

Candidate 2 evidence

Section 1: Action Plan (10 marks)

(a) Describe the individual you have chosen to investigate (1 Mark)

For this project I will be writing about Dave, Dave is 42 years old. He suffered with depression from the ages of 19 and onwards. Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed.

Dave also suffered from a drug addiction from the age of 16 to the age of 31 (Drug addiction, also called substance use disorder, is a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication. Substances such as alcohol, marijuana and nicotine also are considered drugs.) This also affected his mental health and his day to day life.

Explain the reasons why they are a suitable choice for your project brief (4 Marks)

In his life so far, he has used many care services such as social work, nurses, and doctors(nhs), rehabilitation centers, rehab and counselors to help stop hi addiction for good. The social workers let his child stay in contact with him throughout these times giving him a reason to keep going. Nurses and doctors helped if he injured himself, rehab helped get him sober and counselors gave him someone(a professional) to talk to when he needed it most. Due to the complexity of Dave's needs he is an ideal person for me to research as his needs are ongoing. His need for care did not stop when he became sober. Due to his depression he still requires the use of care services.

Dave is my dad, so I have access to him and ask him questions about his condition. I can also observe his behavior on a regular basis.

(c) Explain why three different sources of information will be appropriate for researching your chosen individual. (3 Marks)

Source:	Why is this source appropriate for researching your chosen individual?
https://www.nhs.uk/livewell/healthy-body/drug-addiction-getting-help/	This is useful as my chosen individual struggled with substance abuse and drug addiction, this source gives multiple self-help ways but it also tells you where to go for help, when these places are open and how to ask for help. This is useful to me as a researcher because it helps me understand the struggles that Dave went through and the variety of options of help that were available to him, or others in a similar situation.
https://www.turning-point.co.uk/services/drug-and-alcohol-support.html	This source is useful to me because it gives me an insiders insight and helps to see things from Daves perspective. This site also offers group talking therapy for anyone who has dealt with drug use and abuse. This site gives information on the support that is available to the families of those who are drug addicts.
https://www.changing-lives.org.uk/services/drug-alcohol/	This source is usefull as it gives multiple other sources for drug use and also gives locations for rehab centeres and hospitals

Section 2: Responding to the brief (60 marks)

(a) Describe four needs of your chosen individual and explain why they must be addressed.

(12 Marks)

	Description of relevant need	Explanation of why this need must be addressed.
1.	Social needs refer to the need for loving relationships with other people as this helps with self-esteem, other social needs could just be having friends or the provision of a safe working space.	<p>The addiction affected Daves social life, like going out with friends, going for family meals and getting in relationships as when he took to many drugs he was unable to leave the house and at many times people did not want to come over as he became a different person whilst under the influence, so as a result the drugs hindered Daves social needs being meet.</p> <p>Dave also lost a lot of friends and family who didn't support the choices he made at this point in his life, the people that Dave was associating with at the time where not good for him and helped feed this addiction that he had.</p> <p>Dave was supported by many people such as doctors and councelors, this helped the outcome because throughout all the bad times he was going through and the friends he lost during this time he had people to look out for him and genuinley cared. His mum was his biggest supporter and stuck by him when everyone else left and I believe that this was a big part in his recovery</p>
2.	Physical needs are things that you do on your own such as walking to the shop, standing up In the shower or even just going to the toilet on your own, the other part of physical needs is the need for shelter, food, clothing, water and basic hygiene.	<p>Dave had to get help for his physical needs such as cooking his own meals, cleaning a house that only he lived in and leaving the house just for something as simple as shopping. his mother helped him with these things as he was unable to do them for his self and half the time was in too much of a state to fend for himself.</p> <p>Even though now that he is sober his physical abilitys are still effected, because of his depression he tried co commit suicide in 2018 and has to get his right leg amputated and his left screwed back together essetially. Due to his amputation he was unable to walk for a while. As far as depression good he is still currently suffering from it but is on many medications and still speaks to a support councillor regularly to help him cope with his trauma.</p>
	Description of relevant need	Explanation of why this need must be addressed.
3.	Emotional needs are for everyone, yet if you are having a crisis you may need your needs met quicker from support systems. Emotional needs could be counselling or even just a day to yourself. emotional needs are whet people want and need at a low point in there life, each and every person has different emotional needs but they make us feel safe and loved.	For his emotional support needs Dave went to a rehab centre to try and quit his addiction with experts support. This system of care and social work helped him get over this addiction eventually. During this time they gave him talking therapy and medication for sleep and anxiety because the withdrawals made him anxious. His mental health was unstable as well as his physical health as when he was high on drugs he was happy but when becoming clean he hit a major depressive episode. This is something that Dave is still battling with to this day.
4.	Cognitive needs is the line of thoughts going through your head at any given moment. These needs look at the ability to solve problems and learn new things.	<p>Daves cognitive thinking was affected when he was under the influence of drugs. He made bad decisions like physically assaulting people and jumping out of windows. Dave had to be locked up in jail and psychiatric hospitals for his own safety and that of others. This is because some of the poorly thought out choices that he made during these times and he had to face the consequences.</p> <p>During his sobriety his cognitive thinking has improved, he is not making bad decisions and harming himself or others anymore, this has led to him being able to have his own house alone and be trusted enough to keep it. he no longer requires help on making most decisions but sometimes he thinks its irrational and needs help making big decisions such as taking the house</p>

