

CLEETHORPES ACADEMY HOME LEARNING

Year 10: HEALTH AND SOCIAL CARE



We Are ***CARING***

We Are ***CURIOUS***

We Are ***CREATIVE***

SELF QUIZZING

OUR EXPECTATIONS

- The act of self-quizzing supports retrieval. Retrieval is important because the more we revisit knowledge and ideas, the more likely we are to remember it. The more we remember, the greater sense we can make of our learning.
- You should spend a minimum of *30 minutes a night* focusing on a specific subject's retrieval activity.
- You should bring your completed work to form, every Tuesday, where your work will be checked and additional retrieval activities will be completed to support your retention of the information studied at home.
- Failure to complete the activities each week, will result in further sanctions.

WHAT YOU SHOULD DO

- Each night, select a subject to focus on.
- Read the subject's information really trying hard to remember what you have read. You might want to highlight and add your own notes to the information you have been given.
- Once you are confident that you can recall the information without having to recheck, use the following blank page to write down everything you can remember, using a black or blue pen. Don't worry if you can't remember everything
- In form time, your tutor will ask you to check through your work and use a green pen to "gap fill" any information you may have missed.
- Your tutor will also ask further questions in relation to the information you have read each week, to further support your retention of new knowledge.
- You will be rewarded with carrot points for your efforts each week.

WEEK 1

PIES development and changes: Middle adulthood 46-65 years

Read the information below about middle adulthood then write down what you can remember in your book.

Physical	Intellectual	Emotional	Social
Eyesight may worsen Hearing may worsen Skin wrinkles Kidney function reduces Respiratory system Heart issues Joints and bones weaken Menopause	Memory loss Parkinson's Disease May have a reduction in knowledge – technical/technology Long term memory Dementia Perception Slower processing	Bereavement Anxiety/stress Loss Happiness Fulfilment Sense of self Relationships Emotional attachment Bonding	Retirement Meet new people Join new clubs Spending more time with family Isolated/excluded Alone/lonely More socially active Clubs and groups

Week 2

Factors that can affect development

Read the information below about middle adulthood then write down what you can remember in your book.

What are cultural factors?

Cultural factors are things that can affect a person's development in life. These can have positive or negative effects. For example, a person's culture may be shaped by community, religion, race, gender identity or sexual orientation.

What are emotional factors?

Emotional factors are things that can affect a person's development in life. These can have positive or negative effects. Emotional factors can include anxiety, fear, sadness, happiness, grief, attachment and family security.

What are social factors?

Social factors are things that can affect a person's development in life. These can have positive or negative effects. Social factors can include positive/negative relationships, social inclusion/exclusion, opportunities, discrimination and bullying.

Week 3

Life events that can impact individuals

Read the information below about middle adulthood then write down what you can remember in your book.

Expected (planned) life events

- Moving house
- Having children
- Retirement
- Menopause
- Marriage
- Changing jobs
- Starting work

Unexpected (unplanned) life events

- Serious illness
- Disability
- Imprisonment
- Divorce
- Bereavement
- Accidents
- Redundancy
- Bankruptcy

Examples of **impacts of life** events on individuals may include:

- **Physical:** illness/tiredness, pain, weight loss/gain, mobility, appearance.
- **Intellectual:** adapting to change, learning new skills, learning impairment.
- **Emotional:** mental health, grief, anxiety, stress, depression, self-esteem/self-image.
- **Social:** lifestyle choices, personal relationships with friends and family.
- **Financial:** change in income, increased costs, change in wealth.

