NCFE CACHE Level 1–2 Health and Social Care Revision Workbook

Name: _____

Section 1: Types of Health and Social Care Provision

Match each type of provision to its description:

Type of Provision		Description
Statutory		Unpaid care from family or friends.
Private		Funded and provided by the government
Involuntary		Profit making services that charge
Informal		Charities set up to meet needs

Fill the Gaps:

1. _____ provision is funded through taxation.

2. _____ organisation aim to meet an identified need, not make profit.

3. _____ care is usually provided by someone with a personal relationship.

Scenario Question

Amir receives daily care from his mother at home. She helps him wash, eat and attend appointments.

a) What type of provision is this?

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b) Give one reason why.

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Exam-style question (4 marks): Explain two purposes of health and social care provision.

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Section 2: Health and Social Care Services
Match the service to its main function:

Service		Function
GP Surgery		A. Emergency assessment and transport
Hospital		B. Advice and dispensing medication
Pharmacy		C. Consultations and referrals
Ambulance Service		D. Operations and outpatient care

Key Term Activity

Write the correct key term next to the definition:

1. Support to regain skills for daily life → _____

2. Short-term care to give families a break → _____

3. Services provided close to where people live → _____

(Key words: Rehabilitation, Respite, Community)

Scenario: Which service supports an individual regaining mobility after surgery? Explain why.

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Section 3: Jobs in Health and Social Care

Task	Nurse	Doctor	Paramedic
Diagnoses illness	☐	☐	☐
Emergency response	☐	☐	☐
Administers medication	☐	☐	☐

Describe two responsibilities of a care assistant.

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Describe two responsibilities of a social worker.

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Scenario Question

Sofia has difficulty swallowing after a stroke.

a) Which practitioner would support her?

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b) What type of support would they provide?

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Section 4: Care Values and the 6Cs
Define the following care values:

Value		Meaning
Dignity		A. Protecting from harm
Safeguarding		B. Promoting self-respect
Confidentiality		C. Keeping information private
Independence		D. Supporting decision-making

The 6Cs – Missing Letters

Fill in the missing letters:

C _ r e
C _ m p a s s i o n
C o m p e t _ n c e
C o m m u n i c _ t i o n
C _ u r a g e
C o m m i t m e _ t

Explain how two care values are applied during personal care (6 marks).

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Section 5: Legislation, Policies and Procedures

Match the legislation to its purpose:

Legislation		Purpose
Health & Safety at Work Act		A. Protects personal data
Equality Act (2010)		B. Prevents discrimination
GDPR (2018)		C. Keeps people safe at work
Care Act (2014)		D. Promotes wellbeing

Define the Terms

- **Legislation** =

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- **Policy** =

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- **Procedure** =

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Scenario Question

A care worker discusses a service user's medical condition in a public café.

a) Which legislation is being breached?
b) Why is this a problem?

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Section 6: Human Development Across the Life Span

List the six life stages in order:
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Development Matching:

Type		Example
Physical		A. Memory loss
Intellectual		B. Puberty
Emotional		C. Mood swings
Social		D. Making friends

Describe two changes that occur during adolescence (4 marks).

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Section 7: Care Needs, Nature and Nurture

Nature vs Nurture:

Tick the correct box.

Factor	Nature	Nurture
Eye colour	☐	☐
Income	☐	☐
Diabetes	☐	☐
Culture	☐	☐

Explain the difference between nature and nurture.

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Give one expected and one unexpected transition.

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Scenario: An older adult retires and experiences loneliness. Explain two impacts on wellbeing.

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_____

Section 8: Accessing Services and Partnership Working

Define:

Self-referral – _____

Professional referral – _____

Third-party referral – _____

Referral Type		Example
Self-referral		Daughter books GP for Mum
Professional		GP refers for an X-ray
Third - Party		Booking your own GP appointment

Barriers and Solutions
Complete the table:

Barrier	How it can be overcome
Language	
Transport	
Culture	

Explain two benefits of partnership working (6 marks).

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Section 9: The Care Planning Cycle
Put the stages in Order

Review
Implement
Assess
Evaluate

Key Term Check:

Person-centred care	
Holistic Care	

Explain how person-centred care is used in a care plan (8 marks).

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Extended Question (12 marks)

A young adult with a long-term condition requires support.

Discuss:

- their **care needs**
- relevant **services**
- **care values**
- **partnership working**

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