



COMMUNITY SUPPORT PLAN

NAME: SAMANTHA ESSONO
MANANA (10631940)

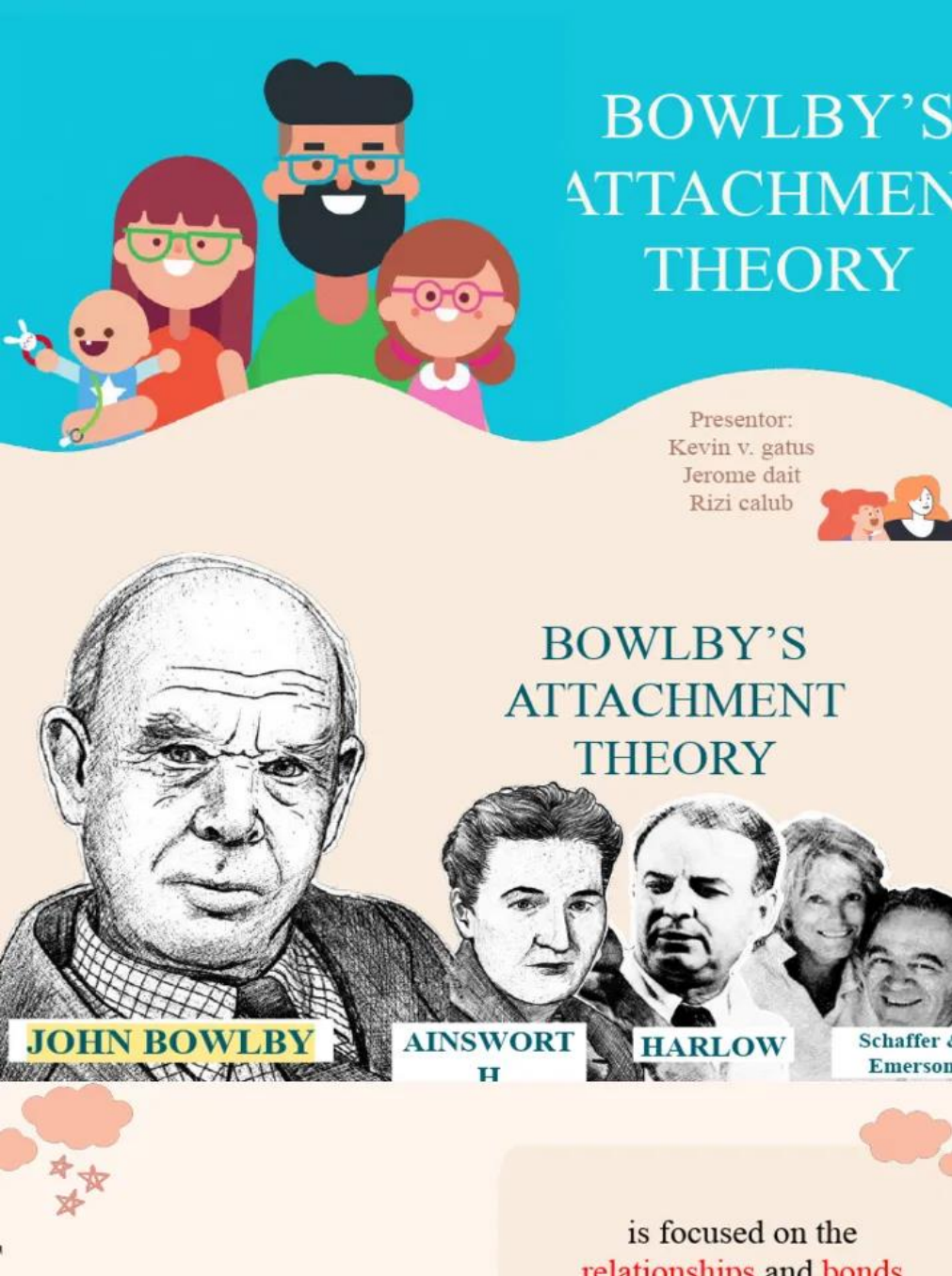
COURSE: Psychology in Health
and Social Care (LCHS4010)