Week 4

*Support available for individuals:
Different types*

*Read the information below about middle adulthood then write down what
you can remember in your book.*

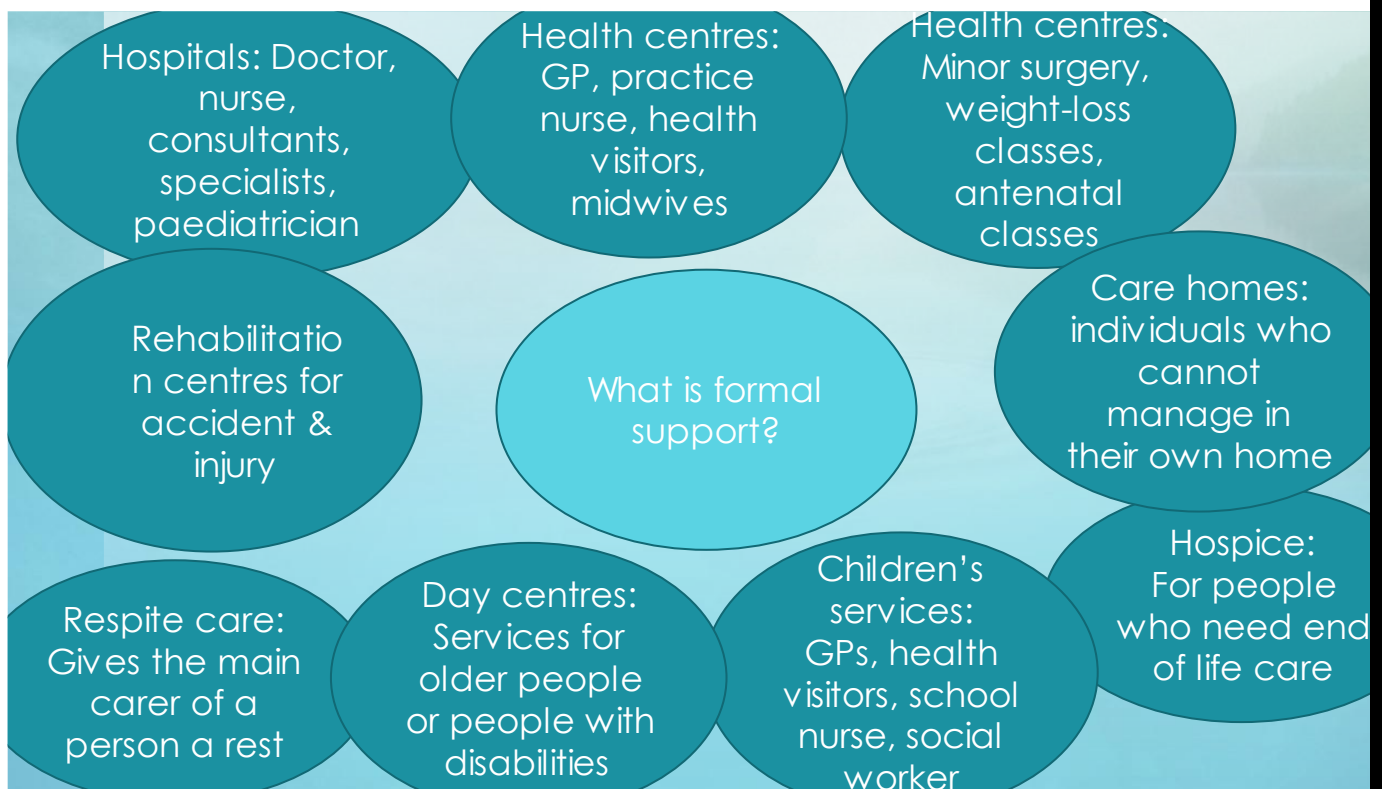
Different types of support

<u>Formal = professional services</u>	<u>Informal – relatives and friends</u>	<u>Charity = specialist services set up to meet particular needs</u>
Hospitals Health centres Care homes Day centres Hospices Respite care Rehabilitation centres	Family Friends Religious support Cultural support	Relate Gingerbread Cruse Age UK Mind

