

For Candidate Use

Please tick chosen brief

Brief 1 Produce a background report on an individual who will be using care services for the first time.

Brief 2 Produce an information booklet about a care service which includes information about one individual using the service.

Brief 3 Produce a report about a social issue and the way it influences an individual using care services.

For SQA Use Only

Section	Marks Available
Action Plan	10 marks
Responding to the brief	70 marks
Evaluation	20 marks
Total	100 marks

Care National 5 – Project
2014

Name: _____

Brief: _____

	Total
Section 1: Action Plan	
1(a) Describe the individual you have chosen to investigate and explain why they are a suitable choice for your project	5
1(b) Develop a plan, detailing tasks and timescales, for all three stages of the project	2
1(c) Explain why three different types of sources of information will be appropriate for researching your chosen individual	3
Section 2: Responding to the brief	
2(a) Describe four needs of the chosen individual and explain why they are required to be addressed	12
2(b) Describe features from two psychological theories and use them to explain aspects of the development and behaviour of the chosen individual	12
2(c) Describe three sociological concepts and use them to explain the impact of social influences on the chosen individual	12
2(d) Describe features of the positive care environment in three care services and explain how they could meet the needs of the chosen individual	12
2(e) Describe features of two psychological theories and use them to explain how a care worker in any of the services mentioned in 2(d) could demonstrate positive care practice with the chosen individual. The features described must be different from those used in 2(b)	12
2(f) Reference three different types of sources of information used during the investigation	6
2(g) Present findings appropriately within the format required by the brief	4
Section 3: Evaluation	
3(a) Evaluate what worked well and/or what did not work well when carrying out the project, referring to your plan and/or log	10
3(b) Referring to your plan and/or log, describe what you would do differently when carrying out another project in the future and explain how this would improve the future project	6
3(c) Explain how you might use the knowledge and understanding related to Care that you have gained from this project, in one or more contexts	4
FINAL TOTAL	100

National 5 Health and Social care project log

The project brief: produce a background report on an individual who will be using care services for the first time

Pupil:

SCN:

[Redacted area]

Section 1: Action Plan

The person that I've decided to discuss for my project is Client A who is divorced and in his 60's, has two sons one who lives in Renfrew that comes and visits him regularly and another son that he no longer sees due to the fact he feels his dad has ruined both his and his own life due to drinking. He currently lives in the west coast of Scotland.

Client A used to work in the navy, he worked there for 20 years. After the navy he worked on oil rigs and large ships. He travelled most places in the world with his work and he was on sea for months on end. When he worked on the ships there were lots of bars available that were open 24/7. Client A was a social drinker he liked a drink after a long day at work. The drinking gradually got worse because it was everyday he went to the bar in the ship after work and sat there for hours on end drinking. Client A at his worse stage of drinking was caught for drink driving in charge of a company vehicle he was consequently fired.

Due to this he ended up just binge drinking. Through the heavy drinking and owing to his subsequent break down of relationships he started getting really depressed as well. His dementia started when his drinking got really bad that he had to get rushed to hospital. The doctors said to him that he had a type of dementia that affected his short term memory.

I have chosen client A for my project because:

- he is a very open individual who is happy to talk about his condition of alcohol related dementia. His dementia is at a level where he can still communicate with others and

- therefore can provide me with the information required for the project.
- As he is based in a local care home near to my school it has allowed me to visit on a regular basis which is a real benefit as I can interview my Client A as and when required providing me with accurate information that is needed for this project.
 - Due to the fact I have got to know Client A and built up a close relationship has allowed me to personal information that I wouldn't have got at the first meeting with Client A.
 - As he is a first time user of a care service he can give a first-hand account of what it's like to live in a residential care home and the types of services provided.

Planning

<u>Detailed Task</u>	<u>Timescale</u>	<u>Any Changes</u>
<u>Action Plan</u>		
1) Psychological theories.	January 13 th to the 15 th	<u>None</u>
2) Psychodynamic part project.	January 17 th to the 19 th	
3) Maslow theory and project and Erikson.	January 20 th	
4) Berne and Bandura - care settings	January 27 th	
5) filling any missing areas	February 17 th	
6) Update bibliography	March 3 rd	
7) exam- "evaluation"	March 17 th	
8) project being finished	March 24 th	

<p>from those in 2(b)</p> <p>2f. Reference 3 different types of sources of information used during the investigation.</p> <p>2g. Reference 3 different types of sources of information used during the investigation.</p>	Ongoing	
<p>Stage 3 Evaluation (20marks)</p> <p>3a. Evaluate what worked well or what did not work well when carrying out the project refer to your plan or log.</p> <p>3b. Referring to your plan or log , describe what you would do differently when carrying out another project in the future and explain how this would improve the future project.</p> <p>3c. Explain how you might use the knowledge and understanding related to care you have gained from this project from one or more context.</p>	One hour only	<p>Evaluate log and action plan:</p> <p>Four points: What went well and what did not go well.</p> <p>Three points: What would you do differently when completing another project and how would this improve your future project.</p> <p>Four points: How would you use this knowledge in further study, work or daily life.</p>

1c. Explain why three different types of sources of information will be appropriate for researching your chosen individual.

Source of information	Accurate explanation why this particular source will be appropriate for researching the individual.
Books: Such as	Books are good sources of information that can include comprehensive accounts of research, historical data, overviews, experts' views on themes/topics. A book is a good source when you require background information and related research on your topic and when you want to add additional depth to your research topic as in the case of my chosen individual it helped to back up information I had already gained.
People such as my chosen individual and care workers who worked with and aided my chosen Individual Client A.	Interviewing and observing Client A and people close to this individual will provide relevant information first hand so is more likely to be accurate. This information can also be gained quickly.
Internet/websites	By using websites will provide up-to-the minute information about the various research topics from a variety of sources such as reports, statistics, legislation, interviews, newspaper articles; research reports and a variety of other types of resources.

2a. describe four needs of the individual and explain why they need to be addressed.

The four needs of the individual I am going to talk about are social, emotional, cognitive and physical.

Social Needs: making, building and ending relationships; interacting with others.

Before Client A moved into the care home he could go out whenever he wanted and visit friends and family, making friends easily. Now he is in a care home he is restricted to where he can go and has to follow the schedule in the care setting. Some of his family such as one of his sons no longer talk to him because of his drinking problem. His behaviour at times is found to be unusual due to his dementia resulting in other residents avoiding him. He therefore needs social situations to learn what is the right behaviour if this is not addressed then his bad behaviour will continue.

When the resident is coming in to the care home for the first time there need is to try and interact with the other residents and also the staff because they don't know the person yet. They will need to build a relationship with the staff if the resident is going to stay there permanently. This will give Client A more confidence as he has others to talk to about with his feelings staying in the care home through making these new friendships and building relationships this will help to build his self-esteem and feeling of self-worth.

As client A has little family and friend contact and is using is the care home for the first time he needs to try and interact with the other residents and also the staff to make and build relationships. It is to his benefit to build a relationship with the other residents and staff especially as Client A is going to stay there permanently. If this is not addressed he could feel depressed, lonely and not valued. The nursing staff should encourage him to mix with other residents in the care home and also join in with some activities and outings such as going to the shops and playing bingo with others.

Physical: Health and hygiene, food, drink and safety.

Client A has the physical need for health and hygiene, food, drink and safety. If this need is not addressed then the Client will feel unclean, unsecure, and desperately hungry and may become malnourished. Due to client A's alcohol related dementia he forgets to shower, brush his teeth simple hygiene things like this that he doesn't do is a risk to his overall health. Therefore he has had to move into a care home that now need to ensure all his health and hygiene requirements are met otherwise his health would deteriorate. Client A forgets when he has eaten or had a drink and due to this he developed a habit of overeating.

It is therefore important that he is provided with nutritious balanced meals at regular intervals i.e. breakfast, lunch and dinner otherwise he could become obese. This would lead to other health complications like heart problems, diabetes, arthritis etc. Client A has the need to feel safe and secure however he sometimes forgets to put his hearing aids in which would be a safety problem for him as he wouldn't hear such things as a fire drill. Carers need to ensure that Client A puts his hearing aids in so that his health is not at risk by not hearing fire drills etc.

