

WELCOME TO HEALTH & SOCIAL CARE



NAME: _____

CONTEXT



TIMELINE



ALL UNITS



**HISTORY OF
NHS**



**NETFLIX/READING
RECOMMENDATIONS**



ACTIVITIES



GLOSSARY



BRIEF OVERVIEW OF WHAT YOU WILL LEARN

UNIT 1

HUMAN LIFE SPAN DEVELOPMENT

Understand the different factors that influence an individual's development and how these relate to their care needs.

1

UNIT 2

WORKING IN HEALTH & SOCIAL CARE

You will gain an understanding of the roles and responsibilities of health and social care practitioners, as well as the organisations in which they work.

2

UNIT 5

MEETING INDIVIDUAL CARE AND SUPPORT NEEDS

You will develop an understanding of the diverse needs of individuals and the ways in which health and social care providers meet and support those needs..

3

UNIT 3

ANATOMY AND PHYSIOLOGY CARE

You will gain an understanding of the human body, its major systems, and common disorders that affect health and wellbeing..

4

UNIT 17

CARING FOR INDIVIDUALS WITH DEMENTIA

You will learn about the different types of dementia, how people living with dementia experience daily life, and the support available to them and their families.

5

UNIT 19

NUTRITIONAL HEALTH

You will learn about the principles of good nutrition and the importance of a balanced diet in maintaining health and wellbeing.

6

UNIT 1

(Exam Unit)

In this unit you will:

- Human growth and development through the life stages
- Factors affecting human growth and development
- Effects of ageing

Time: 1 hour 30 minutes

UNIT 2

(Exam Unit)

- The roles and responsibilities of people who work in the health and social care sector
- The roles of organisations in the health and social care sector
- Working with people with specific needs in the health and social care sector

Time: 1 hour 30 minutes

UNIT 3

(Exam Unit)

- The structure and organisation of the human body
- The structure, function and disorders of body systems
- Medical Research

Time: 1 hour 30 minutes

UNIT 4

(Exam Unit)

In this unit, you will find out about the different research methods that can be used to gather information and the ethical issues that need to be considered. You will review research carried out into a contemporary issue in the sector, and will develop skills that will enable you to carry out your own secondary research into the issue. You will then consider how the research findings may benefit service users or improve practice, and make recommendations for further research. To complete the assessment task within this unit, you will need to draw on your learning from across your programme.

Time: 3 hours

UNIT 5

Coursework

In this unit you will:

- Examine principles, values and skills which underpin meeting the care and support needs of individuals
- Examine the ethical issues involved when providing care and support to meet individual needs
- Investigate the principles behind enabling individuals with care and support needs to overcome challenges
- Investigate the roles of professionals and how they work together to provide the care and support necessary to meet individual needs.

UNIT 6

Coursework

and

two weeks of work experience

In this unit you will:

- Examine the benefits of work experience in health and social care for own learning and development
- Develop a work experience plan to support own learning and development
- Carry out work experience tasks to meet set objectives
- Reflect on how work experience influences own personal and professional development.

UNIT 7

(Coursework)

In this unit you will:

- Examine how a duty of care contributes to safe practice in health and social care settings
- Understand how to recognise and respond to concerns about abuse and neglect in health and social care settings
- Investigate the influence of health and safety legislation and policies in health and social care settings
- Explore procedures and responsibilities to maintain health and safety and respond to accidents and emergencies in health and social care settings.

UNIT 8

(Coursework)

In this unit you will:

- Examine strategies for developing public health policy to improve the health of individuals and the population
- Examine the factors affecting health and the impact of addressing these factors to improve public health
- Investigate how health is promoted to improve the health of the population
- Investigate how health promotion encourages individuals to change their behaviour in relation to their own health.

UNIT 10

(Coursework)

In this unit you will:

- Understand how sociological concepts and perspectives are applied to the study of health and social care
- Examine how sociological approaches support understanding of models and concepts of health
- Examine how social inequalities, demographic change, and patterns and trends affect health and social care delivery.

UNIT 12

(Coursework)

In this unit you will:

- Examine reasons why individuals may experience additional needs
- Examine how to overcome the challenges to daily living faced by people with additional needs
- Investigate current practice with respect to provision for individuals with additional needs.

UNIT 14

(Coursework)

In this unit you will:

- Investigate the causes and effects of physiological disorders
- Examine the investigation and diagnosis of physiological disorders
- Examine treatment and support for service users with physiological disorders
- Develop a treatment plan for service users with physiological disorders to meet their needs.

