ECAY 5005
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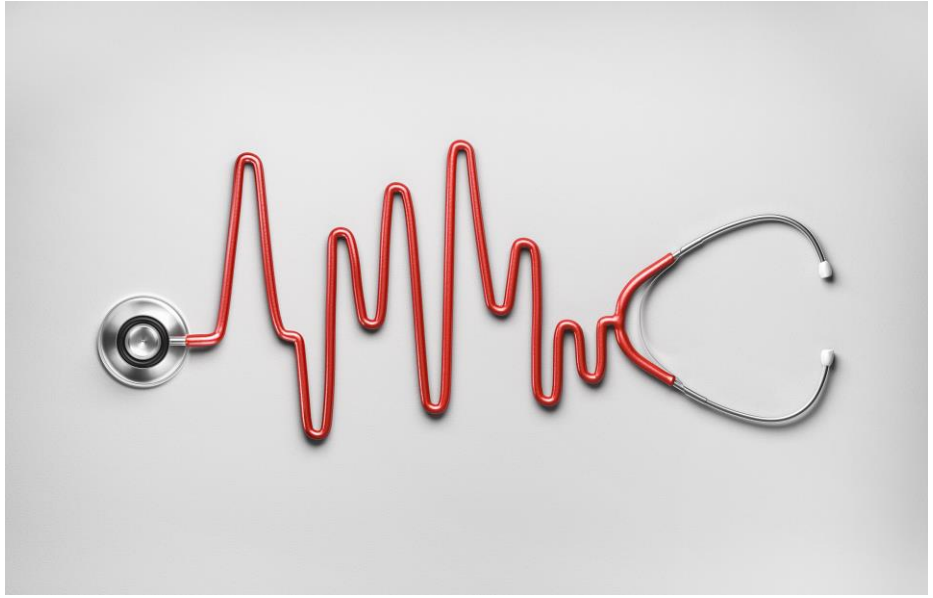
Assessment 2

Critically Reflect Upon the Differences Between Health and Wellbeing

Health (Definition)

- Health is a condition of complete physical, mental, and social well-being, rather than simply the absence of disease or disability.(World Health Organization, 2024, n.p) (first used in 1947).
- The UK Government define health broadly, including physical and mental health, as well as wellbeing. This indicates that we are not only concerned in whether or not people are sick or have a medical condition, but also in how healthy and well they are.(Gov.uk, 2010, p.6).
- ‘Health refers to what makes us feel good physically, psychologically, socially, and spiritually. It is about how we respond to life's challenges and strains, not only being resilient but also having the capacity to recover even stronger’ (Local Government Association, 2024, p.2).



Wellbeing (Definition)

Well-being has been defined as the combination of feeling good and functioning well, experiencing positive emotions such as happiness and contentment, as well as developing one's potential, having some control over one's life, having a sense of purpose, and engaging in positive relationships (Ruggeri, *et al.*,2020, p.2).

Well-being can be defined as how people feel and operate, both personally and socially, as well as how they perceive their lives in general (Michaelson, Mahony, and Schifferes, 2012, p.6).

‘Well-being means a person is happy, healthy and is comfortable with their life and what they do’ (Disability Wales.org, 2022, p.7).

Medical Model

illness or impairment is caused by a physical. condition (Devon County Council, n.d, P.1).

The medical paradigm defines disability as something 'wrong' with a person's body or mind.(Canandmustdobetter.org, n.d, p1).

The medical approach focuses on what is 'wrong' with the person rather than what the person needs. Our opinion is that it lowers expectations and allows people to relinquish freedom, choice, and control over their lives.(Scope, n.d, n.p).

‘The medical model views disability as a consequence of a health condition, disease or accident that disrupts function. The model focuses on preventing or curing the condition. Here, disability is something ‘wrong’ that needs fixing to make a person more ‘normal’(Epic, 2021, n.p).