Week 5

Support available for individuals: Formal support

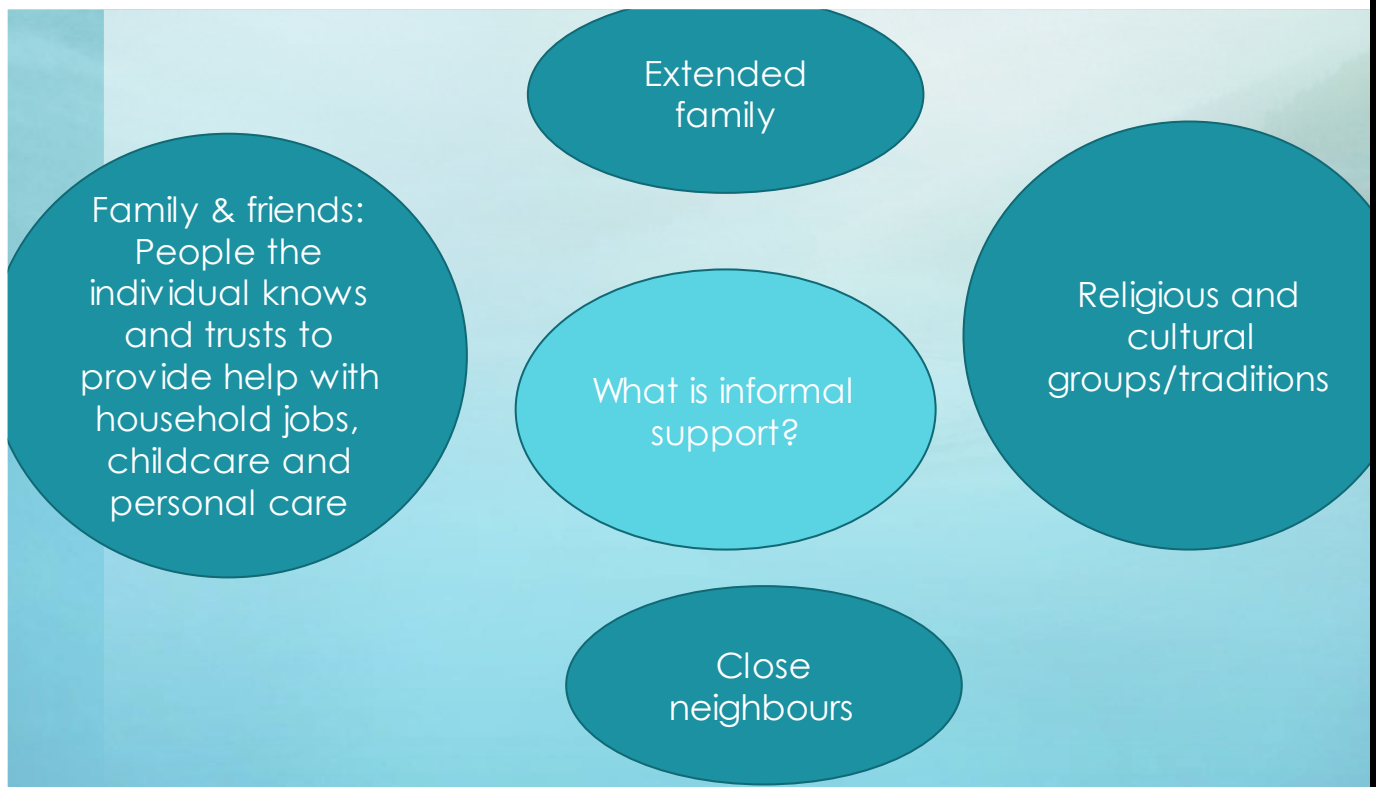
Read the information below about middle adulthood then write down what you can remember in your book.



Week 6

*Support available for individuals:
Informal support*

Read the information below about middle adulthood then write down what you can remember in your book.



Week 7

*Support available for individuals:
Charity support*

Read the information below about middle adulthood then write down what you can remember in your book.

What is charity support?

Charities are organisations which are not run for profit. They often rely on donations, shops and charity events to help raise money to keep the charity going so it can provide support to various different people for many reasons.

