HUMAN GROWTH AND DEVELOPMENT

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# TASK 1: STAGES OF GROWTH AND DEVELOPMENT THROUGHOUT THE HUMAN LIFESPAN

## Life Stages of an Individual

### Infancy (0–2 years)

The body undergoes fast physical progress during infancy, but motor advancement is the primary developmental area. Children master both gross motor skills for moving and manipulative fine motor abilities for holding objects (Gu, 2022). According to Piaget’s sensorimotor stage, infants gain knowledge through sensory evaluation while they learn object permanence (Halfon et al., 2018). Early attachment influences emotional and social development since secure caregiver bonds provide the basis for emotional trust and regulation abilities (Siegelmann et al., 2018). The "trust vs. mistrust" phase of Erikson's developmental theory matches early interactions since infants develop views of safety versus threat (Elder & Johnson, 2018).

### Childhood (3–12 years)

Physical growth in childhood continues to decline as children enhance their coordination and motor control, enabling activities such as drawing, writing, and sports (Arnett, 2010). During their development, children progress through Piaget’s preoperational stage and then into the concrete operational stage. At this stage, children learn symbolic thinking while playing pretend and develop the ability to think logically about concrete events (Tanner et al., 2018). Children become increasingly focused on their peer connections, yet simultaneously acquire emotional self-control and empathy through social modelling and reward-based learning (Hochberg & Konner, 2020). During this developmental phase described by Erikson’s “industry vs. inferiority” stage, children construct their competence primarily through school accomplishments, parental approval, and matching their achievements to peers (Cools et al., 2018).

### Adolescence (13–18 years)

The primary physical indicator of adolescence is when puberty starts, including sudden growth periods, together with hormonal transformations and sexual development. The prefrontal cortex, along with other brain regions, develops to improve both decision-making and impulse control (Pontzer et al., 2021). People achieve cognitive development at Piaget's formal operational stage, where they master abstract thinking methods and hypothetical assessment (Klein, 2019). Hormonal activities and social pressures create mood swings during adolescence, which combine with increasing dependency on peer groups. The developmental stage of "identity vs. role confusion" by Erikson gains significance during adolescence, while teens investigate their beliefs and future roles and personal identities (Tanner et al., 2018). The cognitive growth in ethical reasoning leads teenagers to embrace ethical thinking at conventional and post-conventional levels per Kohlberg (1973).

### Early Adulthood (19–40 years)

Throughout this life stage, people usually experience their best health condition. Yet, decisions about nutrition and alcohol consumption, as well as exercise routines, will gradually start to determine long-term health outcomes (Hochberg & Konner, 2020). During early adulthood, people gain postformal thinking capability, integrating logical reasoning with emotional interpretation within contextual understanding (Arnett, 2011). Erikson's “intimacy vs. isolation” stage controls this period since individuals focus on building intense romantic and social bonds according to Klein (2019). Many pursue career goals, higher education, or family life. People must develop adaptive skills and mature emotionally to handle real-world responsibilities because they must navigate financial challenges and relationship difficulties.

### Middle Adulthood (41–65 years)

The physical transformations of middle adulthood involve weakening bones, slowing metabolism, and menopause for women (Higley, 2019). The decline of fluid intelligence is minimal in middle age, yet accumulated knowledge known as crystallised intelligence shows no sign of weakening. During middle adulthood, people face the emotional challenge of using generativity vs. stagnation, as described by Erikson, to create meaningful social contributions through parenting and professional and mentoring roles (Klein, 2019). Stability in professional life continues throughout this period, yet some individuals become responsible caregivers for their elderly relatives. Social networks transform their emphasis toward sustained friendships alongside community participation, which aids identity expansion while providing enduring happiness.

### Late Adulthood (65+ years)

The physical condition of adults during their late years becomes evident through diminished mobility and sensory deterioration, together with persistent health problems (Arnett et al., 2014). The processing speed slows, but many individuals maintain solid long-term memories with their acquired wisdom and knowledge. According to Erikson’s “integrity vs. despair” stage, individuals must assess their life successes while preparing for death (Wood et al., 2018). Emotionally, some experience grief, loneliness, or anxiety, especially after bereavement or retirement. Most elderly individuals express satisfaction with their emotional state and overall life contentment. According to socioemotional selectivity theory, people focus on a few meaningful social relationships instead of wide networks in their older age (Tanner & Arnett, 2016).