UNIT 17

(Coursework)

In this unit you will:

- Examine the types, causes and symptoms of dementia
- Examine the effects of dementia on people who have the condition
- Investigate the concept of person-centred care for people who have dementia to maintain quality of life and wellbeing.

UNIT 19

(Coursework)

In this unit you will:

- Understand concepts of nutritional health and characteristics of essential nutrients
- Examine factors affecting dietary intake and nutritional health
- Plan nutrition to improve individuals' nutritional health.

History of the NHS

The Beveridge Report, 1942

In 1942, William Beveridge, a senior government official, published a report outlining plans for rebuilding Britain after the Second World War. The report proposed creating a comprehensive welfare system to support the population and identified five major social problems that needed to be addressed: poverty (want), illness (disease), lack of education (ignorance), poor housing and living conditions (squalor), and unemployment (idleness).

When the Beveridge Report was released, it received support from all political parties. There was widespread agreement that the government should provide protection and support for everyone in society. As a result, when the Labour Party came to power in 1945, it introduced the report’s recommendations and established the welfare state. The key principles of this system continued to be accepted by governments after 1951, leading to a period of political agreement known as the post-war consensus.

Make a leaflet outlining the history of the NHS and include sections on:

- Healthcare before the NHS
- When/why the NHS was created
- What the NHS does
- The significance of the NHS
- How is the NHS different in other countries



Giant	The 1945 Labour Government’s Solution
Want	The National Insurance Act introduced a system funded by contributions from the government, employers, and workers, providing financial support during unemployment, illness, maternity leave, and retirement.
Disease	To be ended by a comprehensive health service. The National Heath Service Act provided free medical and hospital treatment for all (the NHS).
Ignorance	To be ended by an effective education system. The Labour Party continued to support the Conservative’s 1944 Butler Education Act which provided free education within grammar schools, technical schools or secondary schools.
Squalor	To be ended by slum clearance and rehousing
Idleness	To be ended by full employment

NETFLIX

WATCH BEFORE YOU START HEALTH & SOCIAL CARE

Inspiring films and documentaries to explore real-life issues, people and careers in health and social care.



RECOMMENDED BY NHS
FOR 16-25 YEAR OLDS 2024

CHILD DEVELOPMENT & EARLY YEARS



Understand growth, attachment, early experiences and the importance of support.



Call the Midwife
Maternity care, social deprivation and the history of the NHS.



Babies
Child development in the first year of life and the power of early bonds.



What to Expect When You're Expecting
Pregnancy, birth and preparing for parenthood.



One Born Every Minute
Real stories from maternity wards across the UK.

MENTAL HEALTH & WELLBEING



Explore mental health conditions, diagnosis, treatment and the importance of empathy.



Brain on Fire
A young woman's misdiagnosis and the fight for the right treatment.



GAGA: Five Foot Two
Life in a musician's spotlight and the impact of mental illness.



The Mind, Explained
Short episodes on anxiety, memory, stress and mental health.

