

Assignment Plan — Social Care Services

Social care services help individuals with **everyday living tasks**. Produce a report that outlines the work of **different** social care services and practitioners. Research specific examples from your **local area** and use the space below for your notes.



Social care services for children and young people

Make notes below and then write this assignment on the computer for your teacher to check.

Foster care

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Residential care

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Youth work

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GETTING STARTED

Children and young people may sometimes need support from a social care worker. What do you think would make a good social care worker for this age group? Create a mind map showing the qualities you think are important.



- Foster care can provide a stable home for a short period of time

KEY TERM

Identity is how you describe or define yourself.

Services for children and young people

Sometimes people need more help than their family can provide. Social care supports people who are vulnerable; they might be unsafe, ill or have a disability.

Reasons for needing support

Some children or young people may need care and support on a temporary or permanent basis. This could be because:

- their parent or carer is ill
- there are family-related problems such as a relationship breakdown
- the child may have behavioural issues or profound additional needs.

Types of support

There are three main types of support that children and young people can access: foster care; residential care; and youth support.

Foster care

When children and young people cannot live with their family, they may live with a foster carer. Foster care provides a stable family life in a safe environment. It may be just for a short while until they are able to return home. Or they may move to longer-term support such as adoption, a residential care home or independent living.

Foster carers support young people through difficult times in their life. They are given training and support through the process.

Residential care

Residential care homes can provide a high quality of care. This kind of care can often be best for some children and young adults because:

- they have more complex needs
- they will be supported by trained carers and educational staff to achieve positive outcomes.

Those staying in residential care often tend to be older.

Youth work

Youth work is a service that aims to support young people aged between 11 and 25 years. The service can help with someone's personal and social development. It can also help them to feel positive about their future. Young people build skills such as:

- exploring their **identity**
- decision making
- problem solving
- building confidence
- better communication.

Youth work creates informal personal and learning opportunities. It can take place wherever young people are – for example, schools, colleges and community areas (such as libraries, shopping precincts or parks).

ACTIVITY

In pairs, read one of the scenarios below.

- 1 List benefits to the individual of accessing the service.
- 2 Suggest two barriers to accessing the service.

Scenario 1: Amir, 10 years old and in foster care

I am living with Mandy, my foster carer. My mum and my stepdad have split up. It was horrible when they argued and fought. Sometimes it would go on into the middle of the night. My mum wasn't coping and got in touch with Children's Services, who found me a place with Mandy.

Mandy and her family are kind. The house is quiet and I sleep better. Sometimes though I get upset and lash out. Mandy listens to me. I like being with Mandy, but look forward to when I can go and live with mum again.

Scenario 2: Connor, 15 years old and in residential care

I have lived here for 9 months, I like living here. Most of the staff are good. I like having people around especially when I am feeling worried. I like having my own room. It's better here than when I lived at home. I was always getting into trouble and argued with my mum. Some things I find difficult are the rules and bedtimes and not being able to go out when I like. I never had rules at home.

Scenario 3: Sadie, 16 years old and attends a youth group

I hardly ever went to school; couldn't see the point, so I started messing about. I used to meet up with mates in the park, drink, smoke and do drugs. There was nothing else for us to do.

A group of adults, 6 months ago, got together and opened a community centre next to the park. We weren't sure at first – we didn't trust them, couldn't make out why they did it. Anyway, it was raining one day so we gave it a go and went in. They turned out to be really good. They seemed really interested in us. It's a good place to go; there are rules, but it's ok.

Tom, one of the youth workers, is great, I love talking with him. He has given me confidence and he believes in me. He is helping me to get work experience. I never thought I would make anything of my life, but I really want to work and do well now. I want to feel proud of myself.

Support workers

Someone who supports and works with children and young people will need to be able to communicate well with the person they are supporting. As you read in the activity scenarios, each person liked those who were supporting them. The diagram below lists some skills and qualities support workers need. Can you think of any others?

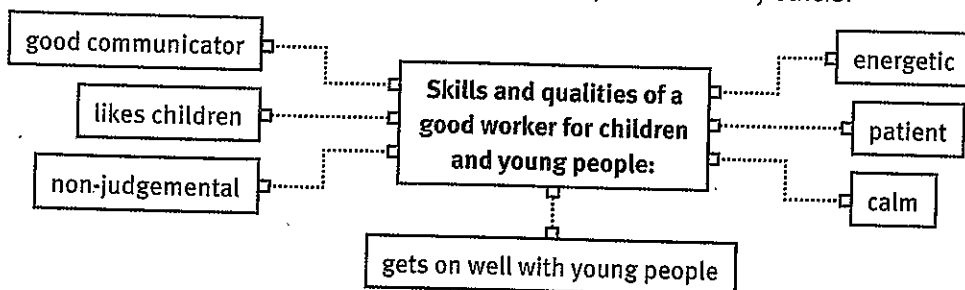


Figure 2.1: Some attributes required by support workers

CHECK MY LEARNING

You focused on one scenario from the Activity box above and answered two questions. Now focus on the other two scenarios. For each one, answer the same two questions.

