

HIGHER HEALTH CARE PROJECT

NEEDS OF PEOPLE REQUIRING CARE

Holly is 15 years old and lives with her parents who are both non-functioning drug addicts. She frequently runs away from home, abuses alcohol and is often picked up by police. She requires care for behavioural difficulties.

All human beings have needs in order to survive. They range from physical emotional, social cognitive and cultural. Physical need refers to things that are required for physical growth for example food, drink, sleep, warmth and shelter. Rest exercise and personal hygiene all contribute to meeting our physical needs. ([www.channel 4/learning.com/sites/gcse es health social care programme](http://www.channel4learning.com/sites/gcse%20es%20health%20social%20care%20programme)).

Holly would be better cared for in a residential home or foster care for her physical needs to be met. Her parent's addiction can have a profound effect on her safety and security if used needles are lying about and if strangers are coming in and out this also threatens her safety. With her parents probably spending what little money they have on drugs there won't be enough for healthy food so she is missing out on vitamins and nutrients she needs to develop a healthy body. Her sleep and rest patterns will also be affected by staying out all night, which can lead to her being stressed and aggressive, also she can be taken advantage of if she is in a vulnerable state while drinking. Being in a care setting means she can have a designated key worker to support her in attaining healthy and safe choices. A care plan to meet her needs, a secure and stable environment with routine and boundaries, and everyday care can help Holly be safe from neglect abuse or harm at home. ([www.getting it right for every child](http://www.gettingitrightfor.everychild))

Emotional needs concern the fulfilment of belonging, love self esteem, opportunities to develop a positive self concept. A secure and safe environment is also needed to allow us to develop and being accepted by family, friends and others. Being treated with respect, dignity, and having privacy and independence helps us to meet our emotional needs. At home Holly feels unloved, pushed out and neglected. Her parents don't praise or encourage her to make the right choices and she is deprived of affection. There are no rules as her parents are mostly intoxicated and have no idea where she gets to. It is possible that Holly can feel anger and resentment towards her parents because she may have friends that she wants to invite to her home but cant because of the embarrassment of her parents. (www.markedbyteachers.co/emotionalneeds). Therefore Holly's needs would be better met in care. Having a nurturing place to live a suitable care setting will help to promote the health and well being of Holly. Clear boundaries and limits will help her to feel secure and give her life structure and stability. Key workers can allow her to make choices and be involved in decisions about her. Having the opportunity to be heard will help boost her self esteem and feel valued and respected. With a trusted person she can be listened to and her issues taken seriously. (GIRFEC_SG.pdf)

Human beings also have an intellectual need to learn and use thinking and other mental skills. Activities that promote mental stimulation such as education, entertainment, communicating with others and employment help to develop and satisfy these needs (channel4learning.com.health_social/programme_notes_html). To meet Holly's intellectual needs a care setting would be better. At home Holly is not motivated or encouraged to take part in school, compromising her education. In residential care she could attend an education programme and aim to make positive changes. Learning will boost her confidence and boost self esteem. Local resources

would also be made available, The school environment plays a key role where she will experience peer networks and relationships, study support and developing social interests can all go towards the intellectual needs that are not being met at home.(GIRFEC_SG.pdf).

HUMAN DEVELOPMENT

Human Development is a lifelong process of physical social, emotional cognitive and cultural development. Throughout the process each person develops attitudes and values that guide choices, relationships and understanding. (www.advocatesforyouth.org/topics-issues/growth-and-development).

Social Development

One of the most commonly known breakdowns of child development is Erik Eriksons 8 stages of psychosocial development where a crisis develops at each stage. Erikson believed human development is a lifelong process unlike Freud who believed that development is fixed by adolescence.(www.care.in.practice by Janet Miller). Learning values knowledge and skills enable children to relate to others effectively and contribute in a positive way to family school and the community(kidsmattersocialdevelopment).

