

How individuals adapt to life events – comparsion and additional support

Case study 1

Dmitri, aged 25, has recently qualified as a civil engineer and moved jobs from the company where he completed his training to a position in a new company. This involves travelling for 45 minutes more each day than he did previously.

He has a wife and two young children. His wife works long hours at the local hospital.

At work Dmitri has responsibility for several workers. Although he is enjoying the challenges in his new job, which have boosted his self-esteem, he is struggling with some of his co-workers who have been in the company a long time and are much older than him. Dmitri is very resilient, and this will help him deal with the issues in his life.

When Dmitri is not at work, he attends his local church. There he meets people who he enjoys talking to. He has a good relationship with the priest who is a similar age to him.

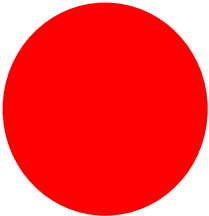
Dmitri's parents live close by, and they have a good relationship with their grandchildren. Dmitri and his family visit his parents several times a week. They usually have a meal with them at the weekend and the grandchildren sometimes sleep over at their grandparent's house on those nights.

Case study 2

Judith aged 59, has recently retired from work as a pharmacist at her local hospital. She is finding the change difficult and has realised she has no friends outside of her old workplace. She has taken a drop in income to retire, and this has caused her to worry about her ability to cope financially. She is becoming increasingly anxious about her situation and her negative disposition means she is struggling to cope.

At work she was an active member of the 'social committee' who organised nights out for the department. Her friends who still work in the department have invited her to continue going to the nights out, but she does not feel comfortable doing so. She is worried that she will not be welcomed by some of the colleagues who used to work for her, and as a result she is feeling socially excluded.

Judith is Jewish and has been an active member of her place of worship in the past, but as her position at work become more time consuming, she stopped going as often. She feels that the congregation, who are mostly older than her, would not understand the problems she is having because of her retirement. The rabbi (religious leader) is new to the area, and she does not feel confident introducing herself to him due to her low self-esteem.



Give a comparison of the ways that Dmitri and Judith adapted to their life events and the role that support played
Who adapted best and how?

Dmitri's life event is getting a new job. His main support is his wife and parents. They all have a good bond and enjoy spending time with each others. Spending time with his wife is important to him and allows him to get things troubling him off. His parents support him by helping with childcare which frees him to concentrate on work projects or to relax. This support means he can adapt to this new job because he has people around him to help with parenting commitments so he can focus on his new job and adapting to the schedule. Eventually, Dmitri will fully adapt and balance is home life with his work but will always use this support because they are family.

Judith has gone through retirement and is struggling to adapt. Unlike Dmitri, Judith doesn't use her support network. She has support but chooses not to use it so this affects all of her PIES because she is seems to have isolated herself. A main reason why she has pushed the support away is because she is scared that they will judge. However emotional support she could use from her friends will help her but she is declining any type of help as maybe her negative disposition makes her think that she is weak. But is she used the support she would feel less lonely.

Some similarities are that both have informal carers to support them , Dmitri uses them but Judith doesn't. Another similarity is that they both have a strong faith. Dmitri embraces this and goes weekly but Judith is worried again what people think of her so doesn't go. The difference is that through using the support Dmitri has adapted to the life event and Judith is struggling still. Therefore, the person I believe cope well was Dmitri because he used the support around him and adjusted to his new position whereas Judith hasn't because she separates herself from her support and is stressed over everything.

Suggest an additional source of support for each individual that is not already mentioned in the case studies and reasons why these sources might be appropriate to Dmitri's and Judith's life events

An additional type of support that I would suggest Dmitri uses his the HR department at his workplace. Dmitri needs to speak to the HR person and tell them about his struggles with his co-workers. HR can give Dmitri advice on how to deal with the co-workers in a responsible yet effective way. Doing this will support and help him in his new job because it will provide him with leadership/management skills. The HR department can also send him for additional training to upskill him and they can provide him with a mentor/buddy. Having all of this in place will let Dmitri settle into his role and help him to build friendships which is all positive for his mental health. Therefore, by Dmitri feeling supported by his workplace, will help him with his new role.

Another form of support that I would suggest is joining an online forum such as 'beyond blue' where Dmitri can meet and liaise with like minded people. The forum can support Dmitri in giving him advice on how to handle the situation and provides a social element for him as they run events where he can meet in person with other people who he may become friends with, hence widening his social circles.

Judith needs to access additional support to help her cope. The first place I suggest she accesses is her Citizens Advice bureau. They have trained people who can help her sort out her finances and create weekly expenditure budget. They can also signpost her to organisation on the local area who can help her with her loneliness or an online group such as the Red Cross support line. Moreover, if Judith contacts the Red Cross support line they can give her advice on how she can cope and put her in touch with people who have been in her situation. Going to Citizens Advice will hopefully reduce her anxieties and allow her to reduce her low self-esteem and hopefully make her enjoy her retirement. Another source of support is her GP, they are formal carers. Speaking to the GP they can her understand why she is feeling this way and if they feel necessary prescriber her medication to lower her anxiety or sleeping tablets to help her relax and unwind.

Mark Band 0	Mark Band 1	Mark Band 2	Mark Band 3	Mark Band 4
Task 3b: How individuals adapt to a life event				
Learning outcome B: Understand how individuals deal with life events				
0 marks	1 – 3 marks	4 – 6 marks	7 – 9 marks	10 – 12 marks
No rewardable material	<p>Limited application of knowledge and understanding of the ways individuals in the case studies adapted to their life events.</p> <p>Evidenced through:</p> <ul style="list-style-type: none">• a superficial comparison of the ways that the given individuals in the case studies adapted to their life event and the role that support played, drawing on few similarities and differences from the case studies• additional sources of support recommended for each individual have little relevance to their life events and is supported by little logical reasoning.	<p>Adequate application of knowledge and understanding of the ways individuals in the case studies adapted to their life events.</p> <p>Evidenced through:</p> <ul style="list-style-type: none">• a partially developed comparison of the ways that the given individuals in the case studies adapted to their life event and the role that support played, drawing on some similarities and differences from the case studies• additional sources of support recommended for each individual have some relevance to their life events and is supported by partially logical reasoning.	<p>Good application of knowledge and understanding of the ways individuals in the case studies adapted to their life events.</p> <p>Evidenced through:</p> <ul style="list-style-type: none">• a mostly developed comparison of the ways that the given individuals in the case studies adapted to their life event and the role that support played, drawing on most similarities and differences from the case studies• additional sources of support recommended for each individual are mostly relevant to their life events and is supported by mostly logical reasoning.	<p>Comprehensive application of knowledge and understanding of the ways individuals in the case studies adapted to their life events.</p> <p>Evidenced through:</p> <ul style="list-style-type: none">• a well-developed comparison of the ways that the given individuals in the case studies adapted to their life event and the role that support played, drawing on all similarities and differences from the case studies in a coherent way• additional sources of support recommended for each individual are fully relevant to their life events and is supported by logical reasoning.

Mark: 11

Task 3b – How individuals adapt to life events – you have provided a mostly detailed comparison of the ways that Dmitri and Judith adapted to their life event and the role that support played, drawing on some similarities and differences from the case studies. You have also given additional sources of support recommended for each individual with mostly relevant to their life events and is supported by mostly logical reasoning. Middle MB4