(b) Choose four psychological theories and describe one relevant feature from each. Use these features to explain aspects of the development and / or behaviour of your chosen individual. (16 Marks)

Psychological Theory 1:	Bandura Theory
Description of relevant feature of the theory	Explanation that is relevant and applied to the development and /or behaviour of the chosen individual
One of the psychological theories that are relevant to this is a Behavioral approach by Albert Bandura he is mainly known for his ground-breaking research on the importance of learning by observing others. Bandura made up an experiment with bobo dolls to see how people would react to different situations given on the scenario they just seen. This came from the idea that a person's belief in their ability to succeed can change how they think, act and feel.	This theory is relevant to Dave because Dave took his first drug after watching his friends have fun whilst doing it the point of learning by observation. Through support and rehab with other users Dave finally quit again proving the point of bandura as he got sober whilst watching other people, and mimicking behaviours in the rehab centre. This is it in a simplistic format, but by observing others achieve success this gave Dave the strength to succeed also.

Psychological Theory 2:	Eriksons Theory
Description of relevant feature of the theory	Explanation that is relevant and applied to the development and /or behaviour of the chosen individual
A second theory that links with Daves case is Erik Eriksons psychodynamic approach, his approach on this was that each stage of a person's life is characterized by a different psychological crisis that must be resolved before a person can successfully progress to the next stage in your life, the success of each stage is dependent on how well the last crisis was resolved and that it will continue to affect a person's development throughout the rest of their lives.	Dave relates to this as he also went through a psychological crisis throughout much of his adult life and he ended up using drugs as a coping mechanism. He was unable to move past that stage and leave it behind him until he was fully sober or wasn't in contact with any bad people, moved house to get away from all the old memories. Hence the idea of not being able to develop unless the crisis is fully solved. one of the main things Dave still battles with is the guilt he faces every day. The main part of the guilt is that he pushed away many friends but also lost family, the biggest part of which was his 4 year old daughter. To this day Dave blames his self and he lets it get to him. It makes him overly emotional and angry at himself sometimes

Psychological Theory 3:	Maslow's Theory
Description of relevant feature of the theory	Explanation that is relevant and applied to the development and /or behaviour of the chosen individual
A third psychological theory is Maslow, his theory was called Maslows hierarchy of needs. This was represented as a pyramid with the basic needs like food and shelter at the bottom. The theory is that you have to have the needs lower down fulfilled before you can achieve the higher needs. Maslow's pyramid defines the steps toward self-actualisation.	This is related to Dave as he had to get his basic needs like food, sleep and shelter sorted first before he could do anything bigger like stop his addiction. The next step on the pyramid is security and safety, he got this step by going into his rehab centre and also getting his new home far away from the people he used to be involved with. He went to rehab for his own

	<p>safety as the decisions he made whilst under the influence were not good ones.</p> <p>The third step is love and belongingness, he is very loved by many people such as his mum, his brother and sister and his step dad. They made him feel loved by doing many things to help even as simple as giving him a hug.</p> <p>The next step on Maslow's pyramid is self-esteem. Dave is currently still working on this, the main factor of his self-esteem is his physical appearance, as he is overly skinny and his teeth are rotted, these are both because of the drugs and are a constant reminder of the choices he made.</p>
--	--

Psychological Theory 4:	Rodgers Theory
Description of relevant feature of the theory	Explanation that is relevant and applied to the development and /or behaviour of the chosen individual
The last psychological theory is a humanistic approach by Carl Rodgers. His theory was that for a person to grow they had to have an environment that provided them with genuineness, acceptance and empathy. He also made person-centred therapy, this took away the general stigma of the professional and the client, this type of therapy was more empathetic. Rodgers theory is based on a person centred approach. It is within the individual that a solution will form.	This helped Dave as in the rehab it was a safe, healthy, loving and caring place with the people in it being very supporting and well trained for that type of job, and this played a big part in his journey to getting sober. It helped him to know that the main focus was him and nobody else. The person centred therapy was one of the best therapy's he had as it is straight to the point, no distractions and a trusted individual in the room with him.

