

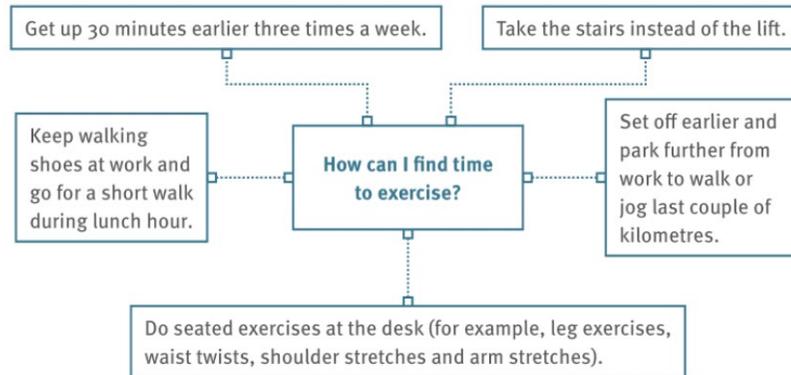
# Component 3 – Health and Wellbeing

## Learning Aim C: Person-centred health and wellbeing improvement plans

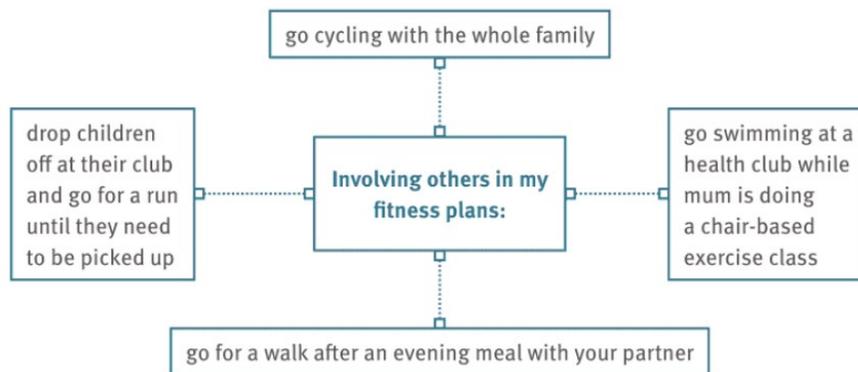
### OBSTACLES

#### TIME CONSTRAINTS

**1. Work/Study commitments** – These commitments can often be demanding and evenings can be busy, leaving people tired. Ways to **overcome this obstacle**:



**2. Family commitments** – Away from work, family commitments can take up a lot of time. Therefore when planning, involving all of the family can help:



**3. Financial resources** – It is important that when planning your action plan individuals can afford to do the activities. For example:

- Can they afford the gym membership if you want them to go to the gym
- Do they know of free alternatives e.g. go for a run in the park rather than a treadmill

- *The NHS can support individuals on low income to get help (NHS Low Income Scheme)*

**4. Physical resources** – This often includes things such as equipment, for example someone who is on a diet may need food scales and bathroom scales.

*Individuals can get free resources from places such as Freecycle, Freecycle.org and SnaffleUp.*

Other ideas for free resources can include:

- Free gym taster sessions
- **A 'green gym' where people can volunteer to exercise by digging, planting and path clearing.**



#### **5. Ability/Disability and addiction**

Sometimes there are factors specific to an individual that can be potential obstacles to an improvement plan.

1. Ability - A person with learning difficulties may find it hard to understand, learn and remember new things. It is important that you provide simple language and clear sources of support (family and teachers).
2. Disability – an individual with physical disabilities may come across obstacles, for example an individual in a wheelchair will need access. A blind individual may need their plan in braille.
3. Addiction – Some addictions can become obstacles:

- Weight reduction – Some individuals are compulsive eaters; they will need to know their triggers that can cause this e.g. feeling fed up.
- Stopping smoking – people who smoke regularly develop cravings for nicotine, some may need aids and medicines to support them, as well as making a support plan that avoids areas where high volume of smoking may take place.