## Key Physical, Intellectual, Emotional, and Social Milestones Across Life Stages

The typical process of human development progresses through defined periods where essential developmental targets appear in physical, intellectual, emotional, and social aspects. These developmental markers follow standard progress benchmarks, which receive guidance from natural genetic tendencies and environmental interactions. To explain significant developmental achievements throughout each life period, theoretical concepts of development and established research-based standards are used.

### Infancy (0–2 years)

Fast physical expansion defines the earliest period of life development. Children develop gross motor abilities one after another, from attaining head control at three to four months to achieving independent walking at twelve to fifteen months (Bynner, 2015). Fine motor coordination enables children to grasp objects and use a pincer grip during their second year. Infants stay at Piaget’s sensorimotor stage because they learn through exploration and object permanence development (Gu, 2022). Fundamental emotional connections through attachment create trust in infancy, while infants naturally display primary emotions during their early period (Siegelmann et al., 2018). The social development of infants begins by making eye contact and performing copy actions, which results in fundamental social skills such as clapping or waving around one year of age.

### Childhood (3–12 years)

The progression of childhood motor development includes running alongside climbing skills, followed by learning fine movements such as writing and tying shoelaces. The onset of puberty occurs typically at the late part of this developmental period, particularly in girls, according to Pontzer et al. (2021). According to Siegelmann et al. (2018), children develop from Piaget’s preoperational stage, which features symbolic play and egocentrism, into the concrete operational stage, enabling logical reasoning and understanding conservation. Children during this phase learn to handle sophisticated emotions, including guilt and pride, with assistance from adults in their lives, according to Pontzer et al. (2021). Socially, peer relationships become central. Children develop competence at Erikson’s “industry vs. inferiority” stage through academic performance and extracurricular activities (Orenstein & Lewis, 2022).

### Adolescence (13–18 years)

The changes puberty causes for adolescents regarding growth spurts and sexual maturation are usually identified using Tanner staging (Tanner et al., 2018). The prefrontal cortex undergoes developmental progress, enhancing judgment and impulse regulation abilities (Elder & Johnson, 2018). Modern cognitive theory suggests that the formal operational stage begins in adolescence, which leads to abstract thinking ability and hypothetical reasoning potential (Lemke, 2021). The development of emotions becomes stronger because peers create pressure, individuals search for identity, and they become more sensitive due to changes in the limbic system. According to Lemke (2021), during the vital “identity vs. role confusion” phase, people work to understand their place in existence and their self-definition. The social domain offers opportunities for friendships to deepen and expand moral understanding, and romantic relationships can develop during this time.

### Early Adulthood (19–40 years)

The human body reaches its performance peak during early adulthood, but metabolic changes and physical resilience diminish in people during their late thirties (Tanner et al., 2018). Postformal cognitive development emerges during this period, leading people to tackle problems from a specific context and an emotional perspective. As individuals move through their career path, their practical abilities develop with their ability to specialise. During this phase, Erikson's theory of intimacy versus isolation takes precedence because people strive to establish meaningful romantic bonds and social connections (Rorije et al., 2023). People tend to exhibit enhanced control over their emotions and better emotional balance throughout life. Career development and parenting responsibilities form the base of adult independence, while involvement in social networks and professional environments develops complete social independence (Maree, 2022).

### Middle Adulthood (41–65 years)

Middle-aged adults experience physical changes that include women undergoing menopause combined with decreasing testosterone in men, as well as weakening bone structure and reduced vision and hearing (Wood et al., 2018). The decline of fluid intelligence happens in middle age, but crystallised intelligence combined with a knowledge base continues to grow (Pontzer et al., 2021). Middle-aged adults tend to reevaluate their personal life objectives and core beliefs from an emotional perspective. According to Erikson’s psychological stage of “generativity vs. stagnation”, people develop a desire to provide mentorship, parent children, or contribute to society (Klein, 2019). People take on additional social responsibilities for child and parent care as they also seek to contribute to their communities through lasting legacies.

### Late Adulthood (65+ years)

Older adults face an elevated risk of developing arthritis or cardiovascular disease alongside diminished muscle bulk and reduced body mobility (Arnett et al., 2014). The human mind shows reduced speed in processing information, but wisdom and accumulated knowledge usually stay stable (Cools et al., 2018). Those with solid social connections tend to maintain their emotional well-being according to socioemotional selectivity theory (Gu, 2022) because older adults value purposeful relationships. Erikson identified reflection as a key psychological challenge people face when they must accept their life journey while finding peace. Social networks reduce in size after retirement, yet people maintain intense emotional connections, and social service participation increases post-retirement.

### Developmental Norms and Variations

The combination of genetic instructions and environmental elements affecting milestones during development results from puberty timing, neurological maturation, parenting approaches, dietary choices, and educational access (Halfon et al., 2018). Developmental trajectories differ from the standard measures provided by WHO growth charts and standardised checklists. Health care professionals can assess developmental delays like delayed motor skills through therapy and special education (Rorije et al., 2023). How people expect us to develop forms an important part of our growth patterns through benchmarks for independence against educational targets (Maree, 2022). Behavioural genetics research shows that outcome development results when nature and nurture collaborate to produce their combined impact.

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| --- | --- | --- | --- | --- |
| **Life Stage** | **Physical** | **Intellectual** | **Emotional** | **Social** |
| **Infancy** | Crawling, walking, grasping | Sensorimotor, object permanence | Attachment, basic emotions | Smiles, imitation |
| **Childhood** | Running, writing, coordination | Symbolic play, logic (Piaget) | Self-regulation, pride/guilt | Friendships, cooperation |
| **Adolescence** | Puberty, brain maturation | Abstract/moral reasoning | Identity search, mood swings | Peer influence, dating |
| **Early Adulthood** | Peak fitness, slow decline | Postformal thinking, career skills | Intimacy, emotional stability | Independence, networking |
| **Middle Adulthood** | Menopause, bone decline | Expertise, slower fluid skills | Generativity, reflection | Caregiving, community roles |
| **Late Adulthood** | Mobility loss, chronic illness | Stable knowledge, slower speed | Life review, emotional maturity | Close relationships, retirement |

# TASK 2: AGEING

## Life Factors and Events Affecting Growth and Development

All human development does not follow a straight path because it responds to biological elements alongside environmental and situational elements. Inherited traits like height, together with metabolism and disease susceptibilities, find their biological starting point in genetic factors (Updegraff & Taylor, 2021). During pregnancy, maternal nutrition and toxin exposure create critical developmental effects that sometimes produce birth defects (Rorije et al., 2023).

Environmental factors, including pollutants, healthcare services, and community safety levels, substantially impact development, particularly in early childhood. A person's socioeconomic standing determines their ability to obtain premium educational services, healthcare facilities, and balanced nutrition. The evidence shows that children from poverty-stricken homes experience delayed development alongside learning difficulties (Jobling, 2002). How people exercise, their dietary habits, and their substance consumption patterns influence their physical wellness and mental toughness (Rorije et al., 2023). Significant life events like trauma, combined with bereavement, persistent illness, or migration, have the power to permanently alter the emotional and social capabilities of individuals (Haywood & Getchell, 2024).

## Effects of Life Factors and Events

### Physical Development

Genetic and biological health conditions play a significant role in affecting physical growth. Down syndrome causes delayed motor development together with limited physical growth, according to research by Arnett (2010). The exposure of babies to alcohol in the womb results in foetal alcohol syndrome, which produces both poor coordination and facial abnormalities (Jobling, 2022). Lead contamination in the environment harms children by damaging their bones and preventing normal height growth (Maree, 2022). Global societal disparities through poverty-linked malnutrition affect 149 million children below five years old because of their stunted physical development. Biological ageing moves forward more rapidly when people engage in sedentary behaviour or smoke during their teenage years and continue into adulthood (Syed & McLean, 2017).