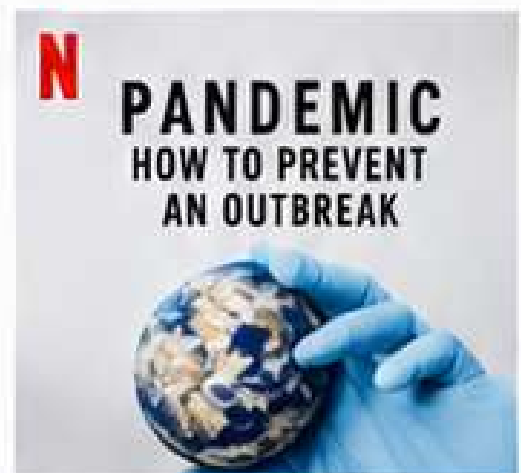


13 Reasons Why
Mental health, suicide awareness and the importance of support that can save lives.

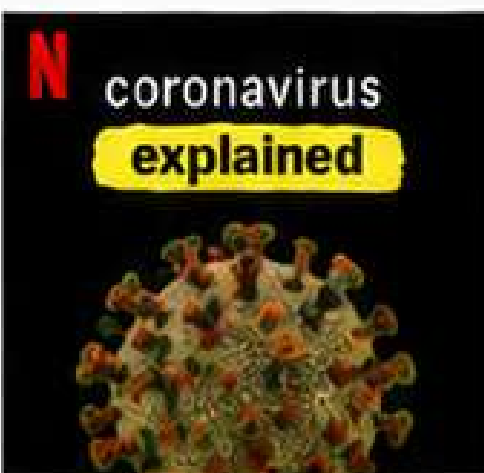
PUBLIC HEALTH & HEALTHCARE SYSTEMS



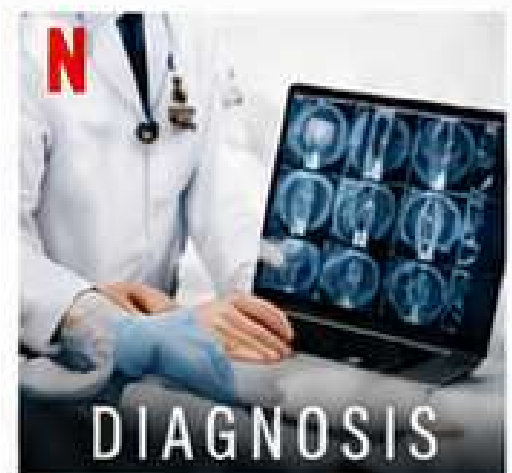
Learn about disease prevention, healthcare systems and the work of the NHS.



Pandemic: How to Prevent an Outbreak
Infectious diseases, vaccination, epidemics and global public health.



Coronavirus, Explained
The science, impact and global response to COVID-19.



Diagnosis
Real patients, real stories – the challenge of getting a diagnosis.



Critical: Between Life and Death
Emergency medicine, trauma care and life-saving decisions.

DISABILITY, LONG-TERM CONDITIONS & CARE



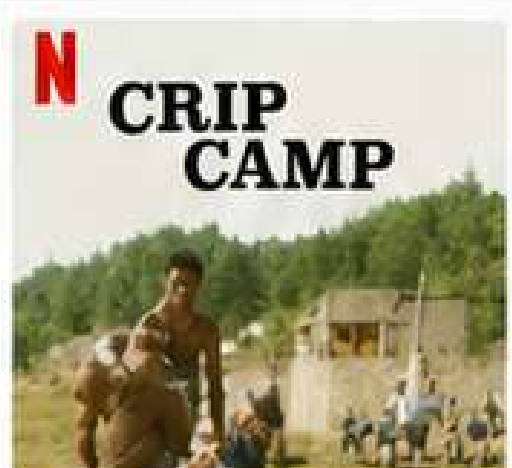
Stories of living with conditions, care, rights and person-centred support.



The Theory of Everything
Motor neurone disease, disability and the impact on individuals and families.



Five Feet Apart
Cystic fibrosis and the challenges of living with a long-term condition.



Crip Camp
Disability rights, inclusion and the fight for equality.



Louis Theroux: Extreme Love – Dementia
Living with dementia and the impact on families and carers.



TOP 10 MUST WATCH

- 1 Call the Midwife
- 2 Babies
- 3 Diagnosis

- 4 Pandemic: How to Prevent an Outbreak
- 5 The Theory of Everything

- 6 Five Feet Apart
- 7 Brain on Fire
- 8 Crip Camp

- 9 The Mind, Explained
- 10 Critical: Between Life and Death



USE THESE STORIES TO INSPIRE, QUESTION AND LEARN.
They will help you understand real-life experiences, develop empathy and prepare for your journey in Health and Social Care.



Think about: What can we learn?
How might we make a difference?
What career could this lead to?

BEYOND NETFLIX

WATCH BEFORE YOU START HEALTH & SOCIAL CARE



Real stories. Real people. Real healthcare.

Discover the topics you'll study in Health & Social Care.

BBC iPLAYER

Documentaries and dramas from the BBC that explore health, care and the challenges facing our society.



Watch free
with a TV Licence



Call the Midwife

- Child development
- Maternity services
- Public health
- Social deprivation
- NHS history



Ambulance

- Emergency care
- NHS services
- MDT working
- Decision-making under pressure



Our Dementia Choir

- Dementia
- Person-centred care
- Social inclusion
- Impact on families



Hospital

- NHS challenges
- Funding pressures
- Ethics
- Patient care



Channel 4 / 4
On Demand

Powerful observational documentaries giving an insight into frontline services and real life experiences.



