**SOCIAL SERVICES AND WELL-BEING (WALES) ACT**

**EXERCISE**

**Well-being**

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

| **Element of well-being** | **How could practitioners promote well-being** |
| --- | --- |
| 1. Physical and mental health and emotional well-being
 | * Do people assessing carers’ needs give due weight to the psychological strain that some carers can suffer from?
 |
| 1. Protection from abuse and neglect
 | * Do you know about the different forms of abuse and what to do if you come across or suspect it?
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| 1. Education, training and recreation
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| 1. Domestic, family and personal relationships
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| 1. Contribution made to society
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| 1. Securing rights and entitlements
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| 1. Social and economic well-being
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| 1. Suitability of living accommodation
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| **Element of well-being for children** | **How could practitioners promote well-being** |
| 1. Physical, intellectual, emotional social and behavioural development of children
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| 1. Welfare as that word is interpreted for the purposes of the Children Act 1989
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| **Element of well-being for adults** | **How could practitioners promote well-being** |
| 1. Control over day-to-day life
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| 1. Participation in work
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