LECTURE : LOU WELLS



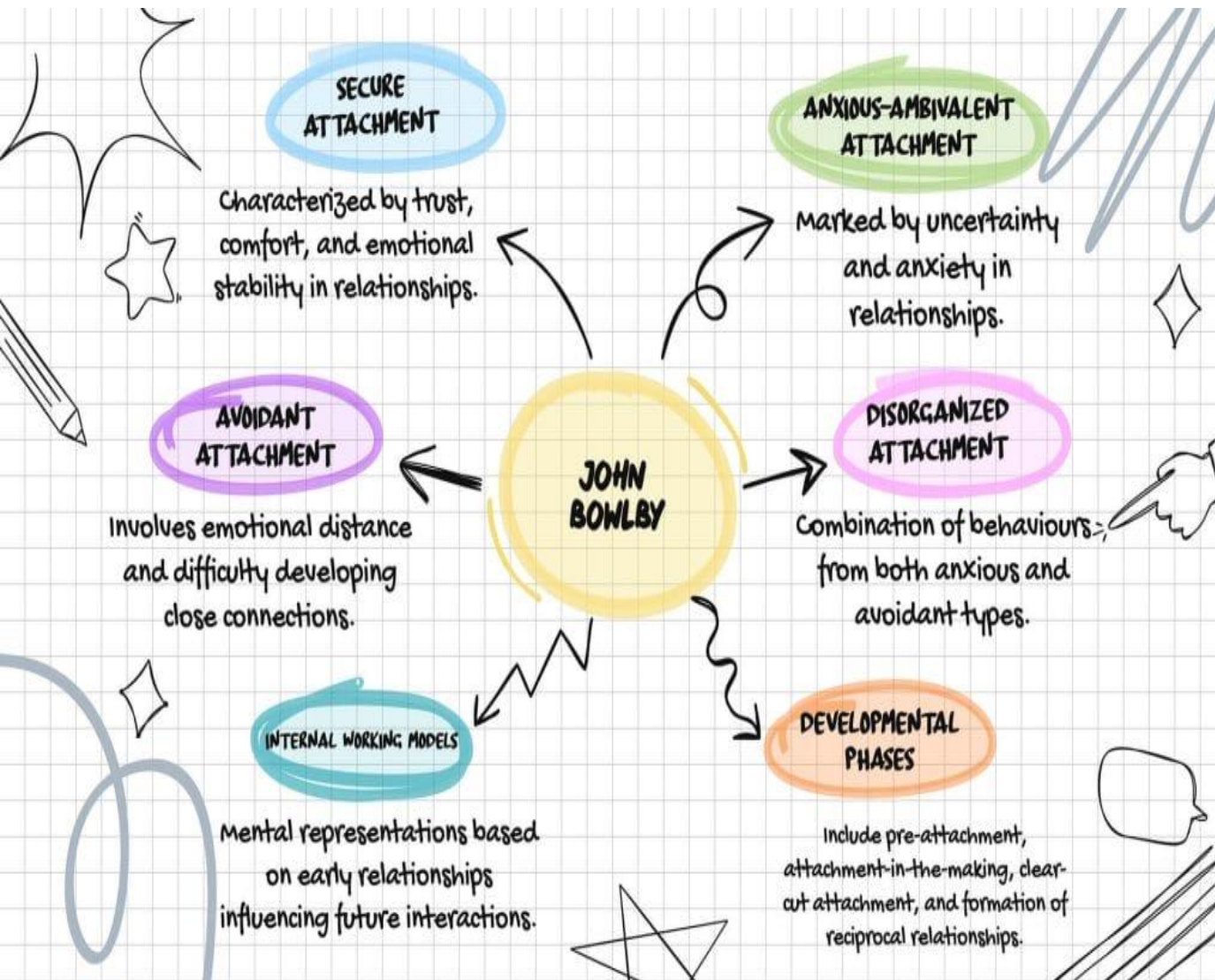
INTRODUCTION

- JENNY IS 16 YEARS OLD
- SHE IS A YOUNG CARE FOR 5 YEARS
- HER FATHER DIED WHEN SHE WAS 11 YEARS OLD
- HER MOTHER HAS MOBILITY AND MEMORY PROBLEMS
- JENNY GIVE HER PRACTICAL AND EMOTIONAL CARE



