**Health and Social Care – Extended Certifiate**

**Summer work: Part 1 – coursework task.**

**This task is part of Unit 1 Building Positive Relationships. Your work will contribute towards criterion Pass 3: *Explain\** strategies to ensure a person-centred approach in health, social care or child care environments.** (*Explain\** *= to give account of the purposes or reasons).*

***Submission date*:** Hard copy – hand in first lesson of health and social care.

Electronic copy – submit in second lesson of health and social care (we will show you how to do this).

This assignment is about person-centred care and the strategies that we use in health, social care, and child care to try to ensure this. You will first need to explain what person-centred care is and what needs to be present to ensure this. Then you will look at some strategies that can be used to support person-centred care by applying them to two different case studies.

1. Find out what **person-centred care** is and *explain* what the benefits of it are for the individuals receiving it.
2. In order for professionals working in health, social care, or childcare settings to provide person-centred care and build a positive relationship with the individuals they work with, there are a number of values they need to consider. These are listed below. You should write a *short summary* (2 or 3 sentences) for each of these that explains what it is and how it might be shown in a health, social care or childcare setting:

* **Choice**
* **Privacy**
* **Dignity**
* **Respect**

Here is an example of what these short summaries might look like:

**Individuality -** Individuality is an important part of creating a person-centered approach to care for an individual. Individuality allows a person's individual needs to be catered for by setting out the specific needs that an individual has. The person is respected for who they are and having their own identity. Individuality is all about a person being themselves and accepted for that. It allows care workers to get to know each service user individually. ‘One size fit’s all’ does not work when it comes to providing care and support. (1) This is further explained by Active Social Care who say, “it is not about making people fit into services but about providing services which are tailored to meeting a person’s needs.” (2)

* **Rights**
* **Independence**
* **Partnership**
* **Individuality**

3. There are several strategies that can be used to ensure that the care provided in health, social care and childcare settings is person-centred. These include the following:

* **Understanding an individual’s needs and preferences** – e.g., do they have processing difficulties, dietary needs, need help with daily tasks?
* **Enabling and supporting an individual** e.g., providing a hearing loop, access ramps, need someone to speak on their behalf?
* **Staff training** – do staff have the skills and knowledge to work with the individuals? Have they received mandatory training such as safeguarding? Do they need specialist training such as stroke care or autism awareness?
* **Demonstrating professional behaviour –** e.g. maintaining confidentiality, following agreed ways of working.

Write a short paragraph introducing these four strategies described above. For each strategy include one example of what this means for people working in health, social care or childcare environments.

4. Read the case studies shown on the next page. For *both case studies* you need to do the following to show how the theory links to real life examples in health, social care or childcare environments:

* *Summarise* the case study. Describe the setting and the type of environment it is based in – health, social care or childcare. *Identify some of the difficulties* for the individuals involved in the situation and some their *needs* that workers in health, social care or childcare will have to consider.
* Choose *3 of the values* you explained in (2) and explain how these could be shown in the case study.
* Now *apply the strategies* you have looked at in (3). *Explain how these would apply* in the case study and *what would need to be considered* for the individual involved. Explain how this *results in person-centred care* for the individual involved.
* Try to use external research such as news stories, websites, research articles to support your ideas. Are there instances where these strategies have been used successfully or where they haven’t been fully implemented which has resulted in a lack of person-centred care? (There are some suggested sources to get you started listed at the end).

*Remember to do this for both case studies.*

**Case Studies**

**Case Study 1**

*Chloe is 8 years old and has special educational needs which includes mild learning disabilities. Due to her learning disabilities, she finds it hard to make friends and often struggles to understand what is going on in lessons. This often results in Chloe receiving lots of reminders in lesson as she is often off task and distracted. When Chloe is nervous, she will go to the toilet and can often hide out there for long periods of time to avoid doing work in class. During lunch time she sits on her own while she watches her classmates play. Chloe has a wide range of interests however she does not like talking to new people and will often take a long time to open up to people that she does not know.*



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***Case study 2***

*Mr. Roger Davies was diagnosed with Alzheimer’s disease three years ago and he is progressively deteriorating. When Mr Davies is having a good day he begs his wife, Cassandra not to leave him. Cassandra is struggling with his care and she is becoming very concerned about his safety as he has left the house on a number of occasions when she has been asleep. She is exhausted and her own health is starting to suffer as a result of Roger’s condition. This has resulted in their daughter, Lucy, staying over four nights a week so that Cassandra can rest.*



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**5. Reference/bibliography section**

You might quote from a source and who how this supports what you are saying. Make sure you put quoted material in “” (x) and use Mybib ([Free Harvard Referencing Generator [Updated for 2024] (mybib.com)](https://www.mybib.com/tools/harvard-referencing-generator)) to generate a full reference to cut and paste and include in a reference list at the end with corresponding number or use full Harvard referencing. This is the same for books, journals, websites, blogs, news stories. For example, in text you might write “Building positive relationships with adults, children and young people requiring care is an essential part of effective practice” (1). Then in your reference list you will include the full reference:

1. Maria Ferreiro et al (2022). *Cambridge Technical L3 Health and Social Care*. London : Hodder. 3.

If you have read around the content to get some further understanding but don’t quote from the source you still need to include the full reference for the source in your reference list and you still need to show where this has influenced your work. For example: You might write… *A care plan for each individual is an essential component of person-centred care as this details the needs and preferences for every single person who uses the setting and means that workers will adjust their approach to support the individual. (2)* Then in the reference list you will include the full reference generated by Mybib

1. Taylor, J. (2023) What is person-centred care and why is it important? [online]. Access. Available at: <https://www.theaccessgroup.com/en-gb/blog/hsc-person-centred-care/>.

