

# WHAT ARE NEEDS, WISHES AND CIRCUMSTANCES?

## INTRODUCTION

This resource supports student understanding of and differentiation between needs, wishes and circumstances, which are a key element of C1 Person-centred approach.

The handout uses dual coding, providing written and visual material simultaneously, to help learners encode information in their brains more effectively, enabling it to be more easily retrieved later on.

This is followed by two activities which build in difficulty. The first designed to expose students to multiple examples of needs, wishes and circumstances and the second which develops skills in interpreting case studies.

This resource will promote student success in the Component 3 external assessment and in particular, questions in the second half of the exam paper.

## THE HANDOUT

- The handout displays the outline of a person, who explains the link between the person-centred approach and their needs, wishes and circumstances.
- Needs are linked to the visual of a brain and are **colour coded blue** – what the individual has been told or what they know they need to do to improve their health and wellbeing or reduce their health risks.
- Wishes are linked to the visual of the heart and are **colour coded pink** – what the individual chooses or desires based on their personal preferences.
- Circumstances are linked to the visual of the glow around the person and are **colour coded yellow** – facts about their life and the conditions in which they live.
- Dual coding can be further supported by giving verbal information, so it is recommended that teachers talk through the handout with students and extend understanding through questioning. Students respond well when examples are relatable e.g. ‘what are your wishes?’, ‘what are your circumstances?’

## CATEGORISE!

- Once students have grasped the basic definitions and examples of needs, wishes and circumstances, they can move onto the first follow-up activity, which is a simple categorise exercise.
- A list of needs, wishes and circumstances are provided, along with a table with three columns.
- Students must decide which column to place each statement in.
- This can be done as a cut out and stick or a handwritten exercise.
- On completion, students can self or peer-assess using the suggested answer sheet.

# WHAT ARE NEEDS, WISHES AND CIRCUMSTANCES?

## INVESTIGATE!

- As soon as students are secure in their knowledge of what constitutes needs, wishes and circumstances, they can move onto the case study activity.
- When reading the case studies, students can be encouraged to highlight facts linked to needs in **blue**, wishes in **pink**, and circumstances in **yellow**.
- Prompts are provided to encourage students to select relevant information.
- On completion, students can self or peer-assess using the suggested answer sheet.

## LINKED ACTIVITIES

- **Into Action: Improving Health and Wellbeing** to support students with knowledge and skills for questions 16a and 16b.
- **Practising Discuss Questions** to support students with knowledge and skills for questions 15 and 18.

### NEEDS



### WISHES



### CIRCUMSTANCES



#### Link to the specification

- The ways in which a person-centred approach takes into account an individual's:
  - **needs** – to reduce health risks
  - **wishes** – their preferences and choices
  - **circumstances** – to include age, ability, location, living conditions, support, physical and emotional health.