Social Model

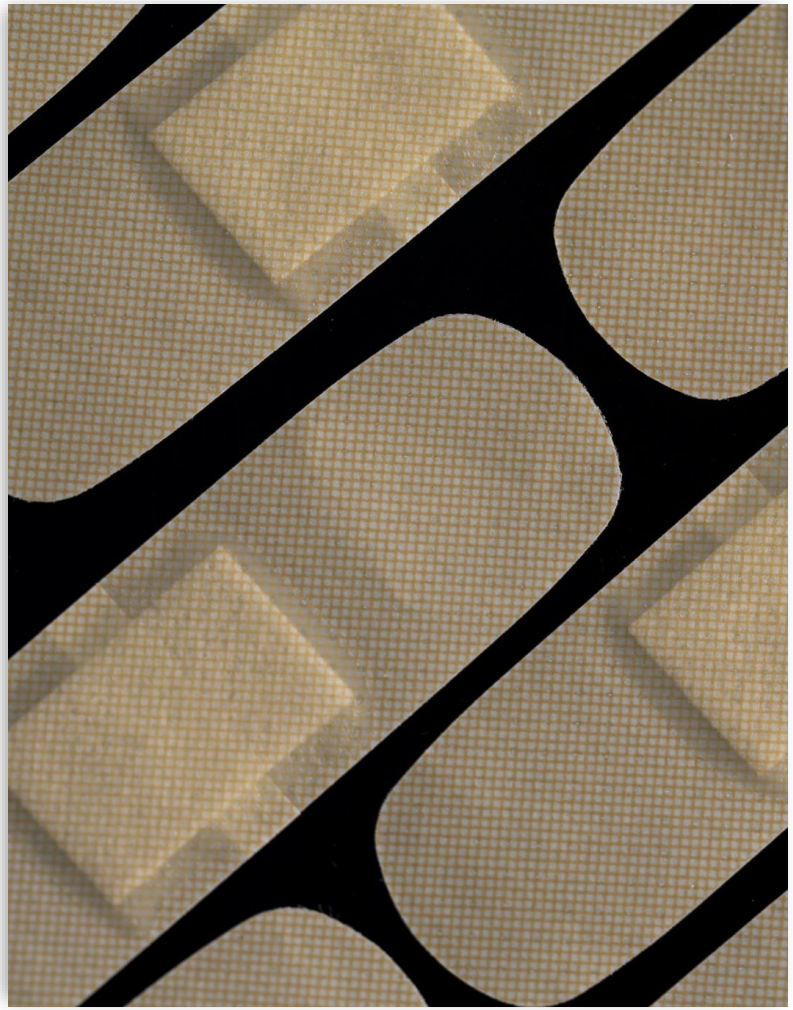
- For the past four decades, ‘models of disability’ have played an important role in creating disability politics, disability studies, and human rights for handicapped people (Lawson, & Beckett, 2020, p.1).
- The social model of disability' has been crucial. It depicts disability as a sort of result of societal oppression (Lawson, & Beckett, 2020, p.1).
- This social paradigm, founded in the disabled people's movement, comprises a political repurposing of the concept of 'disability' in which the term is used to express the socially imposed disadvantage and marginalisation experienced by individuals who have (or are believed to have) 'impairments’ (Lawson, & Beckett, 2020, p.1).
- The social model of disability suggests that hurdles, prejudice, and exclusion by society purposefully or unintentionally are the ultimate elements defining who is disabled and who is not (Devon County Council, n.d. p.1).

Missing

- In a neoliberal society, the welfare state and its social justice principles are under threat, resulting in reduced public services that cannot meet the needs of the most vulnerable (Rouf, 2015, pp. 93-111).
- Payne (2013) ‘Staes that Alarmingly’ Disabled people are largely excluded from the formal political process meaning they are unable to take part in public debates about the developments of rights, provisions and services to meet their needs (Payne, G 2013, p.207).
- ‘Making walking and wheeling accessible, safe and attractive for disabled people is a critical part of closing the gap between how disabled and non-disabled people live and move’(Clermont, 2022, p.2).
- Disability is portrayed as the result of 'barriers' or aspects of societal order that ignore or undervalue people with impairments. Society is demonstrated to disable persons with impairments since the way it is set up prohibits us from participating in daily life (Disabilitywales.org, n.d. p.3).