Emotional needs: Need for love, sense of self-worth, need to be valued.

If the need for love, sense of self-worth, need to be valued are not being met Client A might feel discriminated against because these needs will be getting met for other residents and this might make him feel isolated and also he may feel not wanted.

The need for love is of importance for Client A because prior to being placed in the care home he was really depressed about his divorce and couldn't talk to anyone about it as it was too emotionally draining. Now he has people in the care home that he can talk to if he is feeling upset or just wanting to talk to someone about things. To feel valued, this is necessary because no one wants to feel like they are not needed and wanted otherwise he will feel isolated.

Cognitive: Making decisions, solving problems and learning,

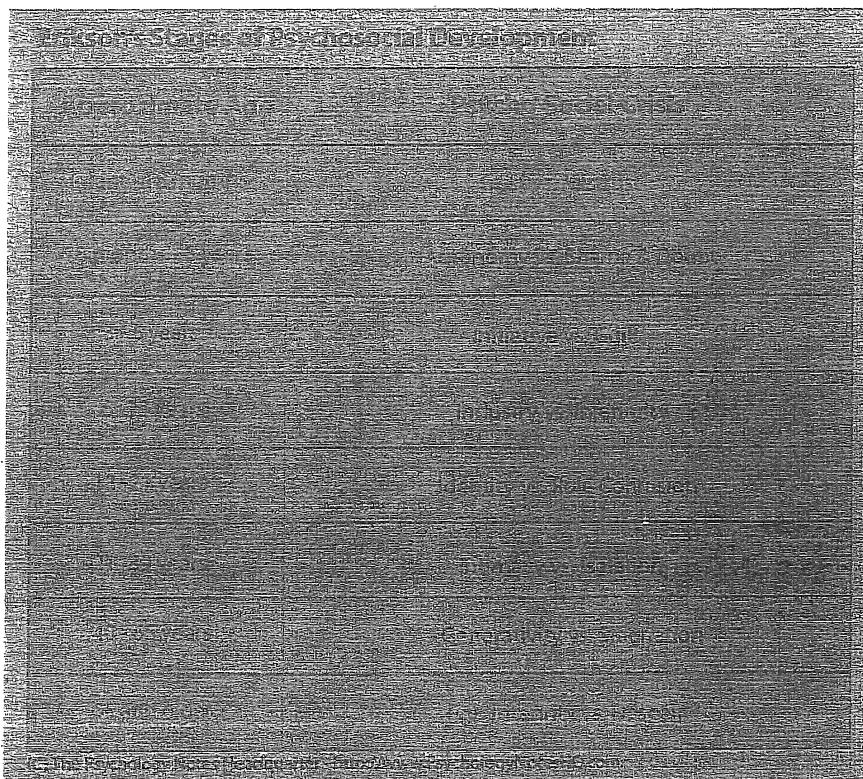
Client A prior to developing the alcohol related dementia and going into the care home he had a good job as an engineer which provided him with the opportunity to learn new skills, make decision, solving problems and being creative. Now that he is in a care home he still wants to do these things because he has done this for years. And needs the opportunity to express himself and learn otherwise he will undervalued and will become bored and lacking in motivation and inspiration.

Also if Client A is not allowed to learn, maintain and develop new skills he may forget what he had learnt in the past especially as he has a memory loss condition it would be important to ensure he maintains what he has learnt.

2 b. describe features from two psychological theories and use them to explain aspects of the development and behaviour of the chosen individual.

Psychodynamic theory – Lifespan/life experiences

This theory works on the belief that a person will think and behave in a certain way due to past experiences that they have had in their early years. This theory suggests that the person may have buried their experiences in their subconscious mind. It is therefore believed that behaviour is determined by past experiences. Freud suggests that we have unconsciously developed ways to protect ourselves from feeling anxious. These are called defence mechanisms such as regression and sublimation.