### Intellectual Development

The development of cognitive abilities results from natural genetic factors combined with environmental influences. The genetic disorder Fragile X syndrome causes intellectual disabilities while reducing the overall cognitive abilities of a person (Pontzer et al., 2021). Environments that stimulate young children with books, toys, and active caregiver interaction tend to improve their mental abilities. Children who undergo adverse childhood experiences, including things like neglect or trauma, develop neurological problems which lead to diminished intellectual capacity and slower learning ability (Arnett et al., 2014). The long-term consequences of restricted educational resources and inadequate school facilities in low-income families create additional challenges to their cognitive development (Kumar et al., 2018).

### Emotional Development

The emotional development process reacts to biological elements and environmental conditions. When thyroid dysfunction occurs, it can lead to both emotional instabilities, followed by depression and anxiety, as well as mood disorders (Cools et al., 2018). Trauma and abuse in significant life events produce enduring psychological harm, which causes attachment disorders and self-esteem problems alongside chronic problems with emotional regulation (Wood et al., 2018). Secure attachments between children and caregivers produce better emotional resilience and develop empathy and social awareness in these children (Elder & Johnson, 2018). People learn to control emotions by consistently receiving nurturing care from reliable adults and role models.

### Social Development

Social patterns in human behaviour depend heavily on the environmental surroundings where people live. Children from secure neighbourhoods develop better social skills with others and have more substantial social confidence, yet children exposed to dangerous neighbourhoods tend to become withdrawn and experience social anxiety (Klein, 2019). Migrants experience social development delays because their cultural roots and social relationships are usually cut off, resulting in loneliness and questions about personal identity (Haywood & Getchell, 2024). The heavy use of social media during adolescence creates problems with real-life conversation skills while producing higher rates of social isolation despite its apparent social networking capabilities (Jobling, 2022). Individuals develop different methods to interact with others through their life events, settings, and lifestyle habits.

## Evaluation of Nature vs. Nurture

The longstanding nature-versus-nurture debate seeks to determine how human development is driven by biology (nature) or experience (nurture). Both are deeply interwoven, creating a dynamic system where genes set developmental potential and environments shape their expression.

### Physical Development

Physical traits, including height, skin tone, and puberty age, acquire most inherited characteristics from genetics. Scientific studies indicate that the first occurrence of menstruation exhibits a 50–80% connection to family genes (Syed & McLean, 2017). Environmental influences, primarily determined through diet and physical activity, substantially affect these genetically based outcomes. Knowledgeable populations generally grow taller than what genetic factors predict alone because proper nutrition can either increase or decrease biological potential (Updegraff & Taylor, 2021).

### Intellectual Development

Genetic factors determine how much intelligence someone can develop. Twin research indicates that intelligence quotient (IQ) is inherited between 50% and 80% from genes, according to Rorije et al. (2023). However, environmental influences remain powerful. The observed global IQ score increase known as the Flynn Effect demonstrates that cognitive abilities improve through improved education, nutrition, and environment-accessible stimulating experiences (Zhang et al., 2024).

### Emotional Development

The emotional core of personality develops from innate temperament, which scientists generally view as an intrinsic factor. The natural temperament of confident children reveals itself through their genetic background (Bynner, 2015). How people express and manage their emotions depends strongly on environmental factors, especially the style of parenting they receive. Children who receive authoritative parenting, which combines high warmth with structured boundaries, develop better emotional control and self-esteem than children from non-authoritative or neglectful homes (Lemke, 2021).

### Social Development

Genes establish risk factors that affect social functioning in individuals. Autism spectrum disorder (ASD) is primarily affected by genetic inheritance, which results in social communication deficits (Lord et al., 2020). Nonetheless, culture and environment play defining roles in social learning. Children raised in collectivist societies are taught to value harmony above everything else, yet children from individualist societies develop independence and assertiveness through their upbringing (Tanner et al., 2018).

### Interplay and Epigenetics

The natural world meets the environmental elements most fundamentally through epigenetics. Experiences from the surrounding environment trigger genetic alterations through switching mechanisms, which create lasting developmental effects. The glucocorticoid receptor genes undergo early trauma-induced reprogramming, which creates depression risk (Chukwuma, 2022). The biological embedding of long-term economic stress causes health problems and inflammation that develop during adulthood (Osher et al., 2021).

