

1. What is health and social care?
2. Why have you picked health and social care?
3. What health or social care professionals can you name?



Learning objectives:

- ✓ To gain an understanding of the requirements of your chosen subject in preparation for a September 2026 start

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Key words:

Preparation
Organisation
Punctuality
Commitment
Success



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Health and Social Care (Extended certificate)

Year 12		
Unit 1	Human Lifespan and Development	Exam
Unit 3	Principles of Health and Social Care Practice	Coursework
Year 13		
Unit 2	Human Biology and Health	Exam
Unit 5	Promoting Health Education	Coursework



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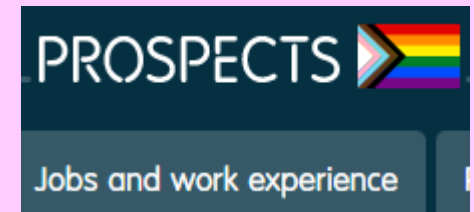
Careers in H&SC

- Carer
- Family support worker
- Nurse
- Doctor
- Surgeon
- Midwife
- Paramedic
- Physiotherapist
- Social worker
- Occupational therapist
 - To name a few...



<https://www.healthcareers.nhs.uk/>

Careers in the NHS, try the **careers quiz!**
Explore roles



<https://www.prospects.ac.uk/job-profiles>



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Let's Help Amir

Amir is 75 years old and has just come home from hospital after having a fall. He lives alone in a small flat. He needs some help with daily tasks while he recovers. He has arthritis and is beginning to forget things, such as whether he has taken his medication.

What care and support might Amir need?

What professionals or services could be involved in his care?

How could we make sure Amir feels respected and safe?



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Let's Help Amir

Amir is 75 years old and has just come home from hospital after having a fall. He lives alone in a small flat. He needs some help with daily tasks while he recovers. He has arthritis and is beginning to forget things, such as whether he has taken his medication.

You have walked into Amir's home and seen:

- An electric heater next to the curtains.
- A spilled drink on the floor near the bed.
- A wheelchair blocking the fire exit.
- A used glove left on the bedside table.
- Medicine left open on the windowsill.

What would you do? Why are these potential hazards?



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The Name Game

In groups of 3 - describe the health or social care professional on your card saying anything you want, but you must not use the word on the card or anything that sounds like it, or rhymes with it.

You can also not accept any alternatives.



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What makes a Good Care Worker?

In pairs, list as many skills you think a good care worker should have.

- Empathy
- Patience
- Respect
- Communication
- Courage
- Kindness
- Problem-solving
- Listening
- Honesty
- Confidence

Create a Diamond Nine of which you think are the most important for a good care worker to have, and which you think are the least important.

Be prepared to share and discuss your answers.



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PHYSICAL DEVELOPMENT

PHYSICAL GROWTH
BIOLOGICAL CHANGES



INTELLECTUAL DEVELOPMENT

LANGUAGE, MEMORY, MORALS,
CREATIVE THINKING, PROBLEM
SOLVING, ABSTRACT THINKING

EMOTIONAL DEVELOPMENT

THE CAPACITY TO EXPERIENCE, EXPRESS
AND INTERPRET A RANGE OF EMOTIONS
AND THE ABILITY TO COPE WITH THEM
CONTENTMENT, INDEPENDENCE, SELF
IMAGE, SELF ESTEEM



SOCIAL DEVELOPMENT

SOCIAL INTERACTIONS
FUNCTIONING IN SOCIETY
SOCIAL ISOLATION
SOCIAL INTEGRATION



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We are going to watch some of this documentary and explore the impact of **Bulimia** on his PIES development



<https://www.bbc.co.uk/iplayer/episode/m000n1xx/freddie-flintoff-living-with-bulimia>



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PHYSICAL DEVELOPMENT

What is bulimia?

What are the symptoms?

What is the impact on the body?

What do you already know? What do you need to find out?

