**OBHS Core Questions:**

Subject: Health and Social Care

Year and Term: Year 10 Autumn Term

Topic: Life Stages

Learn these questions to build a strong foundation of knowledge for this half-term. Ask family or friends to test you regularly, or practise on your own using the ‘Look, Say, Cover, Write’ method.

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|  | **Question** | **Answer** |
| 1. | Identify the nine **person centred values**? | 1.Individuality2.Choice3.Rights4.Independence5.Privacy6.Dignity7.Respect8.Partnership9.Encourage decision making |
| 2. | What **qualities** should service providers have? (6C’s) | 1.Care2.Compassion3.Courage4.Commitment5.Communication6.Competence |
| 3. | Identify the benefits of applying person centred values for **service providers**? | Provides clear guidelines for standards of care that should be givenImproves job satisfactionMaintains or improves quality of life for the service providerSupports rights to choice and consultationSupports service providers to develop their skills and the sharing of good practice |
| 4. | Identify the benefits of applying person centred values for the **service user**? | Improves the quality of care being givenMaintains or improves the quality of life for the service userSupports service users to develop their strengths |
| 5. | Identify the **physical** effects when **person centred values** are **not** applied or maintained? | PainExisting illnesses get worseInjury such as bruising, cuts and grazes or broken bonesMalnutritionDehydration |
| 6. | Identify the **intellectual** effects when **person centred values** are **not** maintained? | Lack of skill developmentLack of knowledgeLack of concentrationLosing interestLack of stimulationNot achieving potential |
| 7. | Identify the **emotional** effects when **person centred values** are **not** maintained? | Low self-esteemLow self-confidenceDisempoweredUpset / angryLoss of trustStress or depressionSelf-harmFear and feeling unsafe |
| 8. | Identify the **social** effects when **person centred values** are **not** maintained? | Withdrawn and isolatedLonelinessExcludedDevelop behavioural problemsRefusal to use the services |
| 9. | Explain the **physical development** of adults in middle adulthood? | They may experience early signs of ageing such as greying hair, wrinkles or long-sightedness.They become more susceptible to illnesses such as cancer, heart disease or diabetes.Fine motor skills may start to become impaired due to conditions such as arthritis.Muscle strength starts to reduce.Reaction times become slower. |
| 10. | Explain the **intellectual development** of adults in middle adulthood? | As people get older, their logical thinking can reduce and become slower, however life experience compensates for this. |
| 11. | Explain the **emotional development** of adults in middle adulthood? | Individuals want to feel love, security and companionship. They may seek these in a relationship and may engage in marriage. If already married, and these are missing, this may lead to separation or divorce.Personal matters, lack or job or higher level jobs at work may increase stress and anxiety as individuals seek a reasonable income to enable them to financially become secure.Many middle adults will also feel emotional responses as they have responsibility for their own dependents (children) and may take on caring roles for elderly parents. |
| 12. | Explain the **social development** of adults in middle adulthood? | It can become difficult to find balance and maintain a social life. Relying on babysitters to look after children.Often at this stage in life, people find and make new friends. |