Bowlby's attachment theory

- John Bowlby was the creator.
- Explains the emotional connection that exists between a kid and their carer.
- This bond presents a stable foundation for growth.
- Emotional well-being may be affected by loss or separation from a carer.
- Future relationships and behaviour are affected by early relationships.
- The importance of consistent maternal care in early childhood as a foundation for healthy emotional development has been emphasised (Bowlby, 1951)



Applying Bowlby's attachment theory to Jenny's

- Jenny lost her father, who may have been an important attachment figure.
- The loss may result in grief, emotional distress, and feelings of discomfort.
- Jenny became a young carer for her mother, assuming adult responsibilities.
- This duty may cause stress and emotional strain at a young age
- According to John Bowlby, disruption of attachment relationships can impact emotional development and well-being (Bowlby, 1969).

Apply the theory to Jenny's experiences (development and well-being).

- Attachment theory states that children require a stable and solid emotional attachment with their primary carer to develop socially and emotionally healthy (**Bowlby, 1969**).
- Jenny's experience suggests that separation or changes in her primary carer may have impacted her feeling of security and emotional well-being, as Bowlby notes that early separation can create anxiety and discomfort in children (**Bowlby, 1973**).
- Jenny's feelings and trust in people may be influenced by these events, as early relationships are vital in a child's emotional development (**Bowlby, 1969**).
- Bowlby also stated that early social experiences form internal working models that influence how a person thinks and forms relationships in the future (**Bowlby, 1988**).
- In a health and social care context, understanding this theory helps professionals support Jenny by providing stable relationships, emotional support, and a safe environment that promotes her well-being (**Bowlby, 1988**).

NATURE AND NURTURE INFLUENCES ON JENNY'S DEVELOPMENT

Nature (Biological Influences)

- Genetic factors can impact emotional responses.
- Brain development during adolescence.
- Natural stress responses can impact mood and wellbeing.

Nurture (environmental factors)

- Lost her father at a young age.
- Caring for her mother
- Family relationships and daily stress
- Limited time for socialising, school activities, and normal teen experiences.

These nature and nurture elements may have an impact on Jenny's emotional, social, and psychological development.



PRACTICAL STRATEGIES TO SUPPORT JENNY(BOWLBY THEORY)

- **Provide emotional support through counselling.**

Jenny could receive counselling to help her process the loss of her father and express her feelings. This can help strengthen her emotional well-being (**Bowlby, 1969**).

- **Support groups for young carers**

Jenny may reduce her sense of isolation by joining a young carers group and meeting others in similar situations.

- **Strengthen family support.**

Promote open communication between Jenny and her mother to create an emotional connection and support.

- **School support**

Teachers and school staff could give Jenny academic flexibility in addition to emotional support as she integrates school and caregiving responsibilities.

- **Providing community and social care services.**

Jenny's mother could benefit from support services, which would reduce Jenny's caring burden and allow her to focus on her own progress.