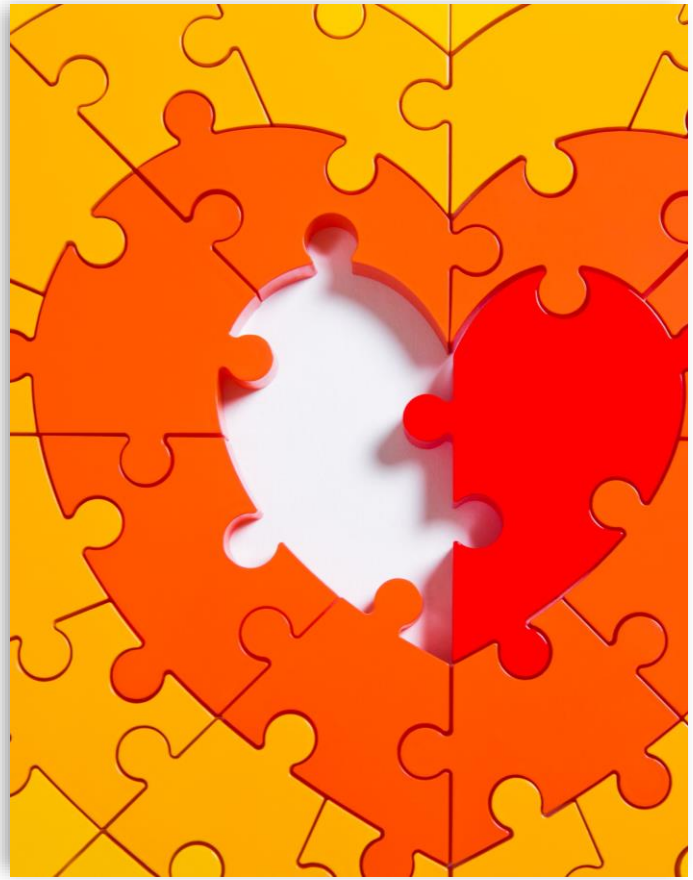
Our problem (The Disability)

- Non-disabled individuals, including doctors and disability professionals, often view disability as an individual issue. Our troubles are attributed to a certain impairment or condition(The British Council of Organisations of Disabled People, BCODP,1997, p.5).
- Disabled people of working age face the most severe societal disadvantage (Payne, G 2013, p.207).
- In other words, disability indicates something that's wrong with society, therefore the idea that disability problems are societal rather than individual concerns, and that these problems arise from oppression (Oliver, 1996, p.129).



Disability (The Social Problems)

- The Disabled People's Movement has created a completely distinct perspective on disability. We've learned that disadvantage is created by society, not by us. This is frequently called the’ social model' of disability. (BCODP, 1997, p.5).
- Society typically considers disability in contrast to the ideal of normal capacity to undertake specific activities and play one's role in social life. Sickness also impairs capacity, but we distinguish between sickness, which is transient whether resolved by healing or death, and impairment, which is permanent. In essence, disabled persons cannot be cured; nonetheless, they can be rehabilitated (Whyte, & Ingstad, n.d n.p).
- People with disabilities are more prone to have health disparities and significant health issues, as well as to die younger than others. The degree of these health disparities is difficult to quantify due to the scant data on handicapped people's outcomes collected by NHS providers and commissioners. Accessibility is challenging, and disabled people are less likely to report pleasant experiences while accessing healthcare services.(Equality and Human Rights Commission, 2017, p.6).



Exclusion

- Society excludes us by erecting various barriers. Barriers might be physical, organisational, or based on individual attitudes (BCODP, 1997, p.2).
- A three-story structure without a lift represents a physical obstacle (BCODP, 1997, p.2).
- When people schedule meetings without supplying sign language translating, it poses an organisational obstacle.(BCODP, 1997, p.2).
- An attitudinal barrier occurs when non-disabled individuals regard us as if we are incapable of doing certain tasks (BCODP, 1997, p.2).
- All barriers are equally serious, as they all prevent us from participating equally in society, regardless of how they affect us (BCODP, 1997, p.2).
- Disability exclusion originates from the notion that having a disability renders you “less than”(EPIC, 2021, p.1).

The Legislative prospective (The Wellbeing of Future Generations (Wales) Act (2015)

- We live in a complicated and linked global environment, with numerous elements continually influencing and impacting one another. These interactions are not linear, but we frequently try to find linear strategies to cope with them(Future Generations Commissioner of Wales, n.d p.9).
- A society that allows people to reach their full potential regardless of their history or circumstances, especially their socioeconomic status.(The Wellbeing Future of Generations Act, (Wales) (2015) 2015, p.6).
- Disabled People's Organisations can collaborate with public bodies. Assist in making appropriate decisions for those with disabilities (Disability Wales.org, 2022, p.12).
- We can work together to build a society where everyone, regardless of identity or circumstances, has equal access to health and freedom(Future Generations Report, 2022, p.4).

