# Health and Social Care

## Programme of Study

<table>
<thead>
<tr>
<th>Year</th>
<th>Autumn 1</th>
<th>Autumn 2</th>
<th>Spring 1</th>
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</thead>
</table>
| 11   | Factors that affect health and well-being  
A:1 – health and well-being  
Physical and lifestyle factors:  
Genetic inheritance  
Ill health  
Diet  
Exercise  
Substance misuse, alcohol, nicotine, illegal drugs and misuse of prescribed drugs  
Personal hygiene  
Social, emotional and cultural factors  
Economic factors  
Environmental factors  
B: Interpreting health indicators  
B:1 – Physiological indicators  
Health  
Blood pressure  
Body Mass Index  
B:2 Lifestyle indicators  
Interpreting lifestyle data  
C: Person-centered health and well-being improvement plans  
Individual needs, wishes and circumstances.  
Actions to improve health and well-being  
Obstacles to implementing the improvement plans.  
Emotional/psychological  
Time constraint  
Availability of resources  
Unachievable targets  
Lack of support  
Other factors specific to individual: ability/disability and addiction  
Barriers to accessing identified services  
Health and social care project  
Investigate how individuals deal with life events  
B:1 Different life events  
B:2 - Coping with change caused by life events: professional carers and services  
Understand the different types of health and social care services and barriers to accessing them  
A:1 – Different social care services for adults and children with specific needs  
The role of informal social care provided by relatives, friends and neighbours  
A:2 – Barriers to accessing services  
Physical barriers  
Sensory barriers  
Social, cultural and psychological barriers  
Language barriers  
Geographical barriers  
Intellectual barriers  
Financial barriers  
Demonstrate care values and review own practice  
B:1 – care values  
Respect  
Confidentiality  
Preserving the dignity of individuals  
Effective communication  
Safeguarding and duty of care  
Promoting anti-discriminatory practice  |