# WHAT ARE NEEDS, WISHES AND CIRCUMSTANCES?

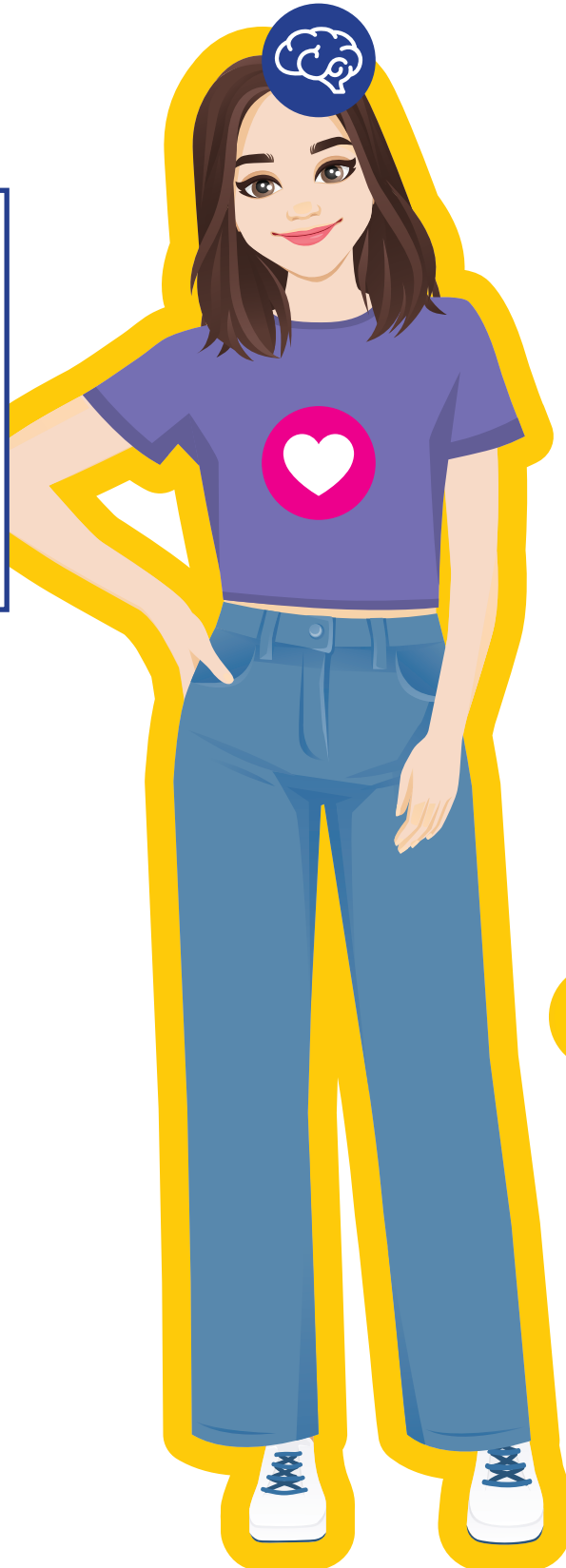
It is important to use a **person-centred approach** when planning or recommending care for me. To do this, you need to assess what I need to be as healthy and happy as possible and consider my wishes and circumstances.



## NEEDS

What I know, or what I have been advised I need to do, to improve my health or reduce my health risks.

For example, be more physically active to lower my resting heart rate.



## WISHES

What I choose or desire, based on my personal preferences. For example, to follow a vegan lifestyle and diet.



## CIRCUMSTANCES

Facts about my life and the conditions in which I live.

For example, the type of employment I have or who is available to support me.

# WHAT ARE NEEDS, WISHES AND CIRCUMSTANCES?




## CATEGORISE!

The statements below have become muddled up! Each statement is either a **need**, a **wish** or a **circumstance**. You must decide what category to place each statement in. Refer to your handout to support your choices.

Eats a religious diet (halal/kosher).	Likes to exercise outdoors.	Shift pattern includes weekends and night shifts.
Has a pre-existing condition (diabetes/heart disease/sickle cell disease/cystic fibrosis).	To make healthier lifestyle choices, to reduce blood pressure (BP) to the 'ideal' range.	Uses a mobility aid (wheelchair/walker/stick).
To cut down alcohol consumption to improve overall health.	Wants to be treated by a doctor of the same gender.	Has recently been bereaved.
To lose weight, to achieve a 'healthy weight' body mass index (BMI).	Does not like to spend a long-time cooking.	Does not want to stop socialising with friends.
Has a full-time job.	Lives at home with partner and young children.	To reduce stress in life to feel less anxious.
Does not want to go to the gym.	Likes to have a lie in at the weekends.	To stop substance misuse.
Follows a vegan lifestyle and diet.	To eat less fat and sugar to feel more energetic.	Lives alone.
Is a child.	To quit smoking to improve respiratory health.	To be more physically active, to reduce resting heart rate (HR).

# WHAT ARE NEEDS, WISHES AND CIRCUMSTANCES?

## CATEGORISE!

 <b>NEEDS</b>	 <b>WISHES</b>	 <b>CIRCUMSTANCES</b>

# WHAT ARE NEEDS, WISHES AND CIRCUMSTANCES?

## INVESTIGATE!

You have been given 6 case files to investigate. Can you identify the needs, wishes and circumstances of the individual in each case study? Refer to your handout to support your work.

You may find it helpful to highlight the case study - needs in **blue**, wishes in **pink**, and circumstances in **yellow**.

### CASE STUDY 1: CLARA

Clara is 17 years old and she lives with her mum and dad. She has a long-term condition called cystic fibrosis. Clara has been working with a physiotherapist, to try and improve her fitness. The physiotherapist has told Clara that being fitter will make it easier to manage her condition.

Clara does not like going to exercise classes and she feels uncomfortable at the gym. She has a best friend, who is keen to help Clara in any way she can.

#### NEEDS



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#### WISHES



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#### CIRCUMSTANCES



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# WHAT ARE NEEDS, WISHES AND CIRCUMSTANCES?