Watch free
on All 4



24 Hours in A&E

- Emergency medicine
- Trauma care
- Communication skills
- Family-centred care



999: On the Front Line

- Paramedics
- Emergency response
- Safeguarding
- Decision-making



The Undiagnosed

- Diagnosis
- Long-term conditions
- Patient journeys



Emergency

- Surgery
- Critical care
- MDT working

prime video

Inspiring films based on true stories and powerful dramas that build understanding and empathy.



Included with
Prime membership



Still Alice

- Dementia
- Alzheimer's disease
- Family impact
- Coping strategies



Beautiful Boy

- Addiction
- Mental health
- Family relationships
- Recovery



The Upside

- Disability
- Care relationships
- Independence
- Person-centred care



Wonder

- Disability
- Inclusion
- Bullying
- Self-development



TOP 10 MUST WATCH

- | | |
|--------------------|---------------------------|
| 1 Call the Midwife | 6 Our Dementia Choir |
| 2 24 Hours in A&E | 7 Emergency |
| 3 Ambulance | 8 The Upside |
| 4 Still Alice | 9 Hospital |
| 5 Beautiful Boy | 10 999: On the Front Line |



WHY WATCH?

- ✓ Build empathy and understanding
- ✓ See real healthcare in action
- ✓ Support your studies
- ✓ Prepare for your future

USE THESE STORIES TO INSPIRE, QUESTION AND LEARN.

They will help you understand real-life experiences, develop empathy and prepare for your journey in Health & Social Care.

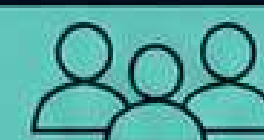


THINK ABOUT...

► What can we learn?

► How might we make a difference?

► What career could this lead to?



BEYOND NETFLIX: BOOKS

THAT WILL CHANGE HOW YOU SEE HEALTH & SOCIAL CARE

Read. Reflect. Question. Care.



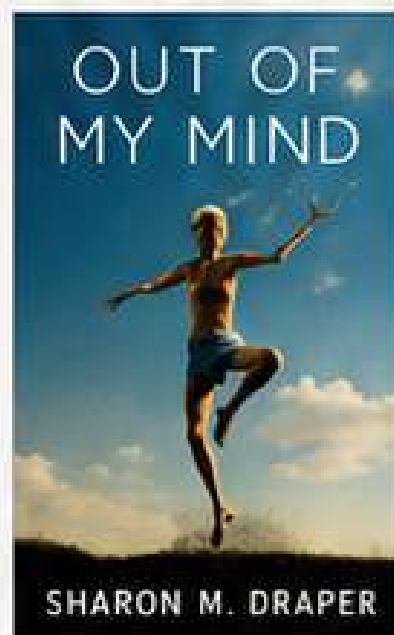
CHILD DEVELOPMENT & DISABILITY



Wonder
R.J. Palacio

- Disability
- Inclusion
- Bullying
- Self-esteem

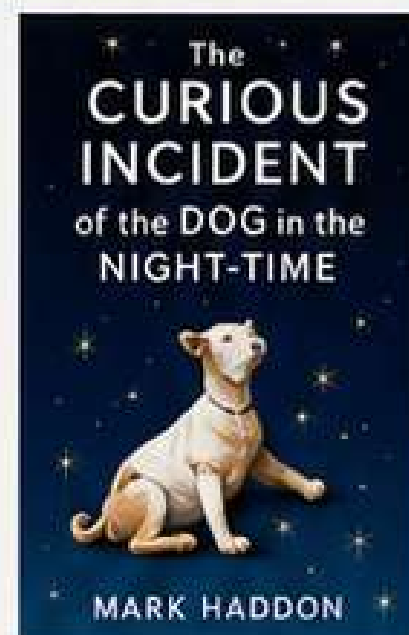
A powerful story about kindness, acceptance and seeing beyond appearances.



Out of My Mind
Sharon Draper

- Cerebral palsy
- Communication
- Resilience
- Identity

A moving story about finding your voice and not letting anything hold you back.



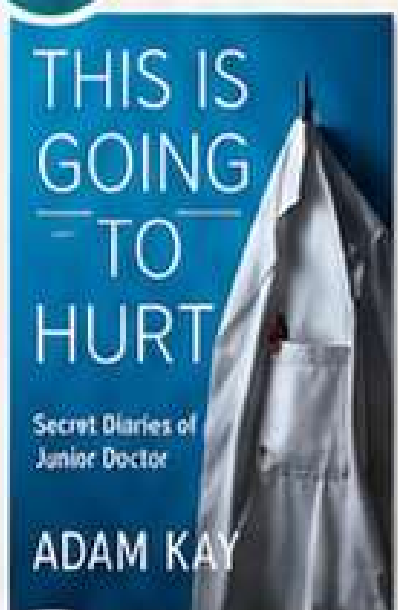
The Curious Incident of the Dog in the Night-Time
Mark Haddon

- Autism
- Family relationships
- Social awareness

An insightful look into the world through different eyes.



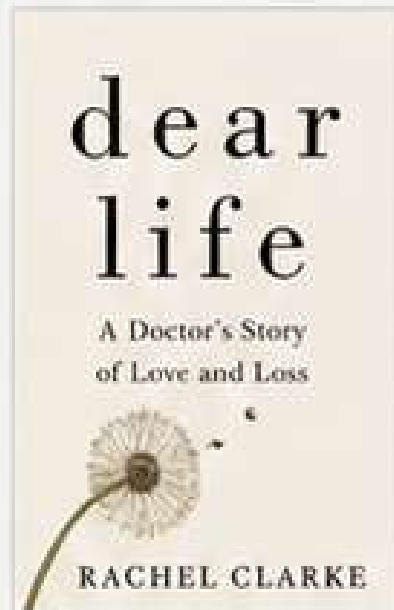
HEALTHCARE & NHS CAREERS



This Is Going to Hurt
Adam Kay

- NHS pressures
- Ethics
- Maternity services
- Healthcare careers

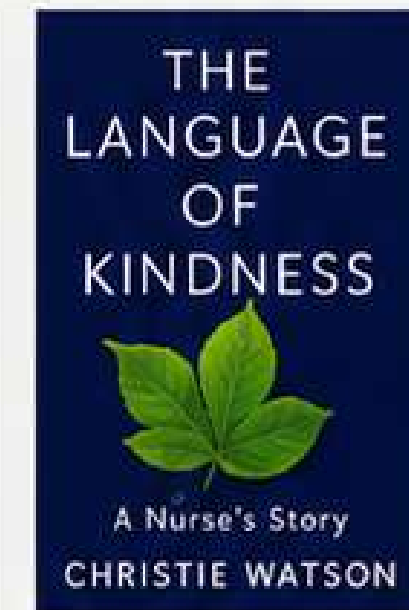
Hilarious, honest and heartbreaking insight into life as a junior doctor.



Dear Life
Rachel Clarke

- Palliative care
- End-of-life care
- Compassion

A doctor's touching reflections on life, death and what really matters.



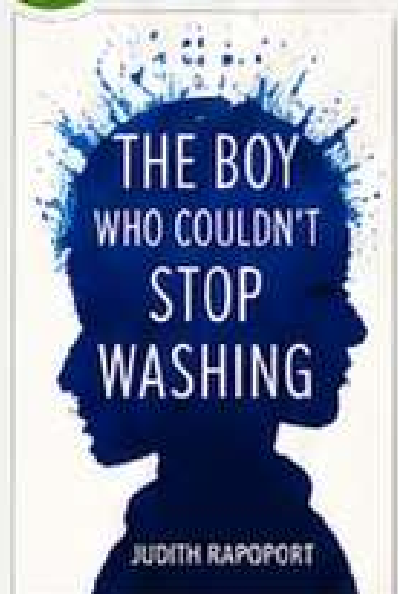
The Language of Kindness
Christie Watson

- Nursing
- Patient-centred care
- Empathy

A beautifully written account of life as a nurse.



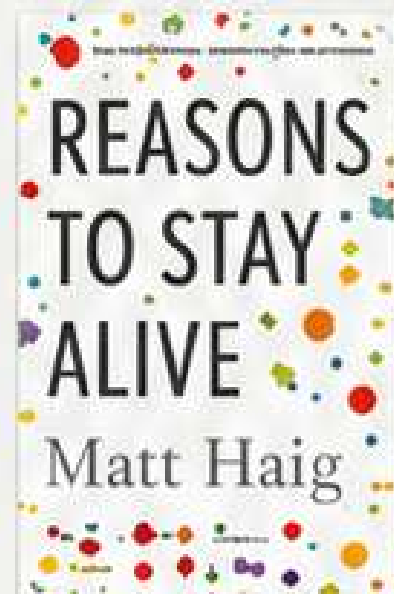
MENTAL HEALTH



The Boy Who Couldn't Stop Washing
Judith Rapoport

- OCD
- Mental health disorders
- Treatment approaches

Real-life experiences of living with OCD.



Reasons to Stay Alive
Matt Haig

- Depression
- Recovery
- Resilience

Honest, hopeful and uplifting – a must read for anyone.



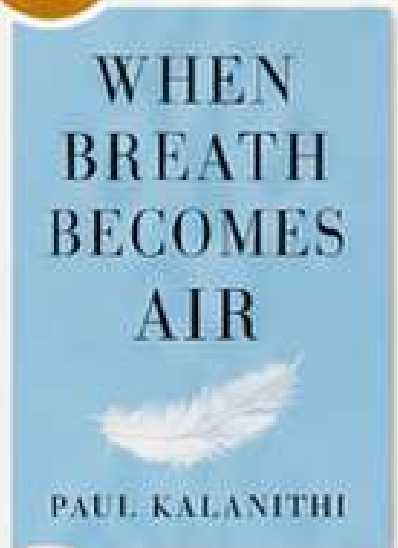
A Kind of Spark
Elle McNicoll

- Neurodiversity
- Autism
- Acceptance

A young girl's experience of autism and finding her place in the world.



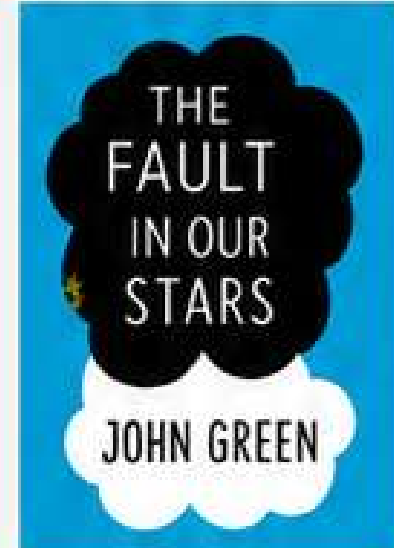
LONG-TERM CONDITIONS & ILLNESS



When Breath Becomes Air
Paul Kalanithi

- Terminal illness
- Identity
- Healthcare ethics

A neurosurgeon's powerful memoir on life, death and what truly matters.



The Fault in Our Stars
John Green

- Cancer
- Young people
- Relationships

A heart-breaking story of love, hope and living life to the fullest.



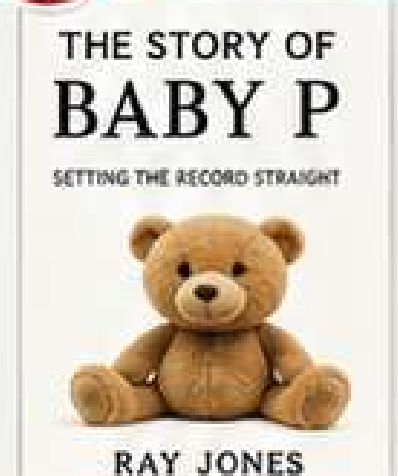
Me Before You
Jojo Moyes

- Disability
- Independence
- Love & choices

A thought-provoking novel that challenges perceptions and celebrates life's decisions.



SAFEGUARDING & SOCIAL ISSUES



The Story of Baby P
Ray Jones

- Safeguarding
- Child protection
- Social work

The shocking true story that changed child protection in the UK.



The Hate U Give
Angie Thomas

- Equality
- Discrimination
- Social justice

A powerful story about standing up for what is right.



Pig Heart Boy
Malorie Blackman

- Organ transplantation
- Ethics
- Medical advances

A moving personal novel exploring ethics, identity and acceptance.



TOP 10 MUST READ

- 1 Wonder
- 2 This Is Going to Hurt
- 3 Dear Life
- 4 The Language of Kindness
- 5 When Breath Becomes Air
- 6 Reasons to Stay Alive
- 7 The Hate U Give
- 8 The Story of Baby P
- 9 Out of My Mind
- 10 The Curious Incident of the Dog in the Night-Time



These books will help you understand real-life experiences, develop empathy and become the kind of professional you (or your family & friends) need.



CLOSSARY

Task: Research and define the following key terms that are central to the Modern Britain unit. Then, draw a simple symbol or picture for each term to help summarise its meaning and make it easier to remember.

