



TUXFORD
— ACADEMY —

Health & Social Care:

GCES to A-level transition booklet

This research-based project is designed to give you an ideal grounding for A-level study.

Research and complete all of the tasks to give you a good idea of what to expect on a Health and Social Care course. If you then choose to study Health and Social Care this will give you a good head start for your course.

Present the tasks in any format you like – this could be a powerpoint or a poster, or a leaflet, or word processed on an A4. **Please keep all your work together.**

If you are new to Health and Social and have not studied the GCSE- do not worry! Most of the topics we will cover, haven't been studied at GCSE so the information will be new to everyone.

What is Health and Social Care?

About 3 million people work in health and social care in the UK, these include; doctors, nurses, midwives, care assistants, and counsellors. Together, they account for nearly one in ten of all paid jobs in the UK. Demand for both health and social care is likely to rise, so they will continue to play a key role in UK society and the demand for people to carry out these vital roles will increase. This qualification provides students with the opportunity to gain vocational experience and gain the knowledge, understanding needed when considering entering employment in the health and social care sector.

Students will gain grounding in the essential skills and broad fundamentals crucial to this area of study, giving them the opportunity to build on these afterwards, or to enter into their first job within this sector.

The units that we currently offer are:

Extended Certificate only (below only)

1. Human Lifespan Development
2. Working in Health and Social Care
5. Meeting Individual Care and Support Needs.
12. Supporting Adults with additional needs

Self reflection

This is an opportunity for you to explain why you have chosen Health and Social Care as one of your option subjects. This will also give me an indicator about your interests, and what you are looking forward to studying.

Answer the following questions;

- Why have you chosen Health and Social Care? (
- What do you think Health and Social Care is about?
- How do you think Health and Social Care will help you in the future?



Human Lifespan Development

Learners cover physical, intellectual, emotional and social development across the human lifespan, the factors affecting development and the effects of ageing. You will just be focusing on content covered in **learning aim A: Human growth and development through the life stages**

Task 1: Keywords and Definitions

Please research the meanings of these words. Please do not copy and paste, try to put them into your own words to show your understanding.

Keyword	Definition
Growth	
Development	
Centile Lines (percentiles)	
Development norms	
Milestone	
Gross motor skills	
Fine motor skills	
Adolescence	
Menopause	
Life expectancy	
Cognitive impairment	
Abstract logical thinking	
Egocentric thinking	
Concrete logical thinking	
Equilibrium	
Disequilibrium	
Self-concept (sense of identity)	
Stranger anxiety	

Task 2: what are the age ranges and key **physical** features of the life stages?

Life Stage	Age	Key Features
Birth and infancy	0-2 years	Infants grow rapidly, at around 1 years old infants can walk, by 2 they can run.
Early childhood		
adolescence		
Early adulthood		
Middle adulthood		
Later adulthood		

Task 3: Explain Piaget's model of intellectual (cognitive development)

<https://www.youtube.com/watch?v=lhcgYgx7aAA>

Include:

- 3 facts about Piaget
- A brief description of the 4 stages of cognitive development
- Which life stages is this relevant to and why?

Task 4: Watch this documentary: Old People's Home for 4 Year Olds

<https://www.channel4.com/programmes/old-peoples-home-for-4-year-olds/on-demand/64374-001>

Review/synopsis: Write a short summary about the documentary. Who, what, where, when, why? Include all key information of the story. Explain what was thought-provoking about it and the questions it led to. How did it make you feel?

Working in Health and Social Care

Learners cover the roles and responsibilities of health and social care (H&SC) practitioners. You will just be focusing on content covered in **learning aim A: The roles and responsibilities of people who work in health and social care settings**

Task 1: Keywords and Definitions

Please research the meanings of these words. Please do not copy and paste, try to put them into your own words to show your understanding.

Keyword	Definition
General Practitioner	
Preventative care	
Consultant	

Nurse practitioner	
Health screening	
Antenatal care	
Postnatal care	
Supported housing	
Policies	
Procedures	
Safeguarding	
Self-help groups	
Rehabilitation	
Psychotherapy	
Complementary therapies	
Conventional medical treatment	
Assistive technology	
Domiciliary care	
Halal	
Kosher	
Gluten	
Informal care	
Code of practice	

Anti-discriminatory practice	
Prejudice	
Empowerment	
Individualised care	
Self esteem	
Multicultural society	
Advocate	

Task 2: Watch this clip about a career in nursing and complete the questions (you will get more information for the answers as the clip goes on).

<https://vimeo.com/305430190>

1. What different people can you work with in nursing?
2. What are the different places that you could work in?
3. What does Charlotte think are the great things about nursing?
4. What kind of skills and characteristics does she say she needs to use?
5. What qualifications do you need? What ways can you enter into nursing?
6. What challenges are there?
7. What benefits are there?

Task3 : Research your local GP surgery

THIS TASK IS NOT ASKING YOU TO VISIT THE LOCAL GP SURGERY- YOU WILL FIND THIS INFORMATION ONLINE

Name of the and location of the surgery	
What different services do they provide?	

I.e. alcohol, mental health etc.	
What are the different methods of seeking support from them? I.e. phone, email etc.	
Additional information	

Task 4: Using unifrog research the entry requirements for each of these roles. What roles and responsibilities will they have? You will need to pick a specific type of each as there are so many areas you can go into.

