**HEALTH AND SOCIAL CARE – COMP 3 KNOWLEDGE ORGANISER**

 **C2 & C3 Recommendations, support, barriers and obstacles to making changes**

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| **Recommendations and actions to improve health and wellbeing**Established recommendations for helping to improve health and wellbeing: * Image result for healthy heartImproving resting heart rate and recovery rate after exercise
* Improving blood pressure
* Maintaining a healthy weight
* Eating a balanced diet
* Getting enough physical activity
* Quitting smoking
* Sensible alcohol consumption
* Stopping substance misuse
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| **Support**Support available when following recommendations to improve health and wellbeing:* **Formal** support from professionals, trained volunteers, support groups and charities
* **Informal** support from friends, family, neighbours, community and work colleagues
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| **Barriers and obstacles to following recommendations**The definition of a barrier is ‘something unique to the health and social care system that prevents an individual accessing a service. Potential barriers as appropriate to the individual and the recommendation:* Physical barriers
* Barriers to people with sensory disability
* Barriers to people with different social and cultural backgrounds
* Barriers to people that speak English as an additional language or those who have language or speech impairments
* Geographical barriers
* Resource barriers for service provider
* Financial barriers
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| **Obstacles**C:\Users\anna.rawles\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\2A464AE.tmpThe definition of an obstacle is ‘something personal to an individual that blocks a person moving forward or when action is prevented or made difficult.’Potential obstacles as appropriate to the individual and the recommendation:* Emotional/psychological
* Time constraints
* Availability of resources
* Unachievable targets
* Lack of support
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