(c) Describe **three** relevant sociological concepts and use these to explain the impact of social influences on your chosen individual. (12 Marks)

Description of sociological concept:	Explanation of impact on your chosen individual:
1. One relevant sociological concept is the "norms", this is the difference between socially acceptable and inappropriate behaviour. What society views to be normal, and how people fit into that.	This is linked to Dave as his behaviours during the time he was taking drugs and abusing them was unacceptable to the "norm" of what is seemed acceptable within society. This resulted in him being excluded from family and community events. However the circles that Dave socialised in during this time, his drug related behaviours were considered norm and the deeper he got into it the more people he found that were also engaging with drug abuse and that became the norm for him. As Dave moved away from these behaviours and the people that were involved in these behaviours he felt isolated and alone. His mother did step in to support him but he felt excluded from society, which in turn deepened his depression.
2. Another one is primary socialisation, this is where family comes into it, this is where children learn the values that their	This is when other care services like social work and police had to get involved in Dave's situation as there was children involved. As Dave was no longer an appropriate role model to his child and the environment to which that child was living had

family believe to be appropriate. Primary socialisation	become unsafe and unstable, the child add to be removed. This situation provided a motivation for Dave to sort himself out but, but it also added to state of depression and loneliness.
3. Secondary socialisation – can relate to peer groups and the impact that those around you can have on a person's behaviour.	The last sociological concept is peer groups. As stated in the first section friend groups influence the actions individuals have. This is relevant to Dave as he was trying to get sober, but his old friend(s) reached out and said that he could get some drugs for free, then knowing he would get hooked again and they could make money from him. This was a cycle that Dave needed to break to ensure he stayed sober, with the positive aspect being he stayed off the drugs, but the negative aspect being he felt alone and isolated, which in turn has left him feeling depressed.

(d) Identify and explain two actions taken by society to improve the life chances of your chosen individual. (6 Marks)

Identified action:	Explanation of action taken to improve the life chances of chosen individual:
1. Legislation: The misuse of drugs act 1971 and the Psychoactive Substances Act 2016	One way society has tried to help Dave was the law and legislations on selling, buying and consuming drugs. The two key pieces of legislation that establish drug offences in the UK are the 1971 Misuse of Drugs Act and the 2016 Psychoactive Substances Act. These state that The Misuse of Drugs Act 1971 is for narcotics prescribed medications and illegal substances. Any misuse of these is illegal and can get you fined. The 2016 Psychoactive substances act makes it illegal to willingly consume anything that has a psychoactive effect on the individual. These acts are put in place for peoples safety and to make it harder for trugs to be widely available. This legislation will hopefully act as a deterrent for the consumption of drugs and to assist the police in removing dealers from our streets. Through this legislation it is hoped drugs will not be as widely available for Dave and his health would improve over time, and his chances of getting back to a normal life.
2. Taking action on addiction https://www.actiononaddiction.org.uk/taoa-landing-page	The second action took by society is taking action on addiction, it is based in Edinburgh. This organisation raises awareness of drug use and abuse, they also do free therapy online via video chat, phone call or messages. Other ways they offer help is by having a section of the website dedicated to other people's stories, this may be helpful as it lets people like Dave know that they are not alone in this and may give them a more positive outlook to sobriety. Not only is this a good website for the individual with the misuse issue but it is good for the people surrounding them as it has help sheets and advice for family and friends too. This organisation can be a constant source of support for Dave to help him more forward with his health and his future.

(e) Describe features of the positive care environment in three care services and explain how they could meet the needs of the chosen individual. (12 Marks)

Description of feature of positive care	Explanation of how feature meets the needs of the chosen individual:
---	--

environment:	
1. Therapeutic; Counselling through rehab, this was in safe and calm space with calming factors such as hot drinks and biscuits, couches with teddies and a large fish tank to calm people down	This helps meet Daves needs by allowing him to talk through his feelings and where he is at during his recovery. It also promotes a therapeutic space with a positive outlook, they do this to gather information on what he is exactly going through so they can give him the best help possible for that time, whether that be cation or extra/ different approaches to his therapy.
2. Community link; to help build positive relationships with a person's local community and the people with in.	During his time in prison he got made to do community jobs such as litter picking and hedge cutting in Edinburgh. This is a positive feature as this links with the community to a certain extent and he can meet new people from other parts of the prison doing the same jobs as him. It also gave him a sense of worth as he was contributing to his community.
3. Organisational aspects; the Social workers skills and organisational approach have been key to a successful outcome.	During Daves life he had seen many different social workers weather that be for personal reasons or family reasons but they all had one thing in common and that is there organisational skills. No matter which social worker he sees, they have all his information in one place so he doesn't have to keep going over the same information time and time again. As each social worker is working to improves Daves life he feels supported to get back on his feet and working and living independently.