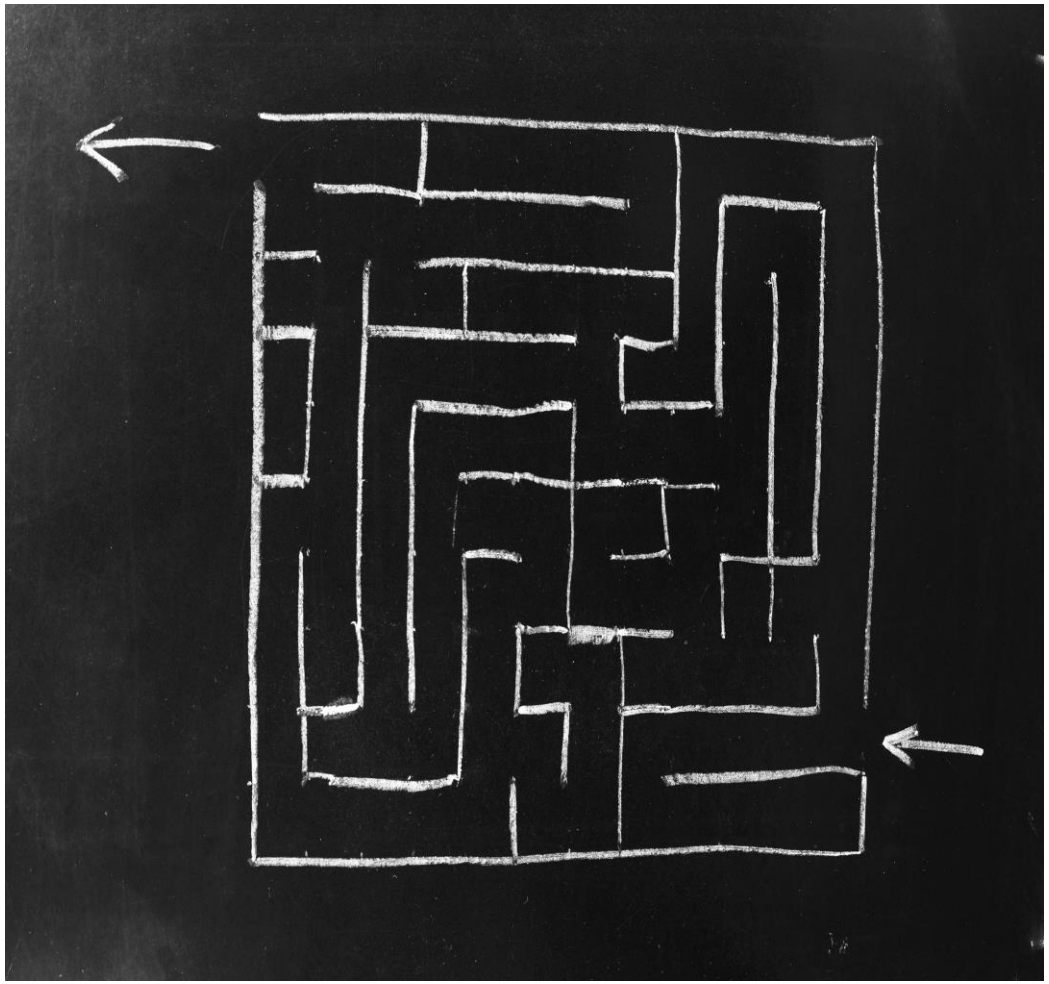
Conclusion

Simply said, disability is the sense of being a ‘square peg’ in a round hole. And the world is ever-changing (Disability Horizons, 2019, p.3).

Marginalising people that share a physical disability or even have an identifiable different lifestyle by grouping them in categories based on the characteristic (Malone, 2022, p.259).

‘Accessibility means you can. Inclusion means you want to’(Clermont, 2022, p.6).

There are situations when a rule, policy, or practice that disadvantages disabled individuals can be justified. There could be a health and safety issue, or an unavoidable commercial cause. When this occurs, it does not constitute discrimination(Citizens Advice.org, 2024, p.2)



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