JOHN BOWLBY

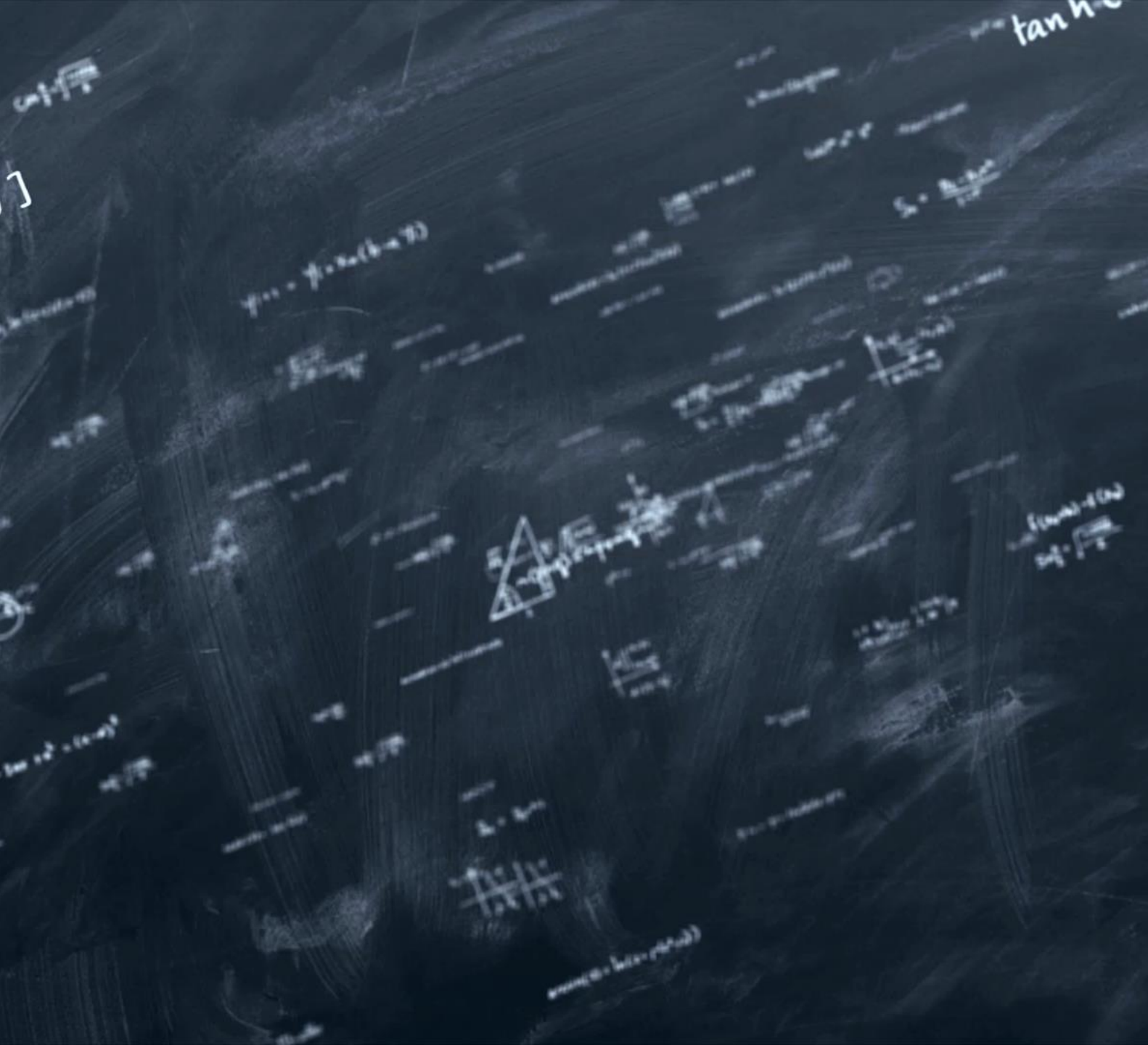
Conclusion

- Bowlby's attachment theory explains how Jenny's early interactions with her primary carer impacted her emotional development and well-being. According to the theory, children need stable and regular parental care to feel safe, develop trust, and form healthy connections (**Bowlby, 1969; Bowlby, 1973**). Jenny's experiences with separation or instability may have influenced her sense of security, capacity to express emotions, and confidence in others.
- Bowlby's theory can be used to assist Jenny in health and social care practice. Strategies such as typical caregiving, emotional support, creating a safe environment, developing healthy interactions, and enlisting carers or family members can aid in her emotional stability and resilience (**Bowlby, 1988**). These interventions address the impact of previous relationship problems and promote healthy social and emotional development.
- While the theory is useful for understanding Jenny's needs and guiding interventions, it is important to consider other factors such as her environment, social support, and individual circumstances. By combining attachment theory with practical support strategies, Jenny can be supported to build secure relationships, improve her well-being, and achieve better life outcomes.

REFERENCES

1. John Bowlby (1951). Maternal Care and Mental Health. Geneva: World Health Organization.
2. John Bowlby (1969). Child Care and the Growth of Love. London: Penguin Books.
3. John Bowlby (1969). Attachment and Loss: Volume 1 – Attachment. London: Penguin Books.
4. John Bowlby (1973). Attachment and Loss: Volume 2 – Separation: Anxiety and Anger. London: Penguin Books.
5. John Bowlby (1980). Attachment and Loss: Volume 3 – Loss: Sadness and Depression. London: Penguin Books.
6. John Bowlby (1988). A Secure Base: Parent–Child Attachment and Healthy Human Development. London: Routledge.





Acknowledgement of the use of AI

- I confirm that I have not used any form of AI in my assignment. I confirm I have copies of my drafts, notes, and other resources I have used to prepare my assignment.



QUESTIONS