



## Health and Social Care

Health and Social Care is about supporting people's physical, emotional, and social wellbeing. This includes services such as hospitals, care homes, schools, and community health centres.

People who work in health and social care help individuals at all stages of life—from children and families to the elderly or those living with illness or disabilities.

## NHS

The NHS stands for the National Health Service. It is the publicly funded healthcare system in the United Kingdom, and it's one of the most important services in the country.

1. **When was the NHS founded, and why was it created?**

*(Hint: Think about life after World War II.)*

2. **Who was the person mainly responsible for starting the NHS? What was their role in the government?**

3. **What was health care like in the UK before the NHS existed? Who could access it?**

4. **How has the NHS changed since it started in 1948? Give one example.**

5. **What are some of the services the NHS provides today that didn't exist when it began?**

6. **What challenges does the NHS face today? Think about things like waiting times, funding, or staff shortages.**

7. **Why is the NHS considered important by many people in the UK?**

8. **Do you think the NHS should always be free for everyone? Why or why not?**

---

## ♥ Key Values and Principles

All professionals in health and social care must follow certain **core values**:

- Respect and Dignity
- Confidentiality



- Equality and Diversity
  - Duty of Care
  - Person-Centred Care
1. **What does 'respect and dignity' mean when caring for someone? Can you give an example?**
  2. **Why is confidentiality important in health and social care? What might happen if it is broken?**
  3. **What is meant by 'equality and diversity' in health and social care?**
  4. **Explain what 'duty of care' means for someone working in health and social care.**
  5. **What does 'person-centred care' mean, and why is it important?**
  6. **How can a care worker show empathy when supporting a service user?**
  7. **Why is it important to involve service users in decisions about their care?**
  8. **How do key values in health and social care help improve the quality of care?**
  9. **Give an example of how a health or social care worker can promote equality in their work.**
  10. **What could be the consequences of not following the key principles in health and social care?**
- 



## **Roles of Health and Social Care Workers**

There are many important roles in the sector, including:

- Nurses
- Care Assistants
- Social Workers
- GPs and Doctors
- Support Workers



1. **What is the main role of a nurse in health and social care?**
  2. **How does a care assistant support people in their daily lives?**
  3. **What kind of work does a social worker do?**
  4. **Why are support workers important for people with disabilities or mental health needs?**
  5. **What skills do you think a good health or social care worker should have?**
  6. **How do doctors and general practitioners (GPs) help people in the community?**
  7. **What role do therapists (like physiotherapists or occupational therapists) play in health and social care?**
  8. **Why is teamwork important among different health and social care professionals?**
  9. **If you could choose one job in health and social care, which would it be and why?**
- 

## **Health and Wellbeing**

Health isn't just about avoiding illness. It includes:

- Physical Health – Diet, exercise, sleep, hygiene.
- Emotional Wellbeing – Managing stress, relationships, and feelings.
- Social Health – Having positive relationships and support.

Being healthy helps people stay independent and enjoy life.

1. **What does the term 'health and wellbeing' mean to you?**
2. **Name three factors that can affect a person's physical health.**
3. **How can emotional wellbeing influence someone's overall health?**
4. **Why is it important to have good social relationships for your wellbeing?**
5. **What are some ways you can maintain a healthy lifestyle?**
6. **How can stress affect your health, and what are some ways to manage it?**
7. **Why is sleep important for health and wellbeing?**
8. **How does exercise contribute to both physical and mental health?**
9. **What role does diet play in maintaining good health?**



## 10. How can health and social care services support someone's wellbeing?

---

### ☒ Summary

Health and social care professionals play a vital role in society. Whether working in hospitals, schools, or homes, their goal is to promote **health, independence, and quality of life**.

Learning about this field can prepare you for future careers and help you better understand the needs of others.