

Pearson BTEC Level 3 National Diploma in Health and Social Care

The activities below will help you prepare for your first units:

- **Unit 1:** Human Lifespan Development
- **Unit 2:** Working in Health and Social Care
- **Unit 5:** Meeting Individual Care and Support Needs

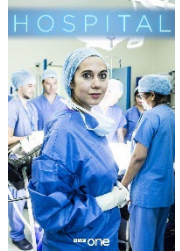
Complete each task over the summer and bring your work with you to your first lesson in September.

Task 1 – Watch and Reflect (Units 2 & 5)

Watch a documentary based in a health or social care setting.

Suggestions: *24 Hours in A&E, Ambulance, Hospital, One Born Every Minute etc.*

Evidence: Write down the name of the programme and a brief summary (two paragraphs) that includes: all the professionals involved and which professional worked together to provide care for an individual.



Task 2 – NHS Careers (Unit 2)

Research the following careers in health or social care: care worker, occupational therapist, GP, pharmacist, physiotherapist, social worker

For each career include: Main responsibilities, Qualifications needed, Skills and personal qualities, Career progression.



Task 3 – Human Lifespan Development (Unit 1)

Create a timeline showing the six life stages: Infancy, Early Childhood, Adolescence, Early Adulthood, Middle Adulthood, Later Adulthood

For each stage identify key Physical, Intellectual, Emotional and Social (PIES) development.

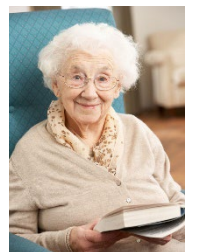
Choose one life stage and explain: Factors that could positively influence development AND factors that could negatively influence development. Include real-life examples.



Task 4 – The 6Cs of Care (Unit 5)

Research the 6Cs: Care, Compassion, Competence, Communication, Courage, Commitment

Evidence: For each value: Explain what it means. Give an example of how a care worker could demonstrate it. Explain why it is important for person-centered care. Imagine you are a Care Assistant for an older adult living with dementia. Why is it important for you to use the 6Cs in your role? An adult with a physical disability



□ Bonus Challenge – Health and Social Care in the News

Find a recent health or social care news story. What happened? Who was affected? Which of the 6Cs can you identify? What can health and social care professionals learn from it?



Bring your completed work with you to your first Health and Social Care lesson in September.