If you use Generative AI such as ChatGPT you should include the prompt you used and a screenshot of the generated response in a separate section in your reference list along with the date and the AI system you used. You should avoid using this for very much other than some background research as anything you produce that is generated using AI won’t be credited.

**Useful links and sources of information to get you started:**

[What is person centred care? Person centred care explained. (theaccessgroup.com)](https://www.theaccessgroup.com/en-gb/blog/hsc-person-centred-care/)

[Integrated care research and practice - SCIE](https://www.scie.org.uk/integrated-care/research-practice/)

[Learning disability - BBC News](https://www.bbc.co.uk/news/topics/ce1qrvlel4qt)

[What Is A Learning Disability? See Our Definition | Mencap](https://www.mencap.org.uk/learning-disability-explained)

[What are dementia and Alzheimer's and how common are they? - BBC News](https://www.bbc.co.uk/news/health-66108585)

[Dementia - BBC News](https://www.bbc.co.uk/news/topics/cdl8n2edgrgt)

**Summer work – Part 2 – Further reading/viewing/listening**

Choose a podcast, show, book, news article that relates to health, social care or childcare settings. Make it one that covers something you are interested in finding out a bit more about or developing your knowledge further. Write a short summary of the issues raised and any interesting thoughts that result from you reading/listening/viewing it. Here are a few suggestions but it’s not an exhaustive list:

BBC IPlayer

[BBC iPlayer - Nadiya: Anxiety and Me](https://www.bbc.co.uk/iplayer/episode/m00053fy/nadiya-anxiety-and-me)

[BBC iPlayer - Rose Ayling-Ellis: Signs for Change](https://www.bbc.co.uk/iplayer/episode/m001n9sr/rose-aylingellis-signs-for-change)

[BBC iPlayer - Our Dementia Choir with Vicky McClure](https://www.bbc.co.uk/iplayer/episodes/m0004pyg/our-dementia-choir-with-vicky-mcclure)

[BBC iPlayer - Paramedics on Scene](https://www.bbc.co.uk/iplayer/episodes/m00091s7/paramedics-on-scene?seriesId=m001lvkl) (just pick 1 episode)

[BBC iPlayer - Ellie Simmonds: A World Without Dwarfism?](https://www.bbc.co.uk/iplayer/episode/m0016503/ellie-simmonds-a-world-without-dwarfism)

[BBC iPlayer - The Jennings v Alzheimer’s](https://www.bbc.co.uk/iplayer/episode/m001z9vf/the-jennings-v-alzheimers)

[BBC iPlayer - Joe Swash: Teens in Care](https://www.bbc.co.uk/iplayer/episode/m001nqgf/joe-swash-teens-in-care)

[BBC iPlayer - Kevin Sinfield: Going the Extra Mile - Audio Described](https://www.bbc.co.uk/iplayer/episode/m001hsks/ad/kevin-sinfield-going-the-extra-mile)

BBC Sounds

[Inside Health - What does alcohol do to the body and brain? - BBC Sounds](https://www.bbc.co.uk/sounds/play/m001yxgw)

[Inside Health - When does sitting become bad for health? - BBC Sounds](https://www.bbc.co.uk/sounds/play/m001qtgk)

[BBC Sounds - Who Cares? - Available Episodes](https://www.bbc.co.uk/sounds/brand/b04lspvj)

[BBC Sounds - Robots that Care - Available Episodes](https://www.bbc.co.uk/sounds/brand/b015pw27)

BBC News

[Teesside healthcare assistants walk out in third round of strikes - BBC News](https://www.bbc.co.uk/news/articles/c5118vynd06o)

[Prostate cancer: Glowing dye used to help find invisible cells - BBC News](https://www.bbc.co.uk/news/articles/ck77k80nlwro)

[How dangerous is vaping and will the new Parliament ban smoking for young people? - BBC News](https://www.bbc.co.uk/news/health-66784967)

[HMP Pentonville: How tea and cheesecake are helping young inmates - BBC News](https://www.bbc.co.uk/news/articles/c511617l31no)

Journals/Research

[Building a better understanding of adult social care | The BMJ](https://www.bmj.com/content/382/bmj-2022-073720)

[Homeless persons' experiences of health‐ and social care: A systematic integrative review - Omerov - 2020 - Health & Social Care in the Community - Wiley Online Library](https://onlinelibrary.wiley.com/doi/10.1111/hsc.12857)

[Depression in care home residents: strategies for reducing the risk | Nursing Times](https://www.nursingtimes.net/roles/care-home-nurses/depression-in-care-home-residents-strategies-for-reducing-the-risk-17-04-2023/)

*Remember to bring your documents for DBS with you at enrolment. Passport AND original birth certificate AND Bank statement from within last 3 months OR Utility bill addressed to you OR Child benefit letter with your name on it*