Relevant point 1

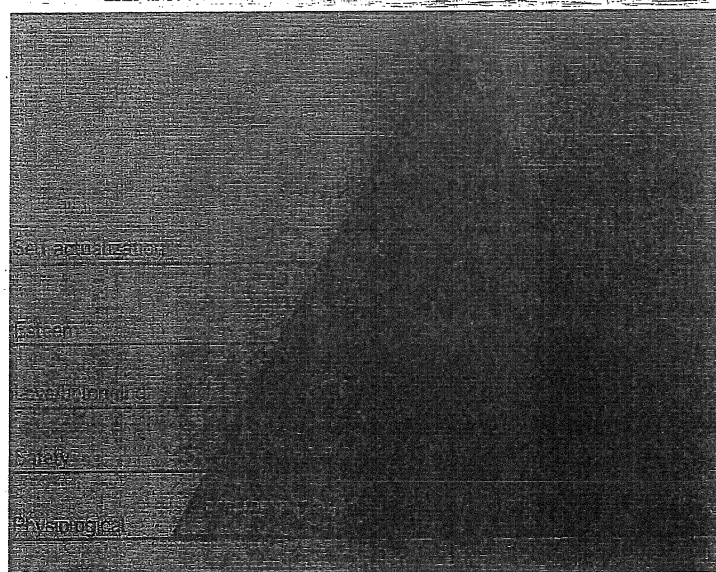
Before Client A came to the care home his life was chaotic. He went through a stressful time due to a divorce and the feeling of not being able to fit in, which originated in his teenage years when he felt he did not fit in. This was due to him attending college when all of his friends were working as the time which they classed as the norm. He felt he did not fit in with the people at college either as they were not from a similar background as they were from more affluent families this made him feel inadequate and caused conflict in the identity v's role confusion psycho social crisis stage. This was not resolved and therefore weakened him psychologically.

This further caused conflict by the divorce from his wife, again he had feelings of not fitting in because his friends were all happily married and had family's this was now reflecting on him as he no longer had similar relations to his friends and this is when the drinking started. This was due to his low self-esteem because he felt isolated, not valued with low self-worth.

Relevant point 2

As Client A is now in his early 60's he is the Generativity vs. Stagnation stage. Which takes place during the ages of approximately 40 and 65. This is where adults will strive to create or nurture things that will outlast them; often by having children or contributing to positive changes that benefits other people. In other words "making his mark on the world, through caring for others, creating things and accomplishing things that make the world a better place. Due to Client A having alcohol related dementia his sons did not speak to him, due to the embarrassment and the feelings of being let down by their father when drunk. Client A has managed to patch up relations with one of his sons providing him with some feelings of accomplishment but still does not speak to the other. For Client A to feel that he is of benefit to others it would be beneficial if he sorted out the relationship with his other son as this would help him feel valued, and contributing to his sense of self-worth, otherwise he could feel that he has unresolved business and there for a failure if this is not sorted.

Maslow's Hierarchy of Needs



Maslow's hierarchy of needs is a psychology theory by a man called Abraham Maslow. His theory was in the in 1943 'A theory of Human Motivation' in a psychological review. Maslow extended this idea to include observations of humans for curiosity. His theories manly focuses on describing the stages of growth in humans. Maslow uses the terms physiological, safety, belongingness and love, esteem, self-actualization and self-transcendence needs to describe the pattern that human motivations generally move through.

Relevant point 1

This theory is relevant to client A because before he came to the care home his life went down-hill, his wife had left him, he lost his job and also one of him sons didn't talk to him anymore because of his drinking problem and also having to live in a residential care home. Now that he is in a care home he can build up on the hierarchy of needs ladder by building up new friendships in the care home and also the feeling of being loved and cared about again.

Relevant point 2

When client A started to binge drink and the stage where it got so bad he wasn't looking after himself properly, he wasn't washing, eating properly or anything like that. Now that he is in the care home there is a feeling of safety and self-worth because there is carers there that will make sure he gets his 3 meals a day and also getting washed regularly.

2C. describe three sociological concepts and use them to explain the impacts of social influences on the chosen individual.

The 3 sociological Concepts and social influences I'm going to be talking about are Discrimination, norms values and roles, and also culture. The social influences are friends and peers, religion and family.

