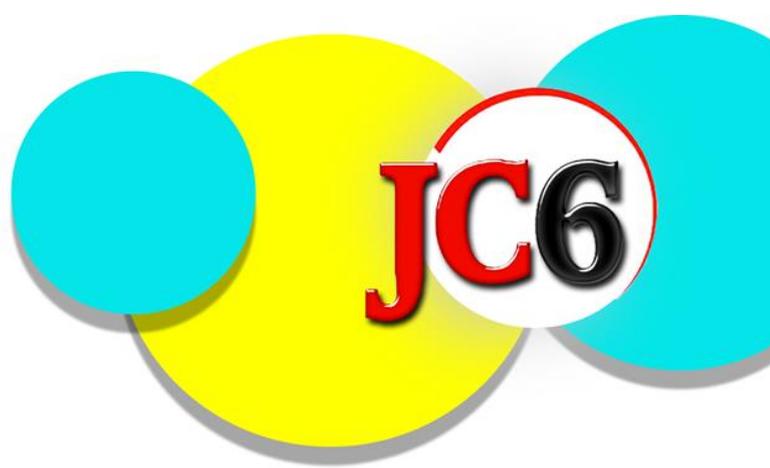


Getting Started with... Health and Social Care



Welcome!

We look forward to you studying Health and Social Care with us next year. Some of you will have studied this in year 10 and 11 and some will not; either way, you will all benefit from gaining a better understanding of the Health and Social Care sector prior to beginning your level 3 studies. Health and Social care are playing such a huge part in people's lives at the moment and are in the news daily. This gives an opportunity to observe many of the fundamental principles of caring for others in practice.

Core Skills: Tasks to do before you start in September.

1. Follow the link to look at the BTEC Specification and the units you will study. At 6th form we study unit 1,2, 5 and 14 over the two years. Familiarise yourself with the contents of the specification and what is in each unit.
<https://lp.hajc.leics.sch.uk/health-and-social-care>
2. Find out what the 6C's are and how they are put into practice by health and social care professionals. Explain each 'C' and say how nurses, doctors and other professionals treating Covid 19 patients are demonstrating 'The 6 C's'. The two videos below will help you.
https://www.youtube.com/watch?v=qELlVOyy6c&fbclid=IwAR2t1ZERSBGDDohismLgREmP-cqiFF4dg51RYSpUqn1xYWnu161E7TZDI_o&app=desktop
<https://www.youtube.com/watch?v=IWLsWUUDNio>
3. One of the things we will look at throughout the course is the way we grow, learn and develop from birth to death, through all the **life stages** and into old age. Develop an understanding of the changes that take place, considering the physical, intellectual, social and emotional areas of development by interviewing parents, grandparents, siblings and friends. Ask them about changes they have noticed in the past few years, some will be positive and some negative, make a note of them for future reference. Think about babies and children, teenagers, young adults, older adults and the elderly.
If you cannot find people in all age groups use TV programmes like 'The old people's home for 4 year olds': <https://www.youtube.com/watch?v=pCblstayHQ8> or <https://www.youtube.com/watch?v=XGTeDAbwo3k> 'The secret lives of 4 year olds'.

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Challenge tasks: Push yourself to develop your skills further.

1. Complete the short quiz on this NHS website for ideas on careers in Health and Social Care <https://www.healthcareers.nhs.uk/FindYourCareer>
2. Explore a range of roles and produce a portfolio or information booklet on jobs available, what the role entails and what qualifications are required.
<https://www.healthcareers.nhs.uk/explore-roles>

Exploring further: You will all have your own reasons for choosing to study Health and Social Care. You may have a desire to work in the sector at one of the hundreds of roles that exist - some of them you won't even know about yet - or you may have chosen this as a vocational subject that has more practical elements than A level courses. Whatever your reasons, you will find a wide range of resources and sources of information around this subject that will extend your general knowledge and make much of your studying more meaningful:

1. Familiarise yourself with the NHS website - which is a valuable and reliable source of information - and research some illnesses and conditions that interest you. Find out their causes, signs and symptoms and treatments. Make notes, presentations or mind maps on each one. They could include, Asthma, Diabetes, Cancer, Covid 19, Arthritis, Heart Disease, Dementia or anything else that interests you.
<https://www.nhs.uk/> Use the search box to find your information.
2. Good communication is a vital part of working and caring for other people. Some people might have difficulties communicating and we might need to use alternative ways to help them to understand. Makaton is a communication system that can be used with children and adults. Use this website and watch the CBeebies film to find out more about Makaton. . <https://www.makaton.org/aboutMakaton/>
3. Have a go at learning some Makaton signs yourself: YouTube has lots of film clips you can learn from try learning with Mr Tumbles
<https://www.youtube.com/watch?v=fIXsU4V0zz8>

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And finally:

MOOCs stands for Massive Open Online Courses. There are a wide range that link to Health and Society. This is one example that would take a total of 8 hours study over 4 weeks. Even if you are not directly thinking of working in this field it will cover important principles and issues that will be transferable to other roles and to your coursework.

<https://www.futurelearn.com/courses/personal-assistants-disability-support>

Feel free to search for others that might be of more interest to you. You can find lists of other MOOCs here:

<https://www.mooc-list.com/countries/united-kingdom>

They are mostly free and there are a range of topics with varying lengths of courses.

Any questions?!
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