Looking at Holly's situation at home she is displaying adolescence crisis which Erikson explains in his theory. Her parents addiction means that they don't take any notice of her and don't expect anything from her and she is not learning suitable life skills and by missing out in school she is not learning appropriate conduct in society and in behaviour towards people with different degrees of authority and status (care in practice by Janet Miller). Holly feels exploring and experimenting with her friends, drinking and staying out is her way of trying to fit in and find an identity. Not being sure who she is and where she stands in the family or society will lead to role confusion. Holly would be better cared for in a care home or even foster care where she can receive support and guidance in the concern of her well being. Supervision would be given to reduce any risks of Holly trying to run away to get to her old friends, whilst encouraging her to do well at school and involve her with out of school activities, that can teach her the necessary skills to meet the demands and awareness of society.(www.tfifamilyservices.org/download).

Cultural Development

Culture is the customs, traditions and civilization of a particular society or group.(oxford dictionary). Culture is what makes us who we are and is passed onto the next generation by learning. Whatever the turbulence and search for identity in adolescence, the family school and other social institutions continue to be of crucial importance in the culture of young people, as young people can be easily swayed by their close relationships.(Janet Miller book) If education, material acquisition, or religion hold specific values, this helps to form what the family deem important(www.enotes.com/homework/help/familylife).

It is in Holly's best interest not to be cared for at home, as what she is learning there is that taking drugs is a way of life. Her parents don't value education as they don't encourage her to go or take an interest in her daily life. She may think it is ok to take drugs because she has watched her parents and outsiders coming into the home that this is the norm. Holly is at risk of becoming involved with drugs too, and not developing a sense of self. In a care setting out with the home Holly can be

appointed a key worker who can help address her beliefs and values and to support a positive shift in culture, systems and practice.(girfec_sg.pdf). The key worker can show Holly a different way of life to that of her parents' beliefs and guide her to be an active and responsible person in society. By teaching Holly the dangers of alcohol and drug use can help Holly be aware of the consequences impacting on the body and development.

PSYCHOLOGICAL THEORIES

B F Skinner's contribution to the behaviourist approach was the concept of operant conditioning. His theory concerns the use of reward and unpleasant consequence in the learning process.(higherpsychology)by author Gerard Keegan. Behaviourist ideas, especially those of Skinners have been particularly influential on education and some key ideas have been widely used today. He changed the way people look at things that are observable. I personally have used the Skinner theory whilst my children were young and found this a positive method of discipline, reinforcing good behaviour and reducing negative behaviour. However the thoughts feelings and behaviours of higher level species such as human beings are nowadays thought far more sophisticated than the behaviourist approach originally thought. The weakness in his theory can be seen as that, he treats people as if they were the animals that he began studying and objects to be controlled. It may not always work, sometimes the behaviour has not really been stopped.(students.depaul.edu > ~ smooth10 >strengthsand weaknessesbfskinnerindex)

Ideally Holly would be better being cared for in a residential care home as she has exhibited a number of negative behaviours such as running away, missing out on her education and drinking whilst in her parents care. She has not been set any boundaries and no punishment given for when she acts like this, so she will feel this is a reward to be able to do what she wants at home. In a care setting there would be clear and concise rules for her safety as well as her behaviour. A key worker can explain the household roles and rules. Make sure sanctions are constructive and consistent and encouraged to take social responsibility. If Holly learns to stick to the rules and going to school then she can be rewarded by being treated to something she enjoys. On the other hand if she does 'not adhere to the rules then for example a loss of privileges such as mobile phone or tv pocket money can be taken away.

John Bowlby argued that babies form a special attachment to specifically their mother and continue throughout life. He suggested that the parent/caregiver should comfort whenever he feels frightened or in danger. They should also give a good reliable foundation to the child as he goes on learning. According to Bowlby failure to initiate or a breakdown of maternal attachment could lead to serious consequences. Long term consequences of maternal deprivation might include, delinquency, reduced intelligence increased aggression, depression, affectionless, act on impulse with little regard for the consequences of their actions, and showing no guilt for anti social behaviour.(<https://explorable.com/bowlbyattachmenttheory>).Attacmment.