Sociological Concept: Discrimination
Social influences: friends and peers

Client A didn't fit in with anyone at school or university. He was discriminated against because he was from a working class background. His friends made fun of him because he was mixing with people that were smarter and richer than them. Client A therefore didn't think he fitted in with either his friends or the other students in university. This made him feel inferior and subsequently isolated.

Sociological Concept: norms, values and roles
Social influences: family

Client A was brought up to think that being rich and smart was the norm for everyone. His role in society was to do as well as he could to financially and emotionally help support his family. This resulted in added pressure later in life when he had his own family.

Sociological Concept: Culture
Social influences: Religion

Client A was brought up in a catholic area but he was brought up as a protestant. He followed many of the customs of found within his own protestant religion. This however caused some conflict and impacted on his day to day life as this was not seen to be the normal behaviour in the area as people in his area followed the Catholic religion.

2d Describe features of the positive care environment in three care services and explain how they can meet the needs of the chosen individual

Care setting 1 Domiciliary (home) - District Nurse

The 3 positive care environments I'm going to be talking about are: Domiciliary, Day-Care and residential organisational.

Domiciliary care is care that is carried out in the persons own home and where outside help assistance generally comes to them. There are a range of care professionals who will provide support for a variety of needs individuals living at home. These professionals focus on the three main areas of the services provided which are health visitors, Community psychiatric nurses and the home care organiser.

The Domiciliary care setting can meet the need of Client A by providing him with the opportunity of staying at home with his friends and family living nearby this will mean that there will be the opportunity for client A to interact with his family and friends. This will provide him with self-worth, being valued, self-belief etc. If the individual does not have his family and friends there when he needs them care workers such as district nurses could provide this interaction.

If the individual as well as Client A is not mobile and can't travel to hospital or to the doctors surgery for dressings to be changed or check his well-being and medication. His needs will still be met by the district nurse who would come to his home to treat him and if there are any more serious concerns the district nurse would inform the doctor who would treat him at his home. This would be an advantage because client A would not have to organise any transport to a hospital.

Care setting 2 - Day care - definitions

Day-Care aims to help people stay in their community and help them function to the best of their ability. The Day-care service also helps them to improve or relearn basic social life skills. The people they help with their needs range from any kind of disability to mental health problems. Day Care provides: Support for vulnerable elderly people with complex needs living in the community, Opportunities to develop new skills and lifestyles and maximize potential Rehabilitation, health promotion and access to therapists (provided in some centre's).

An example of a day-care service which would meet the needs of my chosen individual is an alcohol day centre. This would help the emotional

needs of my chosen individual by offering him the opportunity to discuss his issues with alcohol and the deep rooted reasons for drinking alcohol. One of the treatments that would be available is cognitive behavioural therapy (CBT) this changes patterns of thinking and behaviour with the intention of breaking certain emotional or psychological ties to habitual behaviours.

The Day care setting could provide him with the opportunity of meeting with others by doing activities like playing bingo that the community organise for people that are lonely, meeting their social needs as he has people to talk too. This would provide with the opportunity of more interaction with others and feeling part of the community stopping him from feeling isolated.

Through understanding the subconscious feelings and thought processes which may cause his addiction he can gradually learn to control the urge to drink. He then will be able to address any problems or insecurities that would have normally meant he would have turned to alcohol.

By having this counselling facility in a day care setting would allow this individual to attend on a regular basis as and when required. Ensuring that my chosen individual emotional needs are met. By understanding his emotions Client A will understand how to control his drinking problems and trying to stop them.

Care setting 3 - Residential organisational - Care Nurses

A Residential care home is for people that no longer are able to stay at home. Care nurses can look after them and keep an eye on them as well. All residential care homes help with washing, dressing and giving medication to the residents. Some care homes are for a specific care need, for example dementia or terminal illness just so they can give them the right amount of care they are required. The care home is just the one building, family and friends also have to come visit them if they want to see the resident because the resident can't go out on their own depending on how far along there dementia is. Residential care home is different to being at your own home is everything gets done for you for example, washing, cleaning, cooking and much more. This is an advantage for Client A because he is unable to remember what he had done a short while ago because of his short term memory loss he cannot cook for himself encase he forgets that he has got the oven on etc.