Services for adults or children with specific needs

GETTING STARTED

Write down one example of a learning disability, one example of a sensory disability (or impairment) and one example of a long-term health issue that can affect adults or children.

KEY TERMS

Sensory impairment is a weakness or difficulty that prevents a person from doing something.

Residential care is short- or long-term care provision, in which the individual lives in a care home rather than in their own or family home.

Domiciliary care is care and support given at home by a care worker to help a person with their daily life.

DID YOU KNOW?

The Care Quality Commission regulates health and social care in England. All care providers in England are monitored, regulated and inspected by the Care Quality Commission to ensure adequate standards of quality and safety are maintained.

Some people have specific needs. But have you ever thought about who supports those individuals or the services available to them?

How specific needs are supported

Specific needs can affect children and adults. They can include:

- learning disabilities
- sensory impairments (for example, loss of vision, hearing loss or loss of smell or taste)
- long-term health issues.

However, a range of services is available to support both the individual and their family or carers, as you will find out later.

Learning disabilities

A person who has a learning disability finds it hard to learn new things and may struggle to complete tasks independently. For example, support might be needed with managing money, personal care and household tasks. A person with mild learning disabilities may successfully live on their own, while others with more severe disabilities may need more intense support 24 hours a day.

Sensory impairments

Sensory impairment is a problem that affects the senses, for example, hearing, vision, taste or smell. Someone with a sensory impairment may be born with the disorder or it may have developed throughout their life. The ageing process as well as other physical conditions such as diabetes can affect sight. Hearing can also deteriorate with age; some individuals have dual sensory loss and are deafblind. For a small number of people, loss of smell or taste is a long-term effect of Covid-19.

Long-term health issues

Long-term health issues can affect people in many ways and may include learning, physical or mental health difficulties.

- Some people may be born with conditions such as cerebral palsy or asthma.
- Others may develop disorders such as dementia during their life.

Types of care

Different types of care are available for individuals with specific needs – for example, **residential care**, respite care and **domiciliary care**. Care providers are inspected to make sure the service meets the specific needs of the individuals who are using it.

Residential care

Residential care can be short or long term. The individual lives in the setting instead of their own home. Accommodation, laundry and meals are provided. Residential care homes need to state which type of care they provide – for example, to support children or adults who have learning, sensory or long-term disabilities. Staff in residential homes are trained to support individuals with specific needs and support is available 24 hours a day.

Respite care

Families often provide care themselves for relatives who need it. But caring for individuals who have disabilities can be demanding and tiring for the family. Respite care provides support (in the form of trained carers) for those families. This gives them relief for a short period of time. Respite care can be provided:

- at the person's home, so that the usual carers can have a break away from home
- in a residential care home, so that the usual carers can relax in their own home for a few days without the pressure of looking after someone.

Domiciliary care

Domiciliary care means that care workers visit the individual in their own home to help with personal care and other daily activities. Some individuals require specialised treatments such as feeding via a tube, which can still be carried out in the person's home if the care worker is trained in its management.

Table 2.4 looks at the other services that are available to support individuals with specific needs.

Table 2.4: Other services to support individuals

Service	How they meet users' needs
Supported living scheme	Accommodation within the community enables a person to live independently with extra support available if needed. A care coordinator will make sure the level of support is right for the individual – for example, a weekly drop-in or more intensive daily visits.
Day centre	Staff are on site to provide services such as bathing, hair care and chiropody as well as run social and leisure activities. Day centres will vary in the services that they provide.
Nursing care home	This is like a residential care home but with registered nurses supporting those with more complex needs.

DID YOU KNOW?

At least half of all adults with learning disabilities live in the family home. A significant number live with parents, aged 70 or over, who are too old or frail to continue in their caring role.

Changing needs of the individual

As we know, situations and circumstances can change what we need. This is also true for people with disabilities or illnesses. For example, a child with learning difficulties may be supported by parents. But as they move into adulthood they may wish to become more independent. A supported living scheme could help them to do this. Whatever service is offered, a person-centred approach will ensure the individual's preferences are always taken into account.

ACTIVITY

The following three people have specific needs.

