




<b>Tech Award Health &amp; Social Care Unit 3 LA: C</b>	<b>Road Map</b>			
In this unit you will identify human health & well being The aims are as follows: <b>LG1:</b> Knowledge <b>LG2:</b> Application <b>LG3:</b> Skills	<b>Assessment Grades</b>			
	Mock Exam			
	Mock Exam – Health & Well Being			
<b>Themes</b>	<b>Learning Goals/Outcomes/Content</b>			
The importance of a person-centred approach	LG1 Identify 'personal-centred' approach in health and social care LG2 Carry out a personal reflection on when a student was ill or had a problem. LG3 Complete a personal-centred approach assessment			
Recommended actions to improve health and well-being	LG1: Understand how to improve an individual's health and well-being LG2: Produce the first lines of a plan to help an individual lose weight. LG3: Make recommendations to improve the health and well-being of an individual who is: <ul style="list-style-type: none"> <li>- overweight, stressed, asthmatic with a high BMI, low peak flow and high blood pressure.</li> </ul>			
Short- and long-term targets	LG1: Identify difference between a target and a goal and what helps to make a target easier to achieve. LG2: Understand the structure of a SMART target LG2: Write SMART targets for a specific care plan			
Sources of support	LG1: Identify different types of support LG2: Understand support can be informal, formal, voluntary or other. LG3: Produce a Fact file/Power point on types of support			
Potential obstacles to implementing plans	LG1: Identify factors that could become obstacles to a health care plan LG2: Understand the KISS rule in a health care plan			
Emotional/psychological obstacles	LG2: Understand what is meant by the term 'emotional/psychological obstacle' LG3: Produce an advice sheet overcoming emotional/psychological obstacles for a specific health risk			
Time constraints	LG1: Identify what commitments a person might have which may stop them from having enough time to look after their own physical needs LG2: Write a case study on a person/celebrity whose lifestyle may have risks to their physical health			

	LG2: Understand how time constraints are obstacles for making lifestyle changes to improve health and well-being			
Availability of resources	LG1: Understand how availability of resources can be an obstacle to sticking to a health and well-being improvement plan. LG3: Research the availability of resources in the local area to help a person stick to a health and well-being improvement plan			
Unachievable targets	LG1: Identify how it makes someone feel if they are given a big task to complete in a short amount of time. LG2: Prepare a case study about an individual with risks to physical health. LG3: Identify the health risks and write targets for the case study			
Lack of Support	LG1: Understand when someone may have felt unsupported by either family members or friends. LG1: Identify different sources of help for each risk, including friends, family and alternative local sources.			
Ability/disability and addiction	LG1: Understand how ability/disability and/or addiction can affect an individual trying to follow a health and well-being improvement plan			
Barriers to accessing identified services	LG1: Identify the different barriers to accessing services. LG2: Recognise barriers include: culture, language, resources, geographical, financial, physical and psychological			
Component 3: assessment practice	Component 3 Synoptic Assessment			

**Learning aim A: Factors that affect health and well-being**

**Learning aim B: Interpreting health indicators**