Interrelationships of health and wellbeing – case study

<table>
<thead>
<tr>
<th>Key knowledge</th>
<th>Key skills</th>
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<tbody>
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<td>KK1–concepts of health and wellbeing (including physical, social, emotional, mental and spiritual dimensions) and illness, and the dynamic and subjective nature of these concepts</td>
<td>KS2-describe the interrelationships between dimensions of health and wellbeing</td>
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One:
For each of the case studies below outline the person’s dimensions of health and wellbeing. You must include reference to all five dimensions.

Two:
Discuss your opinion of each person’s overall health and wellbeing.

Three:
Describe why they might disagree with your assessment of their health and wellbeing.

Four:
Suggest recommendations or ways for each person to promote and improve their own health and wellbeing.

Five:
Write your own case study and then swap with a friend. Complete the same questions.

Aria has just retired at 65 years of age after a long career in financial management. Part of preparations for retirement was the planning of a big overseas holiday. She hasn’t travelled much before, so is very excited about this opportunity. Her daughter has recently moved overseas with her family, so Aria is very much looking forward to spending time with her and her grandkids as well as exploring their new home in France. Retirement has been tough, as Aria has always enjoyed working and this has been a big component of her identity. She isn’t sure what she is going to do all day, when she gets home from her holiday.

Aria’s family has a history of high cholesterol and she has been on medication to help control this for a number of years. Recently she has had a number of chest infections and has been prescribed a Ventolin puffer. She has taken up yoga and mindfulness practices to help look after her health and wellbeing.

Aria’s her travel plans were cut short when her elderly Mum had a stroke. She cancelled her trip and is now focusing on looking after her Mum during her rehabilitation. ‘Thank goodness I’m not working’ she keeps thinking to herself.
| Mason | Mason is in Year 12 and studying diligently as he was to study Dentistry. His opinion of himself is that he isn’t the smartest in his class, and is starting to feel stressed about the upcoming VCE exams and whether he will achieve the results needed to study what he wants so. Mason does prioritize his studies, so has achieved good results so far. But this comes at a cost. Mason has always loved playing sport and up until VCE he typically trained or played most nights of the week. This year he has had to compromise and just play soccer as he just hasn’t go the time to fit everything in. Given last season he sustained a number of injuries, not playing hasn’t been as bad as he thought it would be.

Mason was voted by his peers into the position of School Captain at his school and takes his role very seriously, ensuring he is working to uphold the schools values and motto. This has sometimes caused conflict with other students as Mason has become actively involved in the Restorative Practice process in the school, but he has the maturity and experience needed to be an excellent peer ambassador.

Mason has a strong sense of community forged through the various sports teams he has been involved with. His Mum, Dad and younger brother would often come and watch him play on the weekend. In fact his Mum stepped up to fill in for the Football Coach when he wasn’t available last year. Mason was secretly really proud of his Mum, but tried not to show it. |