- Charlie is 27 years old and has Down's syndrome. Charlie has moderate learning difficulties.
 - Robin is 75 years old and has dual sensory loss. Robin is sight and hearing impaired.
 - Jasmine is 14 years old and has cerebral palsy. Jasmine has difficulty with coordination and movement.
- 1 On your own, research more about each disorder and make some brief notes.
 - 2 Then, in your group, discuss each individual's needs. Discuss the suitability of each of the services in Table 2.4 for each individual. You could share your ideas with another group.

CHECK MY LEARNING

Try to find one local provider that could meet the needs of each of the individuals mentioned in the activity. You could use local council websites, which may have a directory.

Services for older adults

GETTING STARTED

Imagine living alone and needing a walking aid to be mobile. List ways that activities of daily living could be challenging.

Life expectancy has increased over the last 40 years, which has led to an increased demand for social services for older adults.

Do you think a grandparent could run as fast as their grandchildren? Your answer is probably 'No'. As we grow older our bodies start slowing down, taking longer doing things.

As we age, our body systems function less effectively. Despite that, many people are able to remain fully independent through older age with little or no help. Others, may have difficulties with daily activities and require short or long-term social care as they age. Both long and short-term social care would be arranged by a local authority and could be described as 'formal' care. Social care for older adults covers a wide range of activities to help people to live independently and to stay well and safe. This includes:

- Personal care e.g. washing, dressing and getting out of bed in the morning.
- Support to stay socially engaged.

Social care includes:

- support in people's own homes (home care or 'domiciliary care')
- support in day centres
- care provided by care homes and nursing homes ('residential care')
- providing aids and adaptations for people's homes
- providing information and advice; and providing support for family carers.

Local authorities are responsible for assessing people's needs and funding their care if they are eligible.

Residential and domiciliary care

Older adults who have conditions that make them more dependent on care and support may benefit from residential care. For example, an individual who struggles with personal care and mobility will have the support of trained staff to help with washing and dressing. Specialist equipment is available to help individuals to move comfortably and safely. If an older adult gets confused easily or has poor memory, medication can be managed and administered by health professionals at the care home. Social activities and the company of others at a care home can benefit older adults who might otherwise be socially isolated at home.



■ Care worker visiting a client in their home

Case study 1: Jack

Jack is 82 years old and has arthritis. He has limited mobility, but can get about using a walking frame. Jack has no family nearby. He loves the company of others and led the local dominoes and darts teams for several years.

Jack is mostly independent, but needs a little help with personal care. He has decided to move from his own home into a local residential home, where he will not have the worry of paying bills and shopping. He wants to be able to enjoy life fully without the responsibility of running his own home.

Jack has many people around him for company. But he also has the privacy of his own room, where he can have quiet time as well.

**Case study 2: Winston**

Winston is 87 years old. Recently he had a fall. He is recovering well and can walk with a frame.

Winston's wife died 5 years ago and his daughter lives about 50 miles away. He is a keen gardener and loves to watch the birds from his living room.

Winston likes to visit a local club, where he sees friends. He has lived in his home since he was in his 20s. He planted the trees in his garden when he first got married. He also has a vegetable plot and likes to give his produce to friends and neighbours.

Winston has chosen to stay in his home with the help of a carer who visits twice each day to help him with personal care.



Domiciliary care is designed to support people to remain independent in their own home. Care workers visit each day to support individuals with personal care. Many older adults in receipt of domiciliary care benefit from the social interaction with care workers, who might be the only people they see on a day-to-day basis.

Jack and Winston have similar needs but have made different choices about social care. Why do you think this is?

ACTIVITY

Read the scenario and answer the questions.

Daisy is 76 years old and has had a stroke. Her mobility is good, but sometimes she gets confused. She lives alone, but has many friends in the neighbourhood. She is trying to decide whether to stay at home supported by carers or move into residential care. Daisy has requested information about both options.

- 1 Individually, research Daisy's two options. Find out the care and support each offers.
- 2 In a small group, share your findings and produce a list of the advantages of each option for Daisy.

DID YOU KNOW?

People with assets (things they own) worth more than a certain figure are normally not entitled to government-funded social care. In 2022 this figure was £23,250

CHECK MY LEARNING

Explain which option you think is best for Daisy to meet her specific individual needs. Compare advantages with possible disadvantages to justify your answer.

GETTING STARTED

Sammy's grandmother cannot see very well. He goes to visit her regularly after school. How do you think Sammy can help his grandmother when he visits?

Informal social care

Not all carers get paid for what they do. Some people volunteer to help others. They are known as informal carers and social care services would struggle without them.

Who are the informal carers?

There are many types of informal carers such as partners, family, friends and neighbours. Each can play a valuable role in giving up their free time to support others.