## CASE STUDY 2: JED

Jed is 27 years old. Jed uses the pronouns they/them.

Jed is a smoker and has been to the pharmacist with a cough. The pharmacist has recommended they quit smoking. Jed agrees but does not want to use nicotine replacement therapy.

Jed has a stressful job, working nights and weekends in the entertainment industry. They enjoy 'smoke breaks' with friends to break up the day.

### NEEDS



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### WISHES



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### CIRCUMSTANCES



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# WHAT ARE NEEDS, WISHES AND CIRCUMSTANCES?

## CASE STUDY 3: DENZEL

Denzel is in middle adulthood. He was married for 40 years, until his wife died last year.

Denzel likes to drink red wine and he used to enjoy visiting restaurants with his wife. He doesn't know how to cook and he is not interested in learning!

Denzel's GP is concerned about his high resting heart rate and recent weight gain – he has been advised to reduce both. The GP thinks Denzel might also be depressed.

Denzel has asked his daughters for help but he doesn't like their suggestion of joining a pensioner's social club.

### NEEDS



### WISHES



### CIRCUMSTANCES





# WHAT ARE NEEDS, WISHES AND CIRCUMSTANCES?

## CASE STUDY 4: CHI

Chi is 42 and is a single parent to two teenagers.

Chi is feeling quite stressed and overwhelmed as her eldest child is moving out to university which will be expensive. Chi visited the practice nurse who said her blood pressure was getting too high and she should take action now before it gets worse.

The nurse said that physical activity and a healthy diet will help. Chi is a vegetarian and likes to be outside. Although Chi does not have a partner, she does have a wide circle of friends.

### NEEDS



### WISHES



### CIRCUMSTANCES



# WHAT ARE NEEDS, WISHES AND CIRCUMSTANCES?

## CASE STUDY 5: SANDY

Sandy is in his 80s. He lives with and cares for his partner Gregor, who has dementia.

Sandy has been told by his domiciliary carer that he should make more time for himself because he is not eating enough and is losing too much weight – he needs to work back up to a ‘healthy weight’ body mass index (BMI).

Sandy and Gregor live in sheltered housing but Sandy is fiercely independent and will not accept more help around the house.

### NEEDS



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### WISHES



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### CIRCUMSTANCES



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# WHAT ARE NEEDS, WISHES AND CIRCUMSTANCES?

## CASE STUDY 6: BRIT

Brit is in early adulthood and lives alone. Brit has good job with a great salary.

Brit was admitted to hospital last week with a racing heart rate and dizziness. The emergency doctor advised Brit to stop using recreational drugs.

Brit is studying for accountancy exams and uses recreational drugs to relax at the weekends. Brit is reluctant to stop going out with their friend group who all use the same recreational drugs and party hard. Brit is worried about being dropped by these friends.

### NEEDS



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### WISHES



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### CIRCUMSTANCES



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# WHAT ARE NEEDS, WISHES AND CIRCUMSTANCES?

## CATEGORISE! SUGGESTED ANSWERS

 <b>NEEDS</b>	 <b>WISHES</b>	 <b>CIRCUMSTANCES</b>
To cut down alcohol consumption to improve overall health.	Eats a religious diet (halal/kosher).	Has a pre-existing condition (diabetes/heart disease/sickle cell disease/cystic fibrosis).
To lose weight, to achieve a 'healthy weight' body mass index (BMI).	Does not want to go to the gym.	Has a full-time job.
To make healthier lifestyle choices, to reduce blood pressure (BP) to the 'ideal' range.	Follows a vegan lifestyle and diet.	Is a child.
To eat less fat and sugar to feel more energetic.	Likes to exercise outdoors.	Lives at home with partner and young children.
To quit smoking to improve respiratory health.	Wants to be treated by a doctor of the same gender.	Shift pattern includes weekends and night shifts.
To reduce stress in life to feel less anxious.	Does not like to spend a long-time cooking.	Uses a mobility aid (wheelchair/walker/stick).
To stop substance misuse.	Likes to have a lie in at the weekends.	Has recently been bereaved.
To be more physically active, to reduce resting heart rate (HR).	Does not want to stop socialising with friends.	Lives alone.

# WHAT ARE NEEDS, WISHES AND CIRCUMSTANCES?

## INVESTIGATE! SUGGESTED ANSWERS

Needs in **blue**, wishes in **pink**, and circumstances in **yellow**.

