

# **Preparing for OCR Advanced National Extended Certificate in Health & Social Care**



**Summer Work 2025**

## **Welcome to Health and Social Care**

Hello and a big warm welcome to the Social Sciences department at Derby Cathedral School! This booklet contains useful tasks for you to complete to prepare your course. These tasks have been designed to give you a flavour of what the Health and Social Care course is all about and will introduce you to some core concepts to aid your understanding ready for September. You need to have completed all of the tasks before our first lesson in September. You will need to hand it into your class teacher during your first lesson. Your teacher will be:

**Miss Clark – Teacher of PE and Health and Social Care**

**Miss Sowter – Head of Social Sciences**

If you have any questions about the work please email

[j.sowter@derbycathedralschool.org.uk](mailto:j.sowter@derbycathedralschool.org.uk) or [v.clark@derbycathedralschool.org.uk](mailto:v.clark@derbycathedralschool.org.uk)

We are looking forward to welcoming you in September!

## **Key Information**

<b>Exam Board</b>	OCR – Cambridge (AAQ) Advanced National In Health and Social Care Extended Certificate
<b>Specification</b>	<a href="#">Cambridge Advanced National in Health and Social Care - H025, H125</a>
<b>Textbooks and Revision Guides</b>	We have class copies of the textbook that you are more than welcome to borrow and return. If you do wish to purchase your own copy, the link is below:  <a href="#">Cambridge Advanced National (AAQ) in Health and Social Care Student Book   Cambridge University Press &amp; Assessment</a>
<b>Organisation</b>	Organisation is the key to success with this course. When you arrive in September , you will be provided with: <ul style="list-style-type: none"><li>• A student handbook</li><li>• An assessment folder (for externally examined units)</li><li>• Class copies of the textbook and revision guide (these will stay at school)</li><li>• Online copies of work</li><li>• Printed worksheets and NEA briefs</li></ul> You will need to bring the following equipment: <ul style="list-style-type: none"><li>• Black pen, purple pen, highlighters and pencil</li><li>• Folder</li></ul>

## Task 1 – Diversity

Diversity	Diversity encompasses recognising and valuing that every individual is unique. Valuing diversity involves accepting and respecting individual differences, for example differences in religion, beliefs or race.
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Types of diversity:



1. You are going to create a collage that demonstrates change in diversity comparing the UK today and 60 years ago. (please do this on separate paper)
2. Once you have created the collage, you then need to write a paragraph explaining the images you have used and what they show about diversity.

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3. Then write a paragraph explaining the benefits of valuing diversity in health, social and child care environment, include the following key word in your response:

- **Empowerment** - care workers enabling and supporting individuals to be in control of their lives
- **Independence** - not relying on others, and having the freedom to make your own decisions
- **Inclusion** - ways of working that provide individuals with equal opportunities so that they are involved and feel they belong
- **Respect** - having regard for the feelings, wishes or rights of others
- **Dignity** - care that promotes and does not undermine a person's self respect
- **Equal opportunity** – treating all people the same
- **Access** – no barriers in place
- **Participation** – a person is involved in all aspects of their care and can actively participate

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## **Task 2 - Person Centred Care**

Adriana is a 78-year-old woman who has severe learning disabilities and some physical restrictions. She lives in **sheltered housing** with other residents, where she receives **24-hour care** and has a designated **key person** who helps coordinate her support.

As part of her **care plan**, Adriana attends a **local day centre**, which allows her to socialise and take part in various group activities. She also has **physiotherapy once a month** to support her with mobility difficulties. The staff in her sheltered housing have been given a copy of her **exercise programme**, so they can help her carry out the exercises regularly as part of her routine.

A **person-centred approach** is used in Adriana's care, meaning that her individual needs, preferences, and goals are placed at the heart of planning and decision-making. A range of professionals are involved in supporting her,

### **Your Task – Part A**

Create a **care plan for Adriana**. You must:

1. Identify and list each professional who is involved in Adriana's care.
2. Describe what each person is responsible for.
3. Explain how a person-centred approach helps ensure Adriana's needs and preferences remain the focus of her care.

Be sure to explain your reasoning and consider both her **physical** and **emotional** Wellbeing.

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### Task 2 - Part B

Now imagine Adriana is a 45 years old, living at home with her 2 children under 10 years old. but with the same mobility issues as above.

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### **Task 3 – Enrichment Opportunity**

Once you start Health and Social Care, you must actively use it in your everyday life. This includes engaging with wider enrichment opportunities. Each week your teacher will ask you to make a log of something you have listened to (e.g. podcast), watched (e.g. series/YouTube video/film) or read (e.g. article/book) that relates to Health and Social Care. In order to prepare over the summer, we would like you to pick **one** of the suggested enrichment opportunities below and **write a summary paragraph** about it (you can pick an alternative source if you discover something interesting and relevant).

Read it	Watch it
<ul style="list-style-type: none"><li>• The Fault in Our Stars by John Green</li><li>• This is Going to Hurt by Adam Kay</li><li>• Me Before You by Jojo Moyes</li><li>• Duty of Care by Dr Dominic Pimenta</li><li>• Regeneration by Pat Barker</li><li>• One Flew Over the Cuckoo's Nest by Ken Kesey</li><li>• The Memory of Love by Aminatta Forna</li><li>• The English Patient by Michael Ondaatje</li><li>• The Magic Mountain by Thomas Mann</li><li>• No Child of Mine by Susan Lewis</li><li>• Elizabeth is Missing by Emma Healey</li><li>• Lucy's Story: Autism and Other Adventures by Lucy Blackman</li></ul>	<ul style="list-style-type: none"><li>• 24 Hour in A&amp;E</li><li>• One Born Every Minute</li><li>• Emma Willis: Delivering Babies</li><li>• The Beginning of Life</li><li>• Call the Midwife</li><li>• The Secret Life of 4- and 5-Year Olds</li><li>• Old People's Home for 4 Year Olds</li><li>• Born to Be Different</li><li>• Crisis in Care (BBC Panorama)</li><li>• The Nine to Five with Stacey Dooley: Caring and Sharing</li><li>• Still Alice</li></ul>

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