You will now complete some of the actual activities from the Care Certificate Standard 5 workbook! Use the details from class, the video for Standard 5 & the knowledge booklet from the link below DO NOT USE ANY OTHER SOURCE OF INFORMATION!!:

<https://www.skillsforcare.org.uk/resources/documents/Developing-your-workforce/Care-Certificate/Care-Certificate-Standards/Standard-5.pdf>

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| Activity 5.1a  In health & social care, person-centred values are the guiding principles on how to support & assist in someone’s life. Finish the sentence below to **describe** in your own words what the word ‘values’ means.  HINT: describe = means to create a picture with words but not simply writing a list of bullet points  The word ‘values’…….. | | | |
| Activity 5.1b  Complete the table below to show that you know:  What do each of the values ‘mean’  How you put each value into practice if you worked in HSC sectors  Why it’s important to work in a way that promotes this value when supporting an individual | | | |
| Person-centred value | 1. What is it? | 2 how would you put this into practice? | 3 why is it important to work in a way that promotes this value when supporting an individual? |
| Individuality |  |  |  |
| Rights |  |  |  |
| Choice |  |  |  |
| Privacy |  |  |  |
| Independence |  |  |  |
| Dignity |  |  |  |
| Respect |  |  |  |
| partnership |  |  |  |

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| Activity 5.1c  Providing person-centred care or support that is specific to the individual’s needs, wishes & preferences will ensure that the individual is always at the centre of their care. Dignity is one of the values included in person-centred care.  **IDENTIFY** 2 ways that you could promote dignity if you were working in a nursing home? AND 2 ways if you worked in a nursery.  Nursing home:  1  2  Nursery:  1  2 |

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| Activity 5.2a  Case Study: you started supporting Badiah last week. She moved to England from Laos (South East Asia) last year. You have noticed that Badiah sometimes only picks at her meals without really eating anything. Badiah is wearing a headscarf & you are unsure as to whether this is a fashion item.  **DESCRIBE** why is it important to find out Badiah’s history, preferences, wishes & needs in order to care for her in a person-centred way: |