<https://www.unifrog.org/>

General Practitioner- GP	
Entry requirements	
Salary range	
Roles and responsibilities	

Care Assistant	
Entry requirements	
Salary range	
Roles and responsibilities	

Support worker	
Entry requirements	
Salary range	

Roles and responsibilities	
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Midwife	
Entry requirements	
Salary range	
Roles and responsibilities	

Task 5: Read the following article: <https://www.theguardian.com/social-care-network/2018/apr/23/are-social-care-services-improving-peoples-wellbeing>

Answer the questions:

Outline The Care Act (2014):

What is the post-code lottery?

Summarise the article above:

Optional extras:

Programmes to watch linked to Health & Social Care

Films:

- **To the bone** – (Age 15 Netflix) Eating disorders/anorexia *Diet and appearance*

- **Wonder** - (PG) Inspiring story of a boy with facial differences who enters the fifth grade, attending a mainstream elementary school for the first time. Coping with being different. *Coping with life/life events*
- **Hidden figures** – (PG) Anti discrimination. *Care values*
- **Still Alice** – (12A) Story of a woman living with Alzheimer's disease. *Illness/Disorders*
- **My sisters keeper** – (12A) "The only way to save your daughter is to sacrifice her sister". Anna has never been given a choice: she was born to be her sister Kate's bone marrow donor and she has always given Kate everything she needs. *Relationships/family*
- **Three identical strangers** – (12A) Identical triplets become separated at birth and adopted by three different families. Years later, their amazing reunion becomes a global sensation. *Relationships/family*

TV programmes:

- **Babies : their wonderful world** – BBC. Explores how the first 2 years of life shapes the adults we become. *Infancy development/lifestages*
- **The secret life of 4 and 5 year olds** – Channel 4. Great for looking at *childhood development/lifestages* (especially socialisation skills)
- **Old people's home for 4 year olds** – Channel 4. How the company of 4 year olds helped to improve the mood, mobility and memory of the elderly. *Lifestages*.
- **Born to be different** – Channel 4. The pressures and joys of bringing up a disabled child <https://www.channel4.com/programmes/born-to-be-different/> *Disability/infancy and childhood/life events*.
- **Speech journey** – You Tube. <https://www.youtube.com/watch?v=jt7y1IM2jOM> How children learn to talk from birth to 5 years old. *Intellectual development*
- **Mum, Dad, Alzheimer's and Me** – You Tube. Real life story investigating the care of Alzheimers sufferers in the UK. <https://www.youtube.com/watch?v=LprTLaO1AF0> *Old age/disorders*
- **The restaurant that makes mistakes** – Channel 4. Volunteers living with some form of dementia run a pop up restaurant in Bristol. *Middle - Old age/disorders*
- **The big hospital experiment** – BBC. A group of volunteers embark on a social experiment, with a shortage of staff, how can they help on the frontline of the NHS? *Care values/Health care services*
- **Britain's hidden hungry** – BBC. Investigates the growing importance of charity foodbanks to thousands of hungry people across the UK by following the stories of three users of a foodbank. *Diet and appearance*.
- **Supersize v Superskinny** – Channel 4. Dieting and extreme eating lifestyles. *Diet and appearance*
- **Rio Ferdinand: "Thinking Out Loud: Love, Grief and Being Mum and Dad"** Talks at Google. <https://www.youtube.com/watch?v=qgoRcxm5BUk> *Coping with life events*
- **Rio and Kate: becoming a step family**. Rio Ferdinand's fiancée Kate Wright integrates into the family as a step mum <https://www.bbc.co.uk/programmes/m000f9sg> *Coping with life events/family units*
- **Driven : The Billy Monger Story**. The remarkable story of 18-year-old Billy Monger as he attempts to become the first ever amputee to race competitively in a single-seater racing car <https://www.bbc.co.uk/programmes/p06qx4gt> *Life events (unexpected)*
- **24 hours in A & E** – Channel 4. Emergency cases entering A & E. *Life events*
- **Health before the NHS – The road to recovery** <https://www.youtube.com/watch?v=1y7zeZPfD8k> The shocking story of the health of Britain before the NHS. *Care values/health care services*
- **Care** – BBC drama <https://www.youtube.com/watch?v=1EJXDk-B8h0> *Discrimination/disability*

- **DIY S.O.S.** <https://www.bbc.co.uk/programmes/b006pnjk> Friends, family and local trades help to transform the homes of families with special needs across Britain. *Barriers to accessing services/physical barriers*
- **Crisis in Care: BBC Panorama** <https://www.bbc.co.uk/programmes/m0005jpf> Panorama reveals the failings of our social care system, as our population gets older and more of us need help with day to day living. *Old age/care services*
- **The Nine to Five with Stacey Dooley** <https://www.bbc.co.uk/iplayer/episode/p06zhfvw/the-nine-to-five-with-stacey-dooley-series-1-2-caring-and-sharing> Stacey Dooley takes five teenagers to a care home for work experience. *Types of support/voluntary support/old age*
- **Katie Piper My beautiful face** – recovery after acid attack. *Self-esteem/self-confidence/ lifestyle*