Attachment theory has had a profound influence upon childcare policies and legislation relating to child psychiatry and psychology, as well as principles of basic clinical practice for children. Based on this theory Holly would be suited in foster care as her parents are pre occupied with taking drugs. As Bowlby claimed, secure attachments are necessary throughout life not just infancy and early childhood, Holly is becoming attached to the alcohol as a substitute for earlier sporadically available objects (parents) who are pre occupied with drugs. There is neglect stress and lack of affection and

communication in the home. Holly may feel confused and frightened in this chaotic and dysfunctional family, seeks affection by getting attached to her friends who stay out drinking with her. (www.aeets.org/article230.html/effects of parental substance on children and families.) The advantage of foster care is that it can provide a safe and stable environment for Holly. She will feel a sense of belonging to a new family as well as a sense of personal and cultural identity. (www.communitycare.co.uk).

ALBERT BANDURA

Bandura et al. (1961) agreed with other behavioural theorists that the role of reinforcement was important in determining behaviour, and that a person's development and behaviour are the result of social interaction with others. (care in practice by Janet Miller). This type of learning can be used to explain a variety of behaviours although it does not take into account physical and mental changes, and that one person's views as punishment may be another's reward (www.bandurasociallearningtheory). In society children are surrounded by many influential people such as parents, tv friends and teachers at school. (www.simplypsychology.org/bandura).

To succeed Holly needs a self efficacy environment. This is best met in residential care rather than at home. Holly's mum and dad's parenting skills are being compromised due to their addiction. Holly is learning that taking drugs, poverty and not working is a desirable way of life. As she is already drinking there is a risk that she will copy and join in with her parents and social circle, leading her to develop an addiction. She is likely to also show aggression as her parents are likely to have volatile moods. (www.livestrong.com/article/237-40/parental-drug-abuse-affectchildren). Health care providers can make a significant difference to Holly. They can offer support and guidance and by being a positive role model. She can be protected from neglect abuse or harm at home and improve her life chances. (GIRFEC_SGpdf).

SOCIAL INFLUENCES

This is where the actions, reactions and thoughts of an individual are influenced by other people or groups. Social influence may be represented by peer pressure, family, media. (www.businessdictionary.com). Solomon Asch showed how a person could be influenced by others in a group to claim that a clearly shorter line in a group of lines was, in fact the longest. (psychosocialphilosopher.blogspot.com).

PEERS

One important source of information about ourselves and how other people see us comes from the peer group, the group we see as being like ourselves. Holly's group of friends are drinking and probably sees how her friends are having fun with no restrictions and with a chaotic home life, Holly's low self esteem would make her feel more connected to her friends than family. She conforms to the ideas of the group by skipping school staying out. Her parents are not intervening to stop the negative behaviour or communicating with her (peerpressurecripps). It is therefore in Holly's best interest to be cared for in a residential or foster care home. She will witness positive behaviour and in a home like setting receive therapeutic treatment supervision and guidance from a designated person. This would encourage good daily habits as well as providing structure. She could learn to manage her time, make new friendships and positive reinforcements.

FAMILY

We are not born with a set of values and expectations, we learn them from our parents or adults who raise us primarily. We learn not only through these adults but as Banduras's theory suggests ,learning by example and watching/observing.(www.enotes-family-influence-values-expectations).if parents are religious , have a good work ethic, teaching right or wrong rules, expectations ,then the child could take on those roles. If parents drink smoke, take drugs then the child can also be influenced to do the same. In Holly's situation she is better cared for in a foster care setting for a more positive influence. She will be removed from harm and can break the family pattern. She can have the chance to thrive under the support and guidance of positive role models and adopt more healthier choices for example good diet ,exercise ,appropriate activities for her age.(everydaylife.globalpost.com>positive –negative.influences-parents-children)

MEDIA

The impact of media is much larger now, because people have much greater access to a wide range of images through the internet and numerous tv channels. and it influences greatly how we understand the world and our place in it. (careinpracticeby Janet Miller and Susan Gibb).The negative influences of media are vast.The BBC's Panorama programme Behind Closed Doors show staff at Oban House,run byHC-ONE, repeatedly ignoring calls for help , staff mocking residents, slapping a woman, neglect verbal abuse and physical violence (www.theguardian).In relation to the brief an elderly person with who needs care maybe reluctant to consider a care home after watching the programme. It has a negative view on care homes. Therefore for someone requiring care who has Alzheimer's, for the family and the individual may feel that it is better to be cared for at home rather than risk abuse.

