, we sometimes label people without even realising we are doing it. Labelling takes place in education very often when teachers label less able students

As being 'lazy', after a while the student takes on that given label and acts in that way. Once a person is labelled it is extremely hard to get rid of that label **(Crossman, 2018)**. This theory is relevant to those living with AIDS and also links to my brief as illnesses associated with stigma may prevent many individuals from getting any medical treatment. An example of people this may impact is those with possible HIV, many men and women may be reluctant to even get checked for HIV due to the stigma attached to that virus. This links to my brief because people with HIV may feel that they cannot receive healthcare anywhere due to stereotypes and will just suffer in silence, causing dramatic effects on their health. A recent study has shown that in the UK 1 in 12 people are living with HIV and do not know they have the virus **(Anon., 2017)**. This could be because they are too worried about the stigma to get tested for HIV and so try to ignore it, clearly impacting on a person's health.

Feminism is where women fight to get the same rights and treatment as men. The advocacy of women's rights on the grounds of the equality of sexes. Feminists focus on the huge gender divisions in society as these divisions work to the overall advantage of men **(Trueman, 2015)**. Feminists challenge and confront male supremacy, this is where women are seen as genetically inferior and less human than men. Feminists examine the differences between social structures and individuals and recognise the huge inequalities that exist between men and women **(Shapira, 2012)**. This theory would relate to many pregnant women that had to deal with the closures of maternity wards in England in 2016 due to having so little maternity staff. This caused hundreds of women being pushed from place to place during their labour and possibly travelling miles to get to another hospital. This posed huge risks of mothers giving birth literally on the road side, there were 382 recorded occasions where maternity wards had to close their doors due to shortage of staff, beds and cots available. This figure is almost a 70% increase to what it was in 2014 **(Asthana, 2017)**. This theory is relevant as this evidence shows that women were left to deal with the consequences of the wards closing down suggesting that women's needs aren't of high importance. This theory also links to my brief as women had no choice in where they got to give birth as they weren't able to be treated in local hospitals, this may have resulted in them giving birth in cars or possibly at home without sufficient medical staff, no alternative was put in place either.



## Section F

Bandura's social learning theory looks at how behaviourism emphasises the role of environmental factors in influencing behaviour. This theory suggests that we learn behaviour through classical or operant conditioning also known as the learning theory. Bandura states that when we are born our minds are a 'blank slate' meaning that everything we are and everything we do is learned from our surroundings and that we pick up thoughts and attitudes from others around us (**Sincero, n.d.**). Bandura also believed that because all of our behaviours are learnt, we can unlearn and relearn new behaviours. This theory would link to Scott who is 27 and has been in and out of prison for substance misuse which started in secondary school when he got in with the wrong crowd. This theory is relevant here because it states that behaviours are learned from the factors around us and these deviant behaviours that Josh displays are because of this. A strength of this theory is that it helps us to understand why people like Scott display these kinds of behaviours as the theory states that they can be influenced from a number of different factors for example family or peer group. However, a weakness of this theory is that it does not look at the persons own accountability for their own actions meaning that it may go too far as to say that society directs how a person acts meaning no blame will be put on any individual that acts deviant in society (**Loop, 2015**). This links to my brief as Scott could receive care in a rehab centre, in this case it may be better for him as he wouldn't have any access to drugs that would cause further harm and it would also create an environment that is relaxed and supportive.

Carl Rogers' theory of personality looks at many areas of why people behave in certain ways. It looks at conditions of worth placed on a person and how this can impact on behaviour. Conditions of worth is when someone's worth or value is dependent on certain conditions being in place (**Rehman, n.d.**). An example of a person having conditions of worth placed on them is that a child is only considered acceptable or of worth if they never express their anger (**McLeod, 2014**). For Rogers, the problem is if someone's value/worth is consistently based on certain conditions, rather than being valued because they are a human being. This theory would link to 15-year-old Liam who has been abused by his parents. Liam also has ADHD and has had conditions of worth placed on him since his diagnosis such as receiving treats if he keeps his behaviour under control and if he doesn't, he is not seen as worthy. This can be very harmful in extreme cases as later in life they are

more likely to constantly seek approval from others (McLeod, 2014). A strength of this theory is that it again allows us to understand why a person may constantly seek approval and seem to lack confidence in making decisions, due to having these conditions of worth placed on them. However, a weakness of this theory is that it may cause Liam to become frustrated when he has to think and make decisions for himself. It also may become frustrating if he gets therapy as he won't be provided with explanations for his problems (Anon., 2017). This links to my brief as in Liam's case it would be better to receive care out with his home as he would be taken away from his abusive parents and in a safe environment. Liam would also receive therapy to help manage the mental health problems that developed through the abuse and also to help with his ADHD and the consequences of having conditions of worth placed on him from a young age.

John Bowlby's attachment theory explores the importance of having a secure bond with a mother on their development and well-being. The most critical age for this attachment is between six months and 3 years of age, during the period of time the child needs continuous love and affection from one person, in this case a mother or mother substitute. Having a continuous bond with a mother figure allows the child to develop a sense of security (Cherry, 2019). If separation occurs, this would have serious effects on the social and emotional development of the child causing trouble showing affection. This theory would link to 16-year-old Aaron who never had a stable mother figure in his life as he was passed through foster homes due to his mother dying of a drug overdose when he was two. Due to this Aaron has struggled with trust issues and feelings of insecurity and anxiety. This is due to not having a secure attachment in those crucial stages of development affecting his future relationships and causing him difficulty in showing affection. This theory is relevant as it clearly demonstrates how much impact attachment has if it's not fulfilled in the crucial stages. A clear strength of this theory is that it gives a straight forward explanation of why a child may behave a certain way, especially seeming emotionless and thus leading into adulthood. It also creates a clear picture of how behaviour is learned. A weakness of this theory is that it does not explain all behaviours, it mainly focuses on a person seeming affectionless and does not go in to detail about others. This links to my brief as in this case it would be beneficial for Aaron to receive care out with his home as he would require therapy in order for him to understand his behaviour and why he feels the way he does. Aaron's

behaviours and attitudes would improve gradually during therapy and with a loving mother figure who can help him to understand that he should be loved.

#### **Section G**

- I can see both sides of my brief. I believe it is completely dependent on the individual where they receive care. It may be better for one elderly person to be cared for in a care home, but it may not be the best for another. A study found that in nursing homes 72% were meeting the essential standard of providing care (Anon., 2013). Showing that not all experiences in care homes are positive.
- I believe that everyone should be able to decide and have the ability to make a choice, this is not always the case for young people which could cause the care they receive to be non-beneficial.
- Some people may refuse care in a care home; however, this may be what is best for them as they may not receive the full extent of care they need whilst at home.
- Many people want to be cared for in the comfort of their own home as they don't want to be away from their family and normal life. Many people feel they can be independent for longer at home when in some cases a care home is the best option.
- I concluded that it should be the decision of the individual based on how and where they would like to be treated. If they wish to stay at home their whole life, then they should be granted that wish and likewise if they wish to be cared for out with their home.

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