# Health and Social Care Summer Home Learning

🏥 **Task 1: Spot the Services (15 minutes)**
Look around your local area, ask family, or do a quick online search to find **TWO health services** and **TWO social care services**.

| Service Name | Type (Health / Social) | Who It Supports | What It Does |
|---|---|---|---|
| Example: GP Surgery | Health | All age groups | Diagnoses illness and prescribes meds |
| Example: Care Home | Social | Older adults | Helps with daily tasks and social care |

Your turn

| Service Name | Type (Health / Social) | Who It Supports | What It Does |
|---|---|---|---|
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|  |  |  |  |

🚧 **Task 2: Understanding Barriers to Access (15 minutes)**
Think about **barriers** that might stop someone from using a health or social care service.
Choose **TWO types of barriers** from the list below and give:
1. A brief explanation
2. A real-life or imagined example

**Types of barriers to choose from:**
- Physical (e.g. stairs, no lift)
- Psychological (e.g. fear, anxiety)
- Language
- Financial
- Geographical
- Cultural

**Example:**
- **Barrier:** Psychological
- **Explanation:** A person might feel too anxious to visit a mental health service
- **Example:** A teenager avoids seeing a counsellor because they feel embarrassed

Now write your own:
**Barrier 1:**
- Explanation:
- Example:
**Barrier 2:**
- Explanation:
- Example:

🤝 **Task 3: Skills, Values and Personal Attributes (15 minutes)**
Think about what makes a good care worker, nurse, support worker, or teacher.
Choose **TWO care values**, **ONE skill**, and **ONE personal attribute** and explain:
- What it is
- Why it is important in a caring role
- A real-life example of how it might be shown

**Care values examples:**
- Care, compassion, competence, communication, courage, commitment

**Skills examples:**
- Problem-solving, observation, dealing with difficult situations, organisation

**Attributes examples:**
- Patience, empathy, trustworthiness, honesty

| Value / Skill / Attribute | Why It's Important | Real-Life Example |
|---|---|---|
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🧱 **Task 4: Obstacles to Care (15 minutes)**
**Obstacles** are things that get in the way of giving good care — even when a service is available.
Choose **two obstacles** and explain:
- What the obstacle is
- Why it can cause problems for both the service user and the care provider
- One way the obstacle could be overcome

**Obstacle examples:**
- Lack of staff
- Poor communication
- Lack of funding
- Lack of training
- Time pressures
- High workload

**Example:**
- **Obstacle:** Lack of staff
- **Problem:** People may wait too long for support, staff become stressed
- **Solution:** Recruit more staff or adjust shifts to meet needs

Now your turn:
**Obstacle 1:**
- Problem:
- Solution:
**Obstacle 2:**
- Problem:
- Solution: