

Transition to sixth form – Health and Social Care tasks

Task 1

Watch the short video introducing The Care Certificate & complete the gapped handout:

<https://www.skillsforcare.org.uk/Developing-your-workforce/Care-Certificate/Care-Certificate.aspx>

The Care Certificate is an agreed set of standards that define the **knowledge, skills & behaviour** expected of specific job roles in the health & social care sectors.

It's made up of **15** minimum standards.

You'll be expected to complete the Care Certificate if you're:

new to the care sector

employed as an **adult** social care worker

providing **direct** care in a range of **settings** such as a residential or **nursing** home, a hospice or are a home care or **community** worker.

You can also complete the Care Certificate if you are in a **non-care** working role eg a **cook** or part of a maintenance team.

You'll work towards achievement of the Care Certificate as part of your **induction**. To achieve the Care Certificate you'll be **assessed** on what you **know** and what you **do** to show that you understand & can carry out your role.

It normally takes around **12 weeks** to fully complete the Care Certificate.

Each Care Certificate standard must be completed & **assessed** before you can work **un-supervised**.

You can use the learning from the Care Certificate towards some existing **sector qualifications & apprenticeships**.

Your employer or manager will sign off and confirm the completion of the Care Certificate with you.

Task 2

Complete a table to show what the 15 standards are and an explanation of what each is about

No	Title of Standard	Explanation
1	Understand your role	
2	Your personal development	
3	Duty of care	
4	Equality & diversity	
5	Work in a person-centred way	Care values & principles needed when caring for individuals
6	Communication	
7	Privacy & dignity	
8	Fluids & nutrition	

9	Awareness of mental health, dementia & learning disabilities	
10	Safeguarding adults	
11	Safeguarding children	
12	Basic life support	
13	Health & safety	
14	Handling information	
15	Infection prevention & control	

Task 3

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>

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			

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

Activity 5.2a

Case Study: you started supporting Badijah last week. She moved to England from Laos (South East Asia) last year. You have noticed that Badijah sometimes only picks at her meals without really eating anything. Badijah is wearing a headscarf & you are unsure as to whether this is a fashion item.

DESCRIBE why is it important to find out Badijah's history, preferences, wishes & needs in order to care for her in a person-centred way:

