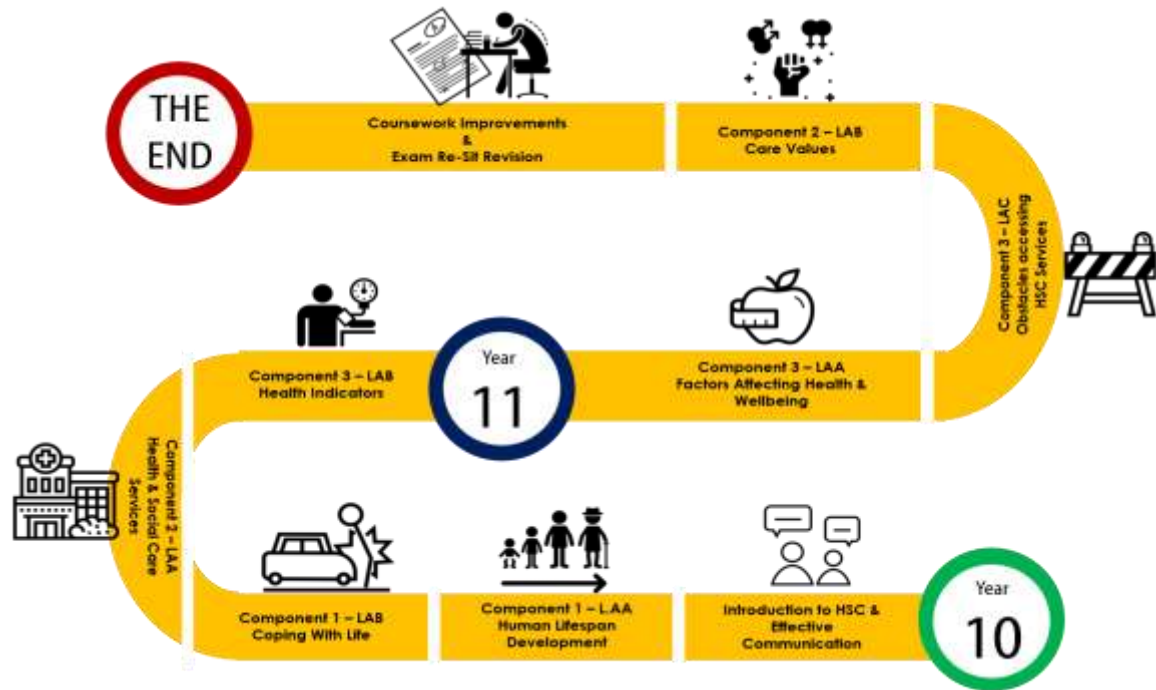


Health & Social Care Learning Journey – 2 Year Delivery



Introduction to Health & Social Care		
<ul style="list-style-type: none"> • Course Introduction • Roles in HSC • Skills & Attributes • Forms of communication 		
Component 1		
LAA – Human Lifespan Development <ul style="list-style-type: none"> • Life stages • Areas of growth & development (Physical, Intellectual, Emotional, Social) • Physical Factors • Lifestyle Factors • Social & Cultural factors • Relationship & Isolation • Economic Factors 	LAB – Coping With Life <ul style="list-style-type: none"> • Life events – expected and unexpected • Dealing with life events • Adapting to change • Types of support – Professional (formal), Informal, Voluntary support available. 	
Component 2		
LAA – Health & Social Care Services <ul style="list-style-type: none"> • Primary, Secondary and Allied Health Care • Services for: Child & young adults, adults or children with specific needs, older adults. • Informal Care • Barriers – Physical, sensory, language, social & cultural, geographical, intellectual, financial, resource barriers. 	LAB – Care Values <ul style="list-style-type: none"> • Empowering & promoting independence • Respect for others • Confidentiality • Preserving dignity • Effective communication • Safeguarding & duty of care • Promoting anti-discriminatory practice • Compassion 	
Component 3		
LAA – Factors Affecting Health & Wellbeing <ul style="list-style-type: none"> • Genetic inheritance • Ill Health • Diet & Exercise • Substance Use • Personal Hygiene • Social Interactions • Stress • Willingness to seek help or access services • Financial Resources • Environmental Conditions – Housing • Impact of life events and circumstances. 	LAB – Health Indicators <ul style="list-style-type: none"> • Resting Pulse Rate after exercise • Blood Pressure • Peak flow • Body Mass Index • Using published guidelines & Interpreting Data (eg – Smoking, alcohol, inactivity) 	LAC – Obstacles Accessing HSC Services <ul style="list-style-type: none"> • Person centred approach • Actions to improve Health – Short & Long Term Targets • Sources of support • Potential obstacles to implementing plans – (eg – Emotional or psychological, time constraints, availability of resources, unachievable targets, lack of support, ability/disability, addiction)