(f) Correctly reference sources of information you used during the investigation. (2 Marks)

Sources:
https://www.turning-point.co.uk/services/drug-and-alcohol-support.html
https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/
https://www.changing-lives.org.uk/services/drug-alcohol/
Pharmacology and drug addiction by liveo leone
Class powerpoints and worksheets
https://www.legislation.gov.uk

Section 3: Evaluation (10 marks)

(a) Evaluate what worked well and / or did not work well when carrying out this project.

(2 Marks)

Some things that went well during this project was that my information was reliable as most of them where primary sources. Another thing that went well was I had all the resources I needed such as a laptop, power points and national 5 care class worksheets to help me carry out this project, a thing that did not go well is time management. A second thing that didn't go well was technical problems as I couldn't copy and paste the template to fill.

Explain what you would do differently when carrying out another project. (2 Marks)

Whilst carrying out another project I would make sure to keep on top of my time plan by filling this in at home and focusing more in class. I will also work on not getting distracted as easily during class time so I can focus more on my

tasks given to me. The last thing I would do differently is organize my information better, I had all of it but some of it was hard to find in my folder and jotter.

(b) Explain how you will use the knowledge and understanding related to care that you have gained from this project in the future. (6 Marks)

I will use this information on knowledge and understanding in the future by having the knowledge of some help sites for drug addiction and abuse for anyone who may need this.

Another way I can use this in the future is for the time management skills as we got a set amount of time to complete this and had to do it on our own, I will use this for projects and tasks later on.

Thirdly, another thing I can use in future for this project is the knowledge of different needs and the understanding that they can be different for different people but that is okay, this can help me not judge and understand better if people reach out for help.

A fourth thing I can take away from this project is the understanding of the different approaches of psychologists on mental health. This gives a better view on why people are doing what they are doing, yet again so I have a easier time helping people in future.

I will also use the understanding of how much peer pressure can force you into doing things that could ruin your life, this can be proof of why you shouldn't do things you are uncomfortable with or don't want to do.

Lastly I will take away the knowledge of positive features in the care environment, this could be helpful as I want to do social work or child care in my future so I could use this knowledge to help people feel more safer in the space.

Word count: 3,828

LOG BOOK**(b) Identify tasks and timescales for responding to the project brief. (2 Marks)**

Task	Details of task	Start Date	End Date	Record of progress
Section 1 Part A	I have identified the individual that I am going to investigate. This is my dad, and in this section I explained the reasons why he is a suitable candidate for my project brief.	18th February 2022	22nd February 2022	I got on well with finding information as I had it right at my fingertips but talking to the person this project is on is a bit difficult as I don't live with my dad.
Section 1 Part B	Write time plan, identify tasks and timescales for completing the project brief	23rd February 2022	22nd April 2022	Finishes as I'm doing my evaluation
Section 1 Part C	Research 3 sources of information relevant to my chosen individual and then explain why they are relevant.	23rd February 2022	11th March 2022	I have put the information in a table.
Section 2 Part A	I will look at the needs of Dave and identify 4 needs, I will choose from social, physical, emotional, cognitive or cultural For each need I will give an accurate description of the need linked to the individual as well as an in depth description of that need.	11th March 2022	15th March 2022	Done by researching and talking to Dave about the chosen points to get his personal insight on this
Section 2 Part B	In this section I will look at 4 psychological theories that are relevant to Dave	15th March 2022	15th March 2022	Done this by reading class notes on teams or handouts
Section 2 Part C	In this section I will describe three relevant sociological concepts and use these to explain the impact of social influences on my chosen individual for this brief (Dave)	18th March 2022	22nd March 2022	I used worksheets from class and also spoke to Dave
Section 2 Part D	I will identify and explain two actions taken by society to improve the life style and chances Dave has.	22nd March 2022	30th March 2022	I used the legislation website and also another addiction help website to gather this information
Section 2 Part E	I will describe positive features of this care environment in three care services and explain how they could meet the needs of Dave.	19th April 2022	19th April 2022	I spoke to Dave and used his information for this section
Section 2 Part F	I will correctly reference my sources of where I got my information for this project.	19th April 2022	22nd April 2022	I kept a separate file with all the sources I used to get this information then pasted when I got to that part of the template
Section 3: evaluation Part A	I will evaluate what went well in this investigation. Also what went wrong and explain what I would have done differently.	22nd April 2022	25th April 2022	I completed this during my extra time and looked back on earlier during the project to evaluate fully
Section 3 Part B	I will explain how and when the knowledge I gained throughout this project could be useful.	22nd April 2022	25th April 2022	I done this during a free period in the classroom and thought about how this knowledge will help me in the future