# TASK 3: TRANSITIONS AND LIFE EVENTS ANALYSIS

## Physical and Psychological Changes Linked to Ageing

All systems within the human body gradually accumulate physical changes as part of the ageing process. Sarcopenia, which represents muscle deterioration with age, affects many people and results in reduced strength, together with mobility issues and balance problems, which puts individuals at increased fall risk and worsens their independence (Amarya et al., 2018). The lack of bone density and osteoporosis condition creates more chances for fractures, particularly among women who have entered their postmenopausal stage (Maugeri et al., 2020). The efficiency of cardiovascular systems deteriorates, and age brings a substantial increase in risks for arthritis and neurodegenerative diseases like Alzheimer’s disease (Andrieieva et al., 2019). Sensory disabilities grow more frequent with age, as most people over 65 develop presbyopia, while hearing problems cause individuals to withdraw from social connections. The physical changes we experience worsen because of cellular ageing processes like telomere shortening alongside oxidative stress that affect our immune system and make us more susceptible to disease (Li et al., 2021).

The main cognitive ageing changes include slower mental operations and weaker working memory abilities. However, elderly people tend to maintain their long-term memory and wisdom (accumulated knowledge) intact (Rorije et al., 2023). Statistical data demonstrate that many seniors show better emotional control due to socioemotional selectivity theory, indicating they choose significant emotional relationships and meaningful experiences because they understand their limited life span (Elder & Johnson, 2018). The psychological effects of getting older become substantial for many people. Depression and anxiety impact approximately 20% of adults aged 60 and above, while loneliness, together with chronic illness and bereavement, act as factors that worsen these conditions (Kumar et al., 2018). Dementia risk and cognitive decline become higher among older adults who have both age-related risks and other predisposing factors, including lifestyle choices and hereditary background (Lissak, 2018). Most elderly people show clear purpose and emotional strength even after facing difficult circumstances because they receive social support and quality healthcare services.

## Lifestyle Choices Associated with Ageing

The pace and quality of biological ageing depend heavily on people's life choices, yet natural ageing processes remain inevitable. Age-related processes are substantially influenced by nutrition (Machado, 2021). A Mediterranean diet of whole grains, healthy fats, fruits, and vegetables reduces cardiovascular disease risks and helps slow cognitive decline. Research findings indicate that following the Mediterranean diet decreases the risk of developing dementia by 30% (Reddy & van, 2020). Through aerobic exercise and resistance training, people can protect their muscles and keep their hearts healthy while maintaining mental stability. According to Malcolmson and Mathers (2019), people who remain physically active throughout their senior years show improved physical abilities, mood, and enhanced cognitive functioning.

The practice of smoking, together with heavy alcohol consumption, serves to speed up naturally occurring ageing processes. Smoking shortens telomeres while generating oxidative stress, which causes premature cell ageing and raises individual disease susceptibility (Andrieieva et al., 2019). Alcohol abuse accelerates liver destruction and brain degeneration, which produces additional risks for older adults (Osher et al., 2021). Social participation is a key factor that directly impacts ageing. A strong network of social connections has been proven to reduce dementia risk by 12% and improve survival chances by 22%, according to Lissak (2018). The emotional well-being and cognitive development of people thrive when they participate in team activities alongside volunteering and maintain regular social bonds with loved ones (Li et al., 2021). Hence, how people experience ageing depends heavily on how their daily choices accumulate.

## Effect of Physical Changes on Self-Esteem and Self-Confidence

Ageing affects self-esteem and self-image more severely in societies where youthfulness and physical strength represent desirable characteristics. Weight gain combined with loss of muscle tone and skin wrinkles creates a negative body image, especially for women who must follow youth-focused appearance standards (Elder & Johnson, 2018). People who experience hearing loss or vision restrictions tend to avoid social contact because of their feelings of shame or communication difficulties, thus damaging their self-esteem (Haywood & Getchell, 2024).