Examples of charities include:

Relate: for relationship advice/family problems/divorce & separation

Gingerbread: Provides support for single parents

Cruse: support for people suffering a bereavement

Age UK: provides services for older people

Mind: supports people with mental health problems

Week 8

Person-centred values

Read the information below about middle adulthood then write down what you can remember in your book.



Week 9

Person-centred values

Read the information below about middle adulthood then write down what you can remember in your book.

Privacy

Rights

Independence

Choice

Encouraging decision making

Dignity

Respect

Individuality

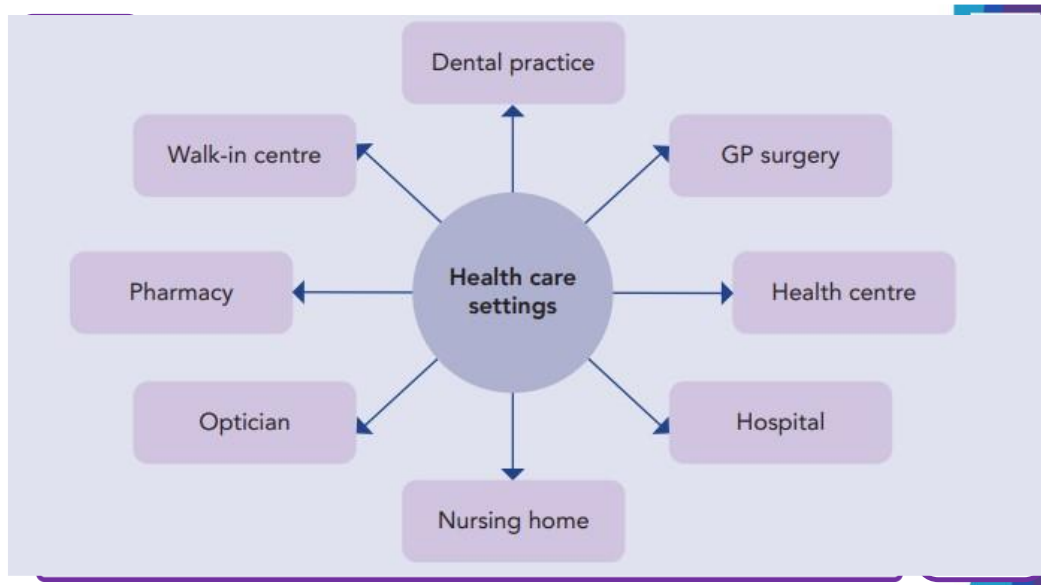
Partnership

A person-centred approach is to see the person as an individual, focusing on their personal needs, wants, goals and aspirations. The individual must be central to the whole process, with their support needs designed in partnership with the individual, their family and /or carers.

Week 10

Types of health and social care settings

Read the information below about middle adulthood then write down what you can remember in your book.



Week 11

The 5 rights

CHOICE

Read the information below about middle adulthood then write down what you can remember in your book.



Service providers must include service users in the decisions about their care. Every service user has the right to decide if they want to agree to the care being offered

- ✓ **Choosing which activities to participate in**
 - ✓ **Choosing what to eat**
- ✓ **Choosing the type of treatment they want to receive**

Week 12

The 5 rights

CONFIDENTIALITY

Read the information below about middle adulthood then write down what you can remember in your book.

Confidentiality means keeping information **private** and not sharing it with **unauthorised** individuals. It's about **protecting personal** or **sensitive** information from being **disclosed** without proper consent or a **legitimate** reason. Information should only be shared on a **need – to – know basis**.

Examples:

- **Medical records** – Service user medical records including diagnoses, treatment plans and test results are maintained with strict confidentiality to protect sensitive health information.
- **Private discussions** – Service providers ensure the privacy of service user discussions, ensuring their personal issues and concerns are not disclosed without their consent.
- **Personal information** – Care providers mustn't share personal details of service users, like their address or contact details, unless it's necessary for their care and/or with proper authorisation.