SOCIOLOGICAL THEORIES

FUNCTIONALIST THEORY

According to the functionalist theory society is made up of groups that are bound together and share a common understanding of their way of life. Emile Durkheim's work is considered the foundation of functionalist theory in sociology (<https://www.boundless.com>>sociology-1/theretical-perspectives-in-sociology-24the-functionalist-perspective). Functionalism interprets each part of society in terms of how it contributes to the stability of the whole society. An example would be the government or state provides education for the children of the family, which in turn pays taxes on which the state depends on to keep itself running. When one part of the system is not working it affects all other parts and creates social problems, which leads to social change. Consensus was seen as an ideal situation for a society . (www.sociology.about.com/functionalisttheory).Sociologist Ronald Fletcher(1998) maintained that function of the family has increased in detail and importance.Th e families role in socialisation is as important as ever and have a responsibility to for the health and well being of its members, and that family is a major service of goods and services.(care in practice by j.miller). If a child with a disability requiring care has family for support they would be better cared for at home. The local NHS can provide support eg medical equipment, hoists, mobility or hearing equipment. The family can be supported by a community nurse and help the family to give the child injections or oxygen.Respite care can also be given. The child will also feel secure in his

own surroundings. This means that the child's family is fulfilling their role in society as the functionalist theory suggests.

CONFLICT THEORY

In contrast to the functionalist theory Marx's conflict theory begins with the notion that there are two basic groups of people in society- the wealthy and the poor. It is a class struggle, those with wealth and power will try to hold onto it by any means possible chiefly by suppressing the poor and powerless. (www.conflict-theory-investopedia.com). According. Those who are wealthier and require care will receive better healthcare than that of the poor, they can afford to have private health care, they can bring in specialist doctors or physiotherapists and be well nourished. Poverty increases the chance of poor health and problems accessing health care when they depend on the nhs waiting lists to get help there may be no beds available. Low income families requiring care for an elderly person will struggle to fund a suitable care home if they have to pay top up fees. In relation to the brief a person requiring care who is diagnosed with dementia could best be cared for at home, where carers can come in and they still have a sense of independence. A social worker can come in and assess the needs of the person. Advice on services that are available locally. A suitable day care centre may be found to fulfil emotional and social needs as well as cognitive and physical needs.

SYMBOLIC THEORY

In symbolic interaction symbols are seen as the foundations on which interactions are built. A symbol can be defined as : any gesture, artefact, sign or concept which stands for or expresses something else (Abercrombie et al, 1994). Symbols can feature labelling. Symbols in society include wealth e.g. nice cars clothes ,house. Symbolic interaction conveys a sense of self and how you see yourself and interprets how people treat you. Symbols of health include weight ,sports clothes, tan. Symbols of illness include walking stick, posture, wheelchair disability. If you are in hospital you can tell that you are ill, but by being in the home you can't tell. For a person who has early stages of dementia in a care home she may see threatening features such as death illness and dependency, medical tools lying around, which could convey the message that they are ill and will be concerned with the way others see them. They may see a sense of helplessness and lack of independence. Maybe the staff do not use appropriate language. Therefore being cared for at home may be better to boost self esteem and independence where they will be in control of their own routine and life and not seen as needy.

POSITIVE CARE PRACTICE

'The positive care environment approach' ensures that all relevant issues are taken into account in the care process while the focus remains firmly on working with service users to optimise their quality of life. Four strands of the care environment are considered ,the therapeutic (working with service users) ,the organisational environment (staff and how well they work), the physical environment (the building and other materials) and the community environment(which concentrates on links with families and the wider community). Care in practice involves assessment, care planning implementation and evaluation. Two models of care planning are the exchange model and person-centred planning(care in practice by Janet Miller).

THE GOOD SHEPHERD

In relation to a young person with behavioural difficulties requiring care, it would be better to be cared for in a care setting like the Good Shepherd Centre.