### CASE STUDY 1: CLARA

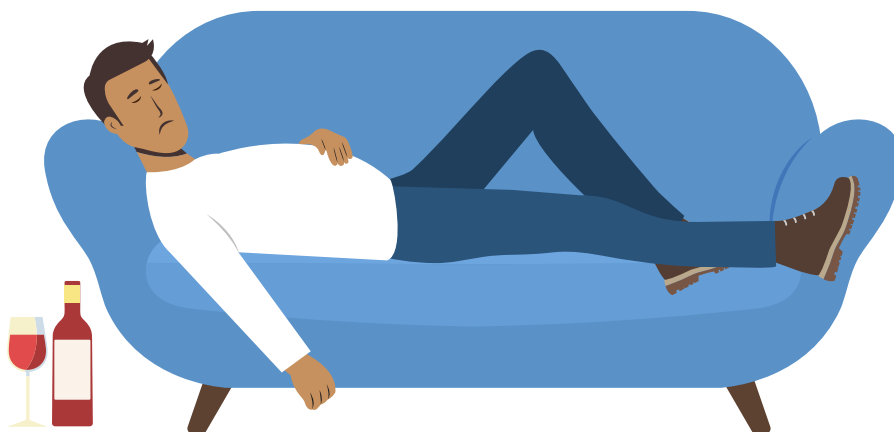
Clara is **17 years old** and she **lives with her mum and dad**. She has a **long-term condition called cystic fibrosis**. Clara has been **working with a physiotherapist**, to try and **improve her fitness**. The physiotherapist has told Clara that **being fitter will make it easier to manage her condition**. Clara **does not like going to exercise classes** and she **feels uncomfortable at the gym**. She **has a best friend, who is keen to help** Clara in any way she can.

### CASE STUDY 2: JED

Jed is **27 years old**. Jed **uses the pronouns they/them**. Jed is a **smoker** and has **been to the pharmacist with a cough**. The pharmacist has **recommended they quit smoking**. Jed agrees but **does not want to use nicotine replacement therapy**. Jed has a **stressful job, working nights and weekends** in the entertainment industry. Their **friends all enjoy 'smoke breaks'**.

### CASE STUDY 3: DENZEL

Denzel is in **middle adulthood**. He was married for 40 years, until his **wife died last year**. Denzel likes to drink red wine and he used to enjoy visiting restaurants with his wife. He **doesn't know how to cook and he is not interested in learning!** Denzel's **GP** is concerned about his **high resting heart rate** and recent **weight gain** – he has been advised to **reduce both**. The GP thinks Denzel might also be depressed and **recommends he is more socially active**. Denzel has asked his **daughters for help** but he **doesn't like their suggestion of joining a pensioner's social club**.



# WHAT ARE NEEDS, WISHES AND CIRCUMSTANCES?

## INVESTIGATE! SUGGESTED ANSWERS

Needs in **blue**, wishes in **pink**, and circumstances in **yellow**.

### CASE STUDY 4: CHI

Chi is **42 years old** and is a **single parent** to two teenagers.

Chi is feeling quite stressed and overwhelmed as her **eldest child is moving out to university which will be expensive**. Chi visited the practice nurse who said her **blood pressure was getting too high and she should take action now before it gets worse**.

The nurse said that physical activity and a healthy diet will help. Chi is a **vegetarian** and **likes to be outside**. Although Chi **does not have a partner**, she **does have a wide circle of friends**.

### CASE STUDY 5: SANDY

Sandy is in his **80s**. He **lives with and cares for his partner Gregor, who has dementia**.

Sandy has been told by his **domiciliary carer** that he should make more time for himself because he is not eating enough and is losing too much weight – he **needs to work back up to a 'healthy weight' body mass index (BMI)**.

Sandy and Gregor **live in sheltered housing** but Sandy is **fiercely independent and will not accept more help around the house**.

### CASE STUDY 6: BRIT

Brit is in **early adulthood** and **lives alone**. Brit has **good job** with a **great salary**.

Brit was admitted to **hospital** last week with a racing heart rate and dizziness. The **emergency doctor** advised Brit to **stop using recreational drugs**.

Brit is studying for **accountancy exams** and uses recreational drugs to relax at the weekends. Brit is **reluctant to stop going out with their friend group** who all use the same recreational drugs and party hard. Brit is worried about being dropped by these friends.

