



## Exercise: Wellbeing

Consider what wellbeing might mean for a person with care and support needs, and how people working in the care and support sector could influence their wellbeing. Complete the table below giving examples for each element of wellbeing (adding to the examples given):

Element of wellbeing	How could staff influence wellbeing
Personal dignity (including treatment of the individual with respect)	<ul style="list-style-type: none"> <li>■ Do care workers knock before entry?</li> </ul>
Physical and mental health and emotional wellbeing	<ul style="list-style-type: none"> <li>■ Do staff assessing carers needs give due weight to the psychological strain that some carers can suffer from?</li> </ul>
Protection from abuse and neglect	<ul style="list-style-type: none"> <li>■ Do staff know about the different forms of abuse and what to do if they come across or suspect it?</li> </ul>
Control by the individual over day-to-day life (including over care and support provided and the way it is provided)	<ul style="list-style-type: none"> <li>■ Have commissioners identified providers who will allow a client to bank care hours on a given amount of notice, for use in another week?</li> </ul>

Participation in work, education, training or recreation	
Social and economic wellbeing	
Domestic, family and personal relationship	
Suitability of living accommodation	
The individual's contribution to society	