The responses people must age do not always result in negative experiences. Older people choose adaptive methods to regain their sense of control and dignity. Physical exercise programmes and cosmetic self-care routines help older adults improve their sense of self and control (Orenstein & Lewis, 2022). Wood et al. (2018) indicate that older adults who recognise the value of their ageing process demonstrate improved emotional adjustment and stronger self-esteem. People dealing with persistent pain issues or physical restrictions commonly feel helpless as well as frustrated about relying on others because this experience steadily reduces their self-confidence, in addition to their ability to take part in social activities (Updegraff & Taylor, 2021). The ability to handle physical changes alongside sustaining autonomy, social engagement, and independence determines emotional well-being for late adulthood individuals (Hochberg & Konner, 2020).

### Evaluation of Lifestyle Choices’ Influence on Ageing

Genetics are important in determining how people grow older, yet life choices lead to what ageing looks like and how quickly it progresses. Exercise is a vital life decision that produces the most comprehensive effects on personal health. Klein (2019) reveals that elderly people who exercise moderately for 150 minutes weekly diminish their mortality risk by 31%. Resistance training improves sarcopenia outcomes, allowing people over 65 to retain strength, balance and independence. Nutrition is equally important. People who eat according to a Mediterranean diet pattern face delayed cognitive decline according to longitudinal research, with symptom delay reaching up to two or three years (Elder & Johnson, 2018). Consuming processed foods creates systemic inflammation and accelerated cellular ageing (Higley, 2019).

Social engagement functions as protection against adverse health outcomes. People aged 65 and above who maintain strong ties to others have twice the survival rate because stress is lower, and emotional contentment increases their physical health (Syed & McLean, 2017). Lifestyle benefits exist in a limited manner. People who have the APOE-ε4 allele, which relates to Alzheimer’s disease, may experience reduced protection from health-promoting behaviours (Machado, 2021). Some older adults face barriers to healthy living because of structural inequalities that create food instability and poverty as well as restrictions to safe recreation areas (Amarya et al., 2018).

Discoveries about epigenetics demonstrate how lifestyle choices interact differently with biological systems. The human body experiences rapid biological ageing when environmental factors such as smoking and an inadequate diet alter DNA methylation patterns (Andrieieva et al., 2019). Scientific research demonstrates that smoking cessation and other favourable life changes can reverse 40% of epigenetic modifications (Li et al., 2021). Maugeri et al. (2020) show that heredity influences health results, but living actively positively can reconfigure how health progresses over extended periods. Population-level support for healthy ageing requires interventions that address personal conduct and environmental factors shaping accessibility to healthy behaviours (Lissak, 2018).

# TASK 4: TRANSITIONS, IMPACTS, PRACTITIONER ROLE, AND PERSON-CENTRED CARE

## Transitions and Significant Life Events Across Life Stages

Transitions and life events represent critical points of change that can influence the trajectory of human development and overall well-being. From infancy through late adulthood, individuals face various biological, psychological, and social adjustments that can either support or disrupt development (Nilsen et al., 2022). In early life, transitions such as weaning or starting school may seem routine but often mark the beginning of increased independence and social exposure (Carvajal et al., 2019). Other events, like parental divorce, can challenge emotional stability during critical formative years. During adolescence, puberty and the transition to secondary education introduce complex changes in identity, autonomy, and interpersonal relationships. For many, adolescence becomes a time of exploration, confusion, and pressure to conform or rebel (Li et al., 2023).

Life events alongside transitions serve as transformation points that affect human development and the quality of well-being. Human development follows different biological, psychological, and social transitions throughout infancy through late age, where these conditions either facilitate development or create disruptions (Zhang et al., 2024). At the start of life, weaning and entering school represent standard processes, although these milestones can introduce new freedoms and interactions with others. During crucial developmental periods, children face emotional disturbances after their parents separate or divorce (Lord et al., 2020). Adolescence brings forth complicated developmental changes that affect identity development, autonomy growth, and relationships with others. According to Lissak (2018), many adolescents experience an era of exploratory behaviour accompanied by confusion and social conformity or nonconformity pressures.