The Good Shepherd Centre close/secure unit is an independent non-denominational service. It provides secure residential care and education for boys and girls aged 14 to 17 with significant social, emotional and behavioural difficulties. It has been given a grade 6 –excellent for quality of care, support and environment and also quality of staff by the care inspectorate. They offer a positive opportunity for the young person to fulfil and reach their potential. Great importance is put on the holistic approach to meet their needs. All staff are registered, with good communication and listening skills at the forefront of the process. Key strengths of the school are the outstanding progress of the young people, the success achieved by the care and educational staff, rigorous initial and ongoing assessments which help staff identify and meet young people's needs, wide range of activities offered which help build self esteem. Young people contribute to their own assessments and are aware of their rights as individuals and know the rules and boundaries. The grounds are unobtrusive and not institutional therefore preventing stigma and labelling for the young people. (goodshepherdwww.educationsotland.go.uk). Although the disadvantages are that an individual may find it hard to adjust to their surroundings, with unfamiliar people and time away from family life making transition harder, being at home may hinder a young person's life chances of an education and learning new skills to cope with adulthood.

SOCIAL SERVICES

In relation to the brief an individual requiring care for Alzheimer's, care may be best at home where support can be given to remain in their home independently for longer.

Social care services is provided by the government to help in the community who are in need of practical support for example due to illness, disability, and the elderly. Its aim is to promote the welfare of others. They are available to everyone regardless of background. The SSSC Codes of Practice for social service workers sets out the standards of social workers, care workers or nursery staff and emphasise the importance of values and principles. By focusing on the 'whole person', good social workers treat people as equal citizens. Staff have to place emphasis on that there is not just one right care plan, assessment and care planning should be tailored to meet individual's needs and are ongoing. The code of practice form part of the wider package of legislation, and make sure their conduct does not fall. They are also responsible for registering people who work in care, and take into consideration and support for carers at home. Social service workers will protect the rights and promote the interest of service users and carers, guard against labelling stigmatising, good communication skills, strive to maintain trust, respect the rights of the service user while respecting the dignity and promotion of choice empowerment and protection at the core of the process.(Miller & Gibb2007). The disadvantages of social care services are that you may see a different care worker and not like the them or you get attached to a worker and they leave their job. There are rules and regulations to abide by. The person may feel isolated at home, the home still has to be maintained and bills paid in addition to care costs.(www.nursing-home-directory.co.uk).

ALT-NA –CRAIG is best suited for an elderly person requiring care and who can afford it.

This is a Care Home that provides residents with all aspects of care. The residents come first and they have a voice and a choice in everything they do. Each resident is treated with respect and dignity at all times. They are committed to working with each individual to empower him/her to live the life they choose. It endeavours to make it a home from home. Nursing care is delivered by qualified nurses and each resident has a named nurse whose responsibility is to assess the resident's needs. They will prepare a comprehensive client centred care plan with the resident and relatives. On inspection by the care inspectorate they have been awarded a grade 5 overall. Meals are prepared to a high standard, have visitors whenever they want, they have privacy, go to bed when they choose. They provide staff training and team work partnership are all about working together to achieve the best possible results for the residents and that equips them with necessary skill and knowledge to carry out duties competently. Staff Residents have entertainment and are able to socialise. Accommodation throughout is of high standard with wheelchair access, and also has landscaped gardens to enjoy. All staff undertake training in Health and Safety, Equal Opportunities, Falls Awareness and Dementia. The disadvantages are that the individual may lose independence, rooms can be small, it can be expensive and may not be suitable for active alert older people who need little assistance.

CONCLUSION

It is important to acknowledge that every individual and situation is unique, what works for one person may not work for another. SPECC needs is a useful tool to understand needs. In care settings Bowlby's theory is useful when considering how people maintain and end relationships. For social influences I remember as a young person there was considerable pressure by my friends to just ignore my parents and stay out later than they allowed, I did so because I didn't want to be left out. Looking at Karl Marx theory of conflict I feel it is relevant today as reported in the BBC news that poor men are 68% more likely to die in middle age than their richer counterparts, with poor women having a 55% greater risk of dying young. (bbc.co.uk>health>health gap widens). Whilst there can be negative media influences, such as panorama showing abuse of a care home and shouldn't be ignored it is important not to tarnish all care homes with the same brush as many residents flourish in care homes compared to those living at home. (www.the guardian.com>may>panorama).

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