**GCE AS Health and Social Care – Unit 1**

**Task Sheet 1: Factors affecting quality of life**

Factors affecting quality of life influence how satisfactory or enjoyable a person’s life is. You need to learn about some of these. They are divided up into physical, intellectual, emotional and social life quality factors.

* Physical factors – exercise, diet, physical comfort and safety, hygiene, pain relief
* Intellectual factors – stimulation, engaging in activities
* Emotional factors – privacy, dignity, approval, psychological security, autonomy
* Social factors – social contact and support

**Exercise 1**

Here are six physical life factors:

* exercise
* diet
* physical safety
* hygiene
* physical comfort
* freedom from pain

Suggest one way to provide the physical life quality factors for the clients specified in the table.

|  |  |  |
| --- | --- | --- |
| **Life quality factor** | **Client** | **How to provide** |
| Exercise | A young adult with a disability which makes them dependent on a wheelchair for mobility | 1. |
| Physical safety | An elderly person living alone in their own home | 2. |
| Hygiene | A baby aged 2 months | 3. |
| Physical comfort | An adult with a broken leg | 4. |

**Exercise 2**

A. Here are six life quality factors (a - f) and six definitions. Match up the factors with their definitions, writing your answers in the boxes.

a. Psychological security b. Social contact c. Social support

d. Approval e. Privacy f. Dignity

 Another person showing that they value you.

 Being treated with respect, not being demeaned or made to look foolish.

 Not being anxious or afraid.

 Being with other people.

 Having the opportunity to be unobserved by others, having your own personal living space.

 Having another person to share your troubles with, to help or encourage you.

B. Here are six examples of situations where the life quality factors (a - f) are either present or lacking. Match up the factors with the examples.

a. Psychological security b. Social contact c. Social support

d. Approval e. Privacy f. Dignity

 When Jane went to antenatal classes, her husband went with her.

 Greg lives on his own, hardly ever goes out and does not have a telephone.

 A care assistant knows that a client does not like to be called ‘love’ or ‘Edith’, so she always addressed her as ‘Mrs Jones’.

 Meena does not feel safe when she walks home in the dark.

 Leah tells her boyfriend that he looks great in his new jacket.

 The toilet stalls in a special school have no doors.

C. Care workers can treat people well in care settings by trying to make sure that appropriate life quality factors are present for clients. Give examples of how the life quality factors listed in the table can be provided for clients in the care setting described. Various answers are possible.

|  |  |  |
| --- | --- | --- |
| **Life quality factor** | **Situation/setting** | **How to provide** |
| Psychological security | An optometrist preparing to test a person’s vision | 1. |
| Social contact | Elderly people in a residential home | 2. |
| Social support | A mother taking her5 year-old child to the dentist | 3. |
| Approval | A physiotherapist helping a stroke patient to walk a few steps | 4. |

**Exercise 3**

A. Here are three more life quality factors (a - c) and definitions. Match up the factors with their definitions, writing your answers in the boxes.

a. Engaging in activities b. Stimulation c. Autonomy

 Having something to do to pass the time.

 Having the power to influence or decide what happens to you.

 Having something which interests and involves you.

B. Here are three examples of situations where the life quality factors (a - c) are either present or lacking. Match up the factors with the examples.

a. Engaging in activities b. Stimulation c. Autonomy

 Alain has a full-time job.

 Idris would prefer not to smoke but he just cannot give up.

 Bernadette is bored at work because nothing exciting ever happens.

**Exercise 4**

In each of the cases in the table, identify one of the intellectual, emotional or social life quality factors that seems to be lacking. In cases where more than one answer is possible, you should choose the factor you think is most significant.

|  |  |
| --- | --- |
| **Case** | **Missing factor** |
| 1. Geraint is a single man living alone. Recently he took a new job and now works from home. |  |
| 2. Renate is embarrassed about going to the doctor about a suspected sexually transmitted disease because her mother insists on coming with her. |  |
| 3. Max dislikes school because he is always afraid that someone will bully him. |  |
| 4. Gina is fed up because her job involves doing the same thing every day with the same people. |  |
| 5. Graham travels to London on his own to see a consultant because neither of his parents can get time off work to go with him. |  |
| 6. Laura’s husband is her main carer. She feels uncomfortable when he calls her a ‘useless cow’. |  |
| 7. Since Jim retired, he has been depressed. He just sits around the house and hardly bothers to speak to anyone. |  |
| 8. Alice thinks that the staff in the residential home dislike her because they do not seem friendly and never give her a word of encouragement. |  |
| 9. Jack wants to leave a relationship but is prevented by his partner’s threats of violence. |  |

**Exercise 5**

Decide whether each of the following definitions is true (T) or false (F). If you decide the definition is wrong, give the correct definition of the word.

|  |  |  |
| --- | --- | --- |
| **Definition** | **T/F** | **Correct definition** |
| 1. **Stimulation** means having something to do to fill your time. |  |  |
| 2. **Social support** means opportunities to be with familiar and trusted people who act in your own interest. |  |  |
| 3. **Autonomy** means having effective control over your own decisions. |  |  |
| 4. **Approval** means being shown positive regard, such as affection or praise. |  |  |