

BTEC Level 3 National Certificate/Extended Certificate Health & Social Care

Welcome

First of all welcome to Health and Social Care. I hope this pack provides you with a little insight into the subject and some prior understanding to help your smooth transition into the subject area and sixth form life.

Miss Heyes, Head of Social Science

TOPICS

Meeting Individual Care and Support Needs (coursework)

In this unit, you will learn about the values and principles of meeting care and support needs and look at some of the ethical issues that arise when personalising care. You will examine factors that can impact the professionals who provide the care and support, and the challenges that must be overcome to allow access to good quality care and health services. You will explore the different methods used by professionals across all care services. You will reflect on these methods when you consider the importance of multi-agency working in providing a package of care and support that meets all the needs of individuals.

Human Lifespan Development (exam)

This unit will develop your knowledge and understanding of patterns of human growth and development. You will explore the key aspects of growth and development, and the experience of health and wellbeing. You will learn about factors that can influence human growth, development and human health. Some of these are inherited and some are acquired through environmental, social or financial factors during our lifespan. You will learn about a number of theories and models to explain and interpret behaviour through the human lifespan. In this unit, you will explore the impact of both predictable and unpredictable life events, and recognise how they impact on individuals. You will study the interaction between the physical and psychological factors of the ageing process, and how this affects confidence and self-esteem, which in turn may determine how individuals will view their remaining years.

Please bring this work to your first health and social care lesson.

Activity

Task 1 approx. 20 minutes; in health and social care we look at the **lifespan** broken down into **life stages**. The following is a table of each life stage, the chronological age and some key features...but it is mixed up! The life stages in the first column are correct but the ages and key features are not. Your job is to rearrange the table so the 2nd and 3rd columns are also correct.

Birth and infancy	0-2	Continue to grow at a steady pace and continue to develop strength and coordination.
Early childhood	65+	Reach the peak of their physical fitness.
Adolescence	3-8	Experience growth spurts and develop sexual characteristics during puberty.
Early adulthood	9-18	The ageing process continues with gradual loss of mobility. Will experience a loss of height of up to a few centimetres.
Middle adulthood	46-65	The ageing process begins with some loss of strength and stamina. Women go through the menopause.
Later adulthood	19-45	A period of rapid growth reaching approximately half of their adult height by the time they are 2 years old. At around one year old they can walk unaided and by two years of age they can run.

Task 2 approx. 2-21/2 hours; another aspect of human development we look at is the impact of life events. Sometimes these are **predicted** i.e. we expect them to happen but other times they are **unexpected**. They have positive and negative effects on our development. Complete the following table to explain how the event can have a positive impact and how it may cause someone to experience stress. *Remember things affect different people in different ways, while you might not find a particular even stressful, someone else might!*

Predictable life event	Positive learning influence on development	Risk of stress (negative effect)
starting school/nursery/ university		
moving to a new house		

Marriage		
divorce		
starting a family		

beginning employment		
retirement		
death of a relative/partner/friend		

accidents or injury or serious illness		
changing employment		
leaving home		

Promotion		
redundancy		

3. research task

Approx. 180 minutes

*Create a document & type your answer/write them on A4 paper.
Everything you need can be found very easily by carrying out a Google search*

1. Find a definition for the following
 - a. Equality
 - b. Diversity
 - c. Discrimination

2. Carry out some research into the 6 C's
 - a. Define each one
 - b. For each one, suggest a way it could be demonstrated in a care setting

3. Find out what the 6 key principles of the triangle of care are & record them.

4. Identify the 5 steps that make up the risk assessment process

5. <https://www.simplypsychology.org/preoperational.html> using this website summarise Piaget's mountain test.