- **Spouse or partner:** When you live with a person and have a close relationship with them, it will feel natural to want to care for them if they need help and support.
- **Son or daughter:** Children can feel a sense of responsibility as their parents age or become disabled. They often reflect on how their parents looked after them when they were young. In some cultures, caring for ageing parents is expected of sons and daughters.
- **Friends:** Often, the bond between friends (especially if they have known each other a long time) can be very strong. Good friends usually want to give a helping hand.
- **Neighbours:** Good neighbours are invaluable. Having someone nearby who can quickly respond to needs and problems gives peace of mind to a person in need.

What informal carers do

Informal carers can provide a range of support, including personal care such as washing and dressing. They can do practical jobs around the house and garden, and help with collecting prescriptions or taking individuals to the doctor or hospital appointments. They can also assist with paperwork and managing correspondence, as well as tasks such as shopping, cooking and doing the laundry.

Being there to provide company for older people is also a need that informal carers can fulfil. It is often the small acts of kindness given by informal carers that make a big difference to the health and wellbeing of an individual.

DID YOU KNOW?

Unpaid carers save the UK enough money each year to fund a second NHS. It costs in excess of £100 billion per year to run the NHS.

DID YOU KNOW?

More than one in every five people in the UK lives in poverty. This can cause chronic stress and leads to an increased risk of homelessness and substance abuse.

Additional Care

Charities, faith-based organisations and community groups are examples of voluntary organisations that provide social care support. These non-profit making organisations often work alongside formal and informal care providers. Here is an example:

Lily is 21 years old and has one-year-old twins. Lily lives alone but has support from her mum who lives locally (informal support). Lily also has support from the health visitor (formal support). However, she is struggling to cope with parenting the twins and managing her own home. The health visitor puts Lily in touch with Homestart (charity).

Table 2.5: Charities and how they provide social support

Charity	Examples of social support provided
Homestart	Trained volunteers and expert supporters help families with young children through challenging times. Practical and emotional support includes home visits, support to access services and specialist support groups.

Charity	Examples of social support provided
Age UK	Support for older adults including a befriending service, day centres and social activities. Information and guidance is available about issues affecting older adults such as health conditions and care and support services.
Mind	Provides information and support to people who are experiencing a mental health problem. There is a national telephone helpline and local support groups.
Royal National Institute of Blind People (RNIB)	Provides a range of support for blind and partially sighted people. Their free library has digital, audio, Braille and giant print books for adults and children. Volunteer community support workers help run local support groups and make wellbeing calls to people's homes.

Faith-based groups

Faith-based groups are organisations formed by groups of individuals who share religious or spiritual beliefs. Two well-known faith-based groups are The Salvation Army and Islamic Relief.

The Salvation Army is a church and Christian charity which aims to offer support to all those in need without discrimination. One example of support they offer is debt advice. Debt advisors and volunteers help people in debt to develop repayment plans, as well as providing financial education.

Islamic Relief provides social and emotional support for families who are refugees, asylum seekers and migrants. Their social activity groups for homeless asylum seekers and refugees help to reduce social isolation and improve people's mental health.

Community groups

Many charities and faith-based groups provide support to other charitable organisations that work within communities. Examples of community support include:

- Lunch clubs and social groups that provide companionship and activities
- Food banks for people experiencing financial difficulties
- Transport services to help people go shopping and get to appointments or activities
- Befriending services (volunteers visit people in their own homes).

ACTIVITY

The care people receive is often given by unpaid carers (informal social care). The care that friends, neighbours and relatives give often goes unrecognised and unnoticed, yet informal care is crucial in the lives of some individuals.

Mr Klosowski is 82 years old and lives alone. He feels lonely and sad since his wife died a few months ago. Mr Klosowski has been friends with his neighbours for many years. He has one son who lives 20 miles away. Mr Klosowski has limited mobility and no longer drives. His wife used to do the cooking and the laundry.

- 1 In pairs, discuss and list three ways informal carers might support Mr Klosowski.
- 2 Outline the benefits of informal care to Mr Klosowski.
- 3 Identify two ways in which Mr Klosowski's health and wellbeing might be impacted without informal care.

LINK IT UP

For more information about voluntary organisations, go to Component 1, B2.

ACTIVITY

The Petrenko family are refugees who have recently arrived to live in England. Mr and Mrs Petrenko have three children aged 2, 5 and 7. Mrs Petrenko's mother, who is 78 years old, has also come with them. The family has experienced many challenges before and whilst travelling to England, which have affected their wellbeing. They have little money and no friends or relatives in England.

- 1 In pairs, identify two potential sources of social support from charities, faith-based organisations or community groups for the Petrenko family.
- 2 Compare your findings with another pair.

CHECK MY LEARNING

Using the lesson titles so far in this component, create a mind map of what you have learned. Highlight any areas you are unsure about for your teacher to see.