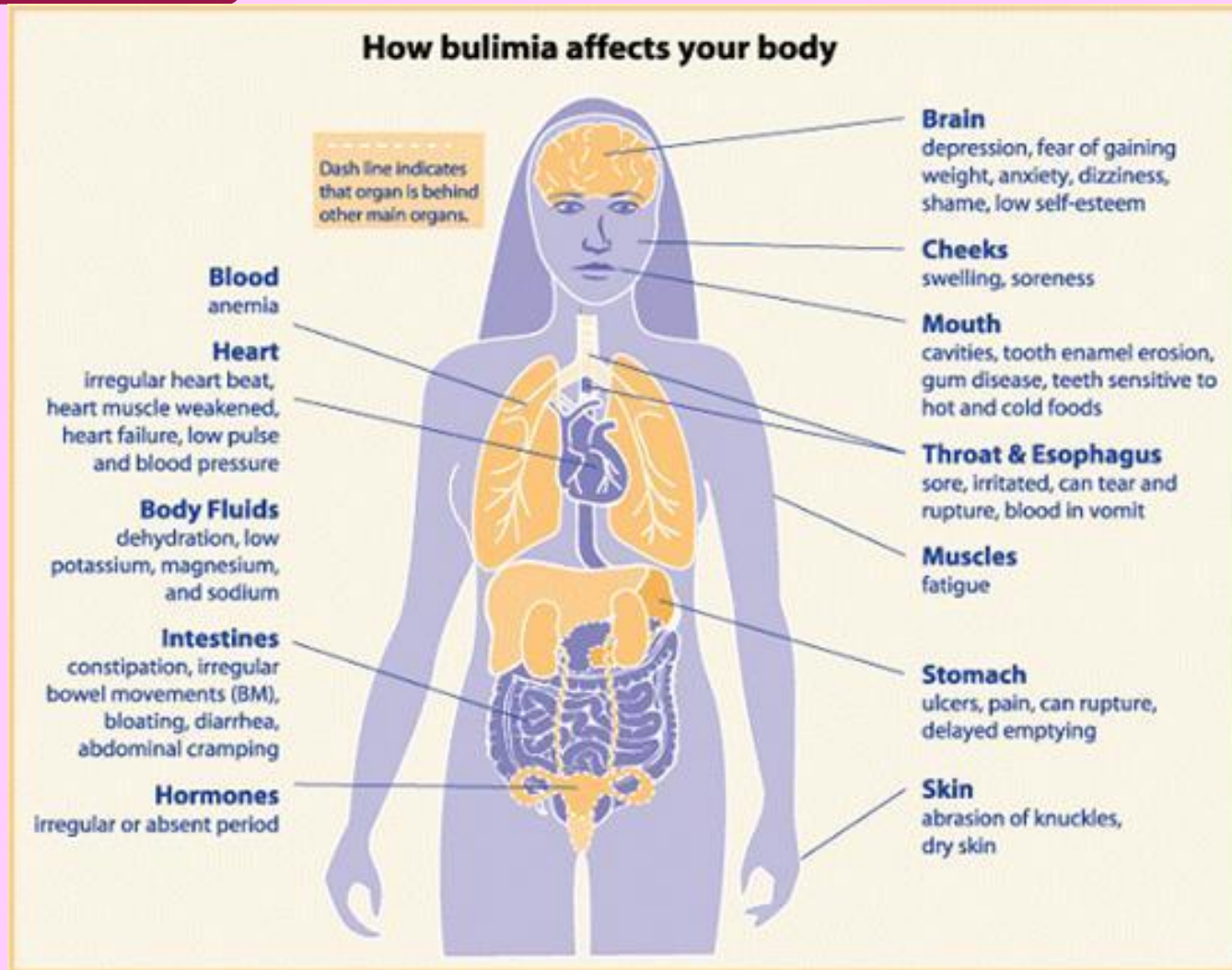
<https://www.nhs.uk/mental-health/conditions/bulimia/overview/>



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Explanation



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INTELLECTUAL DEVELOPMENT

- Aware of others shapes and his own
- Doesn't want to know about bulimia
- Made aware of putting weight on via articles in newspaper
- Change of mindset - 'played alright for a fat lad'
- Link between success of weight loss and success on pitch



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EMOTIONAL DEVELOPMENT

- Low self image - does not want to gain weight
- Discontent - feels he will never be an ideal weight
- Weight loss reinforced by others
- Enjoyed the results
- Guilt - about eating
- Shame - felt he should be able to cope
- Worry - about how others perceived him



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SOCIAL DEVELOPMENT

- How does bulimia affect Freddie's SOCIAL INTERACTIONS?
- Does it impact how he FUNCTIONS IN SOCIETY?
- Does he experience SOCIAL ISOLATION?

- Keeps bulimia a secret
- Embarrassed to tell girlfriend/future wife
- Lies to her



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Explanation

Do you think
Freddie Flintoff
should get
help/support?

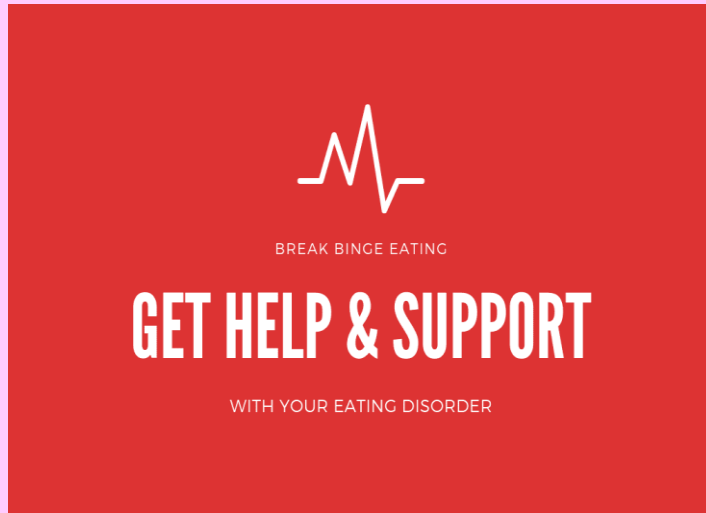
What sort of help?
Where and how?



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Explanation



<https://www.nhs.uk/mental-health/conditions/bulimia/treatment/>

- GP - ask questions about eating habits, feelings, check weight and general health. May refer to eating disorder specialists
- Charity support - 'beat' talk in confidence
- Getting help for someone else
 - Let them know you are worried
 - Encourage to go to GP
 - Offer to go along with them



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End & send Task

Expectations

- ✓ Ensure you have completed all tasks
- ✓ Complete any notes
- ✓ Complete ending task
- ✓ Email/Teams message the teacher with any Qs



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