Residential care provides physical exercise for example some care homes take the residents out to a swimming pool so they can do water aerobics. On a certain day the residents get to choose where they would like to go for the day for example they could choose to go shopping, go to the bingo too socialise with other people and lots more things. This can also help them with their physical skills for example walking about the shopping centre and with bingo fine motor skills by using the pen for bingo.

2c) Describe features of two psychological theories and explain how a care worker in any of the services mentioned in 2b) can demonstrate positive care practice with the chosen individual. The features described must be different from those in 2a).

Bandura Theory - residential home

Albert Bandura carried out a number of laboratory experiments with children instead of researching animal behaviour. He was interested in how children's behaviour was influenced after watching aggressive behaviour on a video.

Bandura thinks in social situations children are more likely to learn quicker by observing adults behaviour. individuals that are observed are called models. In society children are surrounded by many influential models, such as parents within the family, characters on children's TV, friends within their peer group and teachers at school. These models provide examples of behaviour to observe and imitate, e.g. masculine and feminine, pro and anti-social etc.

Relevant point 1

This theory relates to my individual because of client A's alcohol related dementia, he will not remember how to behave and at times may behave like a child. The best case scenario is if he observes the carers behaviour and copy how they act. By copying this behaviour it can bring positive things for Client A for example being in social interactions with others and knowing how to behave in the right way.

Eric Berne - Transactional analysis theory - Residential - Care worker

Berne believed that verbal communication is at the forefront when developing social relationships. He believed that there are three ego states Parent, Adult and Child.

The Parent: is the voice of authority, caring but can be bossy.

The Adult: is easy going and flexible

The Child: is fun but can be moody at times.

If Client A is not in a particularly confirmative mood and moaning about a task she has to do. Then the Care worker would best deal with this by acting in the Adult state and not the Parent state as the Parent state is more angry and impatient which could cause Client A to react badly. While if the Care worker dealt with Client A in the Parent state which is the voice of reason it is more likely to get a more favourable outcome.

2f) Reference 3 different types of sources of information used during the investigation.

Evidence Type	Reference	Comments
Observation	Residents - Care Home	Observe individual Client needs
Interview	Residents -Care Home	Questions to individual client re - background/individual need.
Course Notes	SFEU (Scottish Further Education Unit) - Values and Principles Intermediate 2 SFEU- Sociology for Care Intermediate 2, SFEU (Scottish Further Education Unit) - Psychology for Care Intermediate 2.	Information re- SPECC and psychological concepts,
Website	www.hc-one.co.uk	Overview - how care home addresses needs.

	<p>http://www.carersuk.org/help-and-advice/practical-help/when-caring-ends/residential-or-nursing-care#</p> <p>http://en.wikipedia.org/wiki/Albert_Bandura</p> <p>https://www.nmds-sc-online.org.uk/help/Article.aspx?id=30</p>	<p>Overview - psychological concepts.</p>
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Section 3 Evaluation

- 3a) The part in my project that I felt went well is the psychology because I understood it and enjoyed that part of the project.
- The interview of my chosen individual gained trust for me overtime while building up a relationship.
- As I completed a task each day I filled in a log to show I had finished that task. This worked well because it helped me to keep track on what I had finished and not completed.
- I found it difficult to follow my planning sheet because certain tasks had to be finished for a certain date and I had a lot of unfinished tasks.

3b) If I had to do another project in future the changes I would make is making my planning sheet more suitable to me so I can get tasks finished on the right set date.

Another change I would make is putting more detail into the tasks to get better marks.

I would try and gather as much information as I could on care services etc. so that I would have a better understanding of what I'm supposed to write about.

3c) I would use this care knowledge in the future. If I had to look after someone in my family I would know some things I would need to do. Also if I worked in a care home I would know all the rules and regulations and how a care home deals with every resident that lives there and also how they need to know every resident in the care home. If I worked in a nursery I would know how a nursery should perform and also how they look after the children what they can and cannot do. In daily life if I saw someone hurt or collapsed I would know what to do because of being taught first aid.

National 5 Health and Social Care Project Log

The project brief: produce a background report on an individual who will be using Care services for the first time.

Pupil