## Impact of Transitions and Life Events

Individual responses to life transitions and meaningful events differ widely because they depend on personality traits, available coping skills, and the support they receive from others. Specific life changes offer both development potential and new possibilities. Machado (2021) shows that married couples obtain emotional security from stable romantic relationships since those bonds develop mutual support mechanisms. When people accomplish educational or career objectives, their self-esteem rises, and they feel greater meaning (Carvajal et al., 2019). Such beneficial life changes create protection against upcoming stressful situations.

Several important life changes expose individuals to medical issues and psychological difficulties. Sturm et al. (2022) indicate that children who witness their parents get divorced usually develop anxiety problems along with behavioural challenges and difficulties in their schoolwork. Older adults experience retirement relief, although they lose their personal identity, daily routines, and network connections, which sometimes results in depression and decreased satisfaction with life (Saarijärvi et al., 2021). Migration represents a difficult situation to interpret among all life changes. Migration often provides financial and learning benefits, but these advantages come with social disconnection alongside ethnic discrimination and feeling isolated when proper support is lacking (Reddy & van, 2020). The outcomes triggered by personal events result from the transition's objective circumstances, how people experience it, and the level of support they receive from their environment.

## Role of Health and Social Care Practitioners

People need health and social care practitioners who can guide them through their emotional and practical needs when experiencing life transitions. Health and social care practitioners bear multiple responsibilities, beginning with complete assessment activities (Nilsen et al., 2022). The Holistic Needs Assessment allows practitioners to assess a person's physical, emotional, and social factors to customise appropriate interventions (Carvajal et al., 2019). Medical staff use the grieving stages identified by Kübler-Ross when responding to patients experiencing critical events such as a primary diagnosis or death (Sturm et al., 2022). The combination of emotional support and prompt interventions works to stop emotional distress from worsening.

Beyond emotional care, practitioners serve as connectors to community resources. This includes referring individuals to financial assistance programmes, counselling services, or social support groups that can ease transitions (Saarijärvi et al., 2021). They also advocate, ensuring clients receive appropriate care, such as palliative services for terminal illness, or accommodations in educational or work settings. Collaborative practice is key; adequate support often requires coordination with psychologists, physiotherapists, occupational therapists, and family members (Li et al., 2023). In these roles, practitioners must balance clinical insight with compassion, cultural sensitivity, and respect for client autonomy. Their ability to personalise care is instrumental in promoting positive outcomes during significant life changes.

## Impact of Person-Centred Approaches on Support

The role of practitioners goes beyond providing emotional support because they connect clients with essential community-based resources. The practitioners make necessary referrals toward financial assistance, counselling programs, and social support groups to help clients transition smoothly (Chartrand et al., 2023). Care providers actively support clients receiving necessary health treatment, such as palliative care for terminal illness, and accommodations for education or work (Carvajal et al., 2019). The delivery of adequate support requires psychologists, physiotherapists, occupational therapists, family members, and social workers to collaborate (Nilsen et al., 2022). Patient services providers must integrate clinical judgment with kindness and cultural awareness while respecting the individual's autonomy in their professional practice. Personalised care delivered by nurses remains fundamental to achieving good results throughout important life transitions.

Modern health care practice follows person-centred care principles based on Carl Rogers' humanistic theory, which values authentic interactions along with respecting individual self-determination (Li et al., 2023). The concept of PCC moves healthcare toward individualized support based on what matters most to patients while reflecting their experiences and personal choices. The therapeutic aspect of PCC produces emotional reassurance because customised plans before life transitions like dementia diagnoses reduce anxiety and enhance mental health results, according to Chartrand et al. (2023). Participation in healthcare develops better adherence to treatment protocols among patients. Sturm et al. (2022) have shown that shared decision-making improves participation and trust in chronic illness care and management.

Although PCC offers numerous benefits, some implementation hurdles exist. Implementing personalized care demands sufficient time, trained staff, and suitable resources, which health and social care systems generally lack due to their overstretch (Carvajal et al., 2019). PCC's numerous benefits for dignity preservation, autonomy support, and health improvement make it a vital practice approach that remains crucial for supporting patients throughout life changes (Nilsen et al., 2022).

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