Term	Definition	Picture
Adolescence	An important status change following the onset of puberty during which a young person develops from a child into an adult	
Advocate		
Attachment		
Care Package		
Clinical Commissioning Groups (CCGs)		
Development		
Discrimination		
Diversity		
Empathy		
Ethical		

GLOSSARY

Term	Definition	Picture
Fine Motor Skills		
Growth		
Holistic Approach		
Milestone		
Nature		
Nurture		
Risk Assessment		
Safeguarding		
Self-Concept		
Self-Esteem		

ACTIVITY TIME!

Here are a few activities for you to complete during your break.

ACTIVITY 1:

COMPLETE THE WORDSEARCH

ACTIVITY 2:

COMPLETE THE CROSSWORD

ACTIVITY 3:

MATCH THE FOLLOWING



health and social care

E R V L X O Q I Q Q R D A W A J N D C D D A R Z
 T W X V M S M E D I C A T I O N W H J S D K I N
 I U K K Y D E M E N T I A T Y E I K S I Y Z M P
 B O I B T C J I Q A U N I U I E L V J D P Q Q G
 S M G F Z S I Y D C M H H T L A E H J R C R Q X
 E J R I K R O W Y L I M A F S A F A I I M M R Q
 R M K G W C E J K O Y B O F Q U E B B K A V C L
 N V Y Y E R L Q V W M M K Q G N M S L H W D R J
 B M E U V M V F I O N E T V M D O P K R W H M N
 L Y W T I O I I X I V K H I C O H K L O S Z T D
 E D E K X G L V F Y S R O U Q C E F M Q R H V I
 S R W O N F W V C G D D J R N T R X Y Z E D Y X
 R E N Y X T Q M Z B P V L B P O A N Q V K N K U
 U G Q K H X N J K E B Y L T H R C L V X R B H I
 N N Q U A U T I S M P F F Y K Y E N S R O D M V
 C A R L T W K R P U T X P M R Z A K T P W M O E
 O C T C V M K W H H L B M Q K H M I Z Z L N H E
 O S C Z V R S H U S T G A R B S X S V A U E N N
 R N T P K N H Z E F Q J L O Y I U E V K I S B U
 X B O G O Y S E R A Q W R S O Y Y E R X C V P E
 K X U C I H R R V G D I E U M X H A D X O N L J
 P A Q R K Q Q A S H F U T K K Z Z O M E S K T G
 I J K J V F T C E S X A Z Z J U K M V G A F I H
 J L P S W E M H O W H Q G T Q S W P I B D M R J



socialworkers



dementia



doctor



health



familyworker



carehome



cancer



nurse



medication



respite



autism

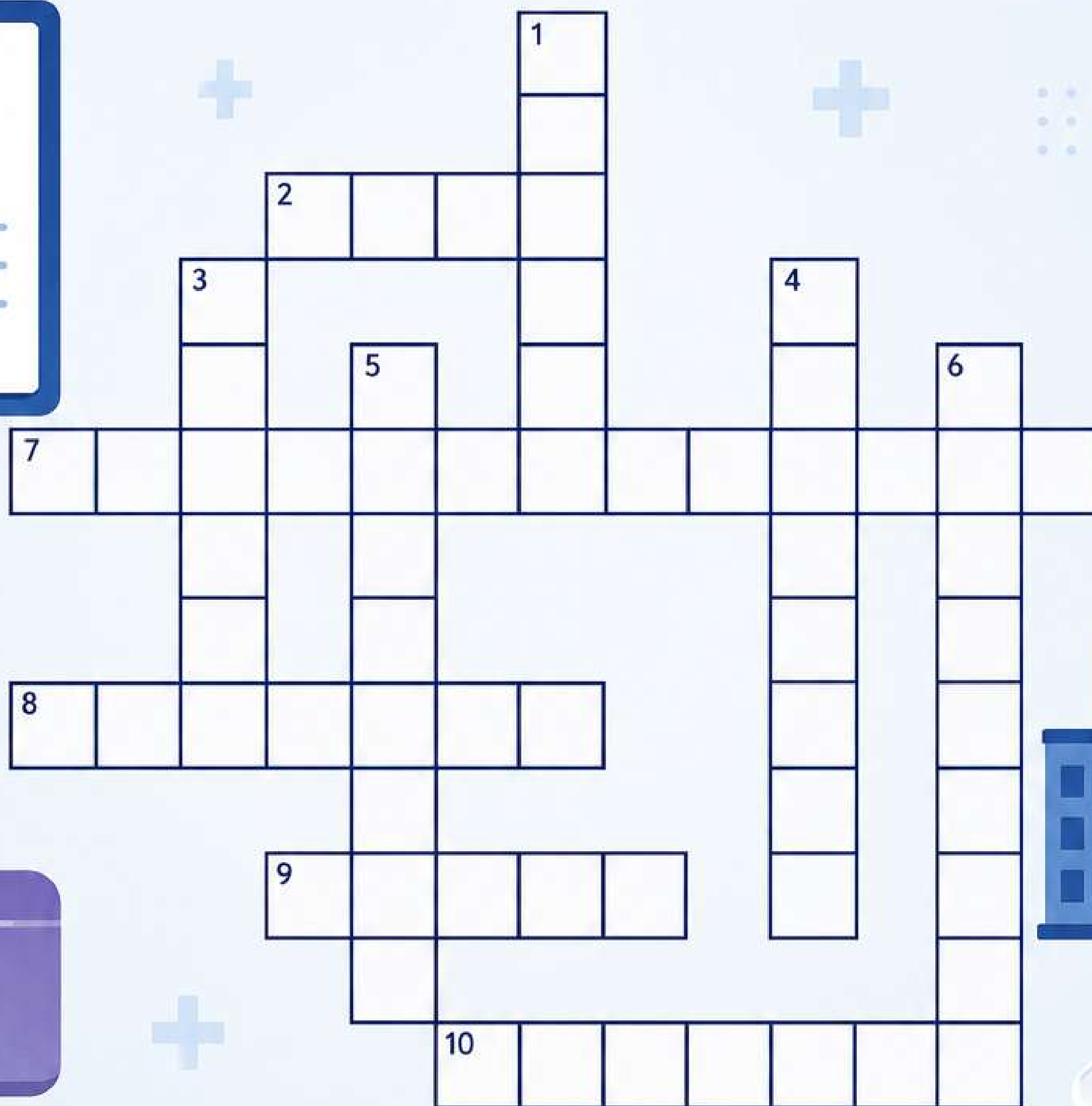


care



HEALTH AND SOCIAL CARE

CROSSWORD



ACROSS

2. The number of fruit and vegetables we should try to eat each day.
7. The food group that bread belongs to.
8. This is needed for healthy teeth and bones.
9. It keeps our body hydrated.
10. A practitioner who delivers babies.

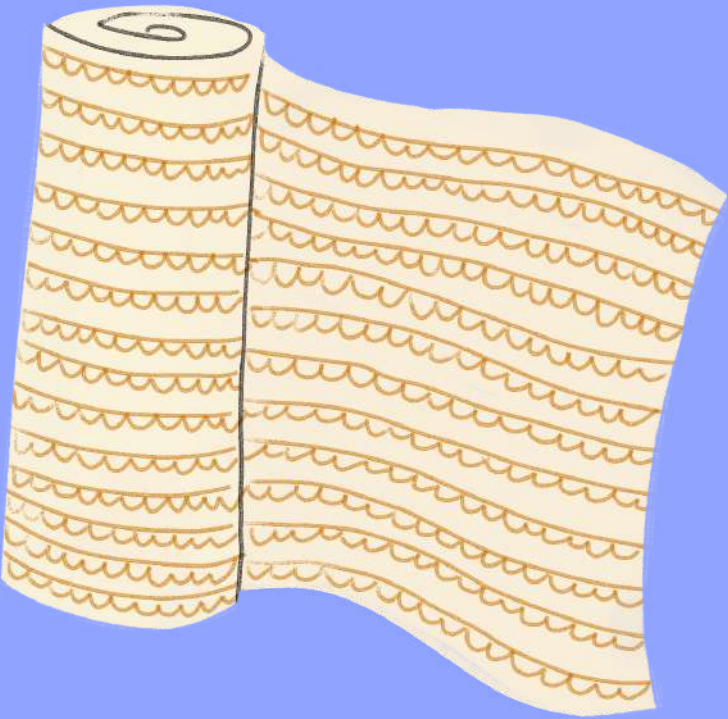
DOWN

1. This can be measures in calories and kilocalories.
3. The opposite to non-verbal communication.
4. Being overweight increases the risk of type 2 (8 letters)
5. A health and social care setting where you may be treated by a surgeon.
6. Carrots and cabbage are a type of these.

MATCH THE FOLLOWING:



Bandage



Ambulance



Wheelchair



Hospital