



General Certificate of Secondary Education
2022

Centre Number

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Candidate Number

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Health and Social Care

Unit 1
Personal Development
Health and Well-Being



[GHL11]

GHL11

MONDAY 30 MAY, MORNING

TIME

1 hour 30 minutes.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

You must answer the questions in the spaces provided.

Do not write outside the boxed area on each page or on blank pages.

Complete in black ink only. **Do not write with a gel pen.**

Answer **all** questions.

INFORMATION FOR CANDIDATES

The total mark for this paper is 100.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.

Quality of written communication will be assessed in Questions **2(f)**, **3(a)** and **3(c)(i)**.



1 Arthur and Lily, both aged 68, have been married for 40 years. Both are retired and enjoy spending time with friends and going on holiday.

(a) Arthur and Lily are in the life stage of _____ adulthood, which is 65+ years. [1]

(b) Retirement is a life change. Using the information given, write down **two** other life changes Arthur and Lily have experienced.

1. _____ [1]

2. _____ [1]

(c) Explain **three** ways you would expect Arthur to develop physically during his current life stage.

1. _____

_____ [2]

2. _____

_____ [2]

3. _____

_____ [2]



(d) Explain how each of the following may have a positive effect on Arthur's self-concept.

Age

[2]

Gender identity

[2]



(e) Retirement is a major life change.

(i) Use the headings below to describe how retirement may affect an individual's intellectual and social development.

Effect on intellectual development

[3]

Effect on social development

[3]



(ii) Individuals may need support to cope with this life change.

Explain **two** different types of support the voluntary sector may provide individuals to help them cope with retirement.

1. _____

_____ [2]

2. _____

_____ [2]

[Turn over



(f) Lily has been diagnosed with dementia.

(i) Use the headings below to describe how dementia may affect Lily's physical and emotional health and well-being.

Effect on physical health and well-being

[3]

Effect on emotional health and well-being

[3]



(ii) Describe how Lily's relationships with her friends may have a positive effect on her social development.

[3]

[Turn over



2 The Adam family consists of Daniel, aged 35 years, his wife Stela, aged 32 years, and their three children, Marius aged 9, Maria aged 6 and Alina aged 2.

(a) Complete the table below to identify the types of relationships Stela has.

Stela's relationship with	Type of relationship
Daniel	
Marius, Maria and Alina	

[2]

(b) Daniel and Stela are in the life stage of early adulthood which is from _____ to _____ years.

[2]

(c) Describe the expected pattern of social development during early adulthood.

[3]



(d) Daniel and his family moved from Romania to Northern Ireland two years ago.

Describe how culture and ethnicity may negatively affect Daniel's self-concept.

[3]

(e) Daniel eats an unhealthy diet.

Explain **two** ways eating an unhealthy diet may affect an individual's physical health and well-being.

1. _____

[2]

2. _____

[2]

[Turn over



(g) Alina is in the life stage of infancy.

(i) Describe the expected pattern of physical development during this life stage.

[3]

(ii) Alina recently fell off a swing and broke her leg. She spent three days in a hospital, which is part of the statutory sector.

Describe **one** way the statutory sector may help Alina and her parents cope with her injury.

[3]



(h) The family lives close to a busy airport so pollution may affect their health and well-being.

(i) Explain **two** ways this pollution may affect the family's health and well-being.

1. _____

_____ [2]

2. _____

_____ [2]

(ii) Write down **two** other environmental factors that may affect an individual's health and well-being.

1. _____ [1]

2. _____ [1]

[Turn over



(ii) Describe **two** different types of support Steven's family and friends may give him to help him cope with the life change of starting university.

1. _____

_____ [3]

2. _____

_____ [3]

THIS IS THE END OF THE QUESTION PAPER





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For Examiner's use only	
Question Number	Marks
1	
2	
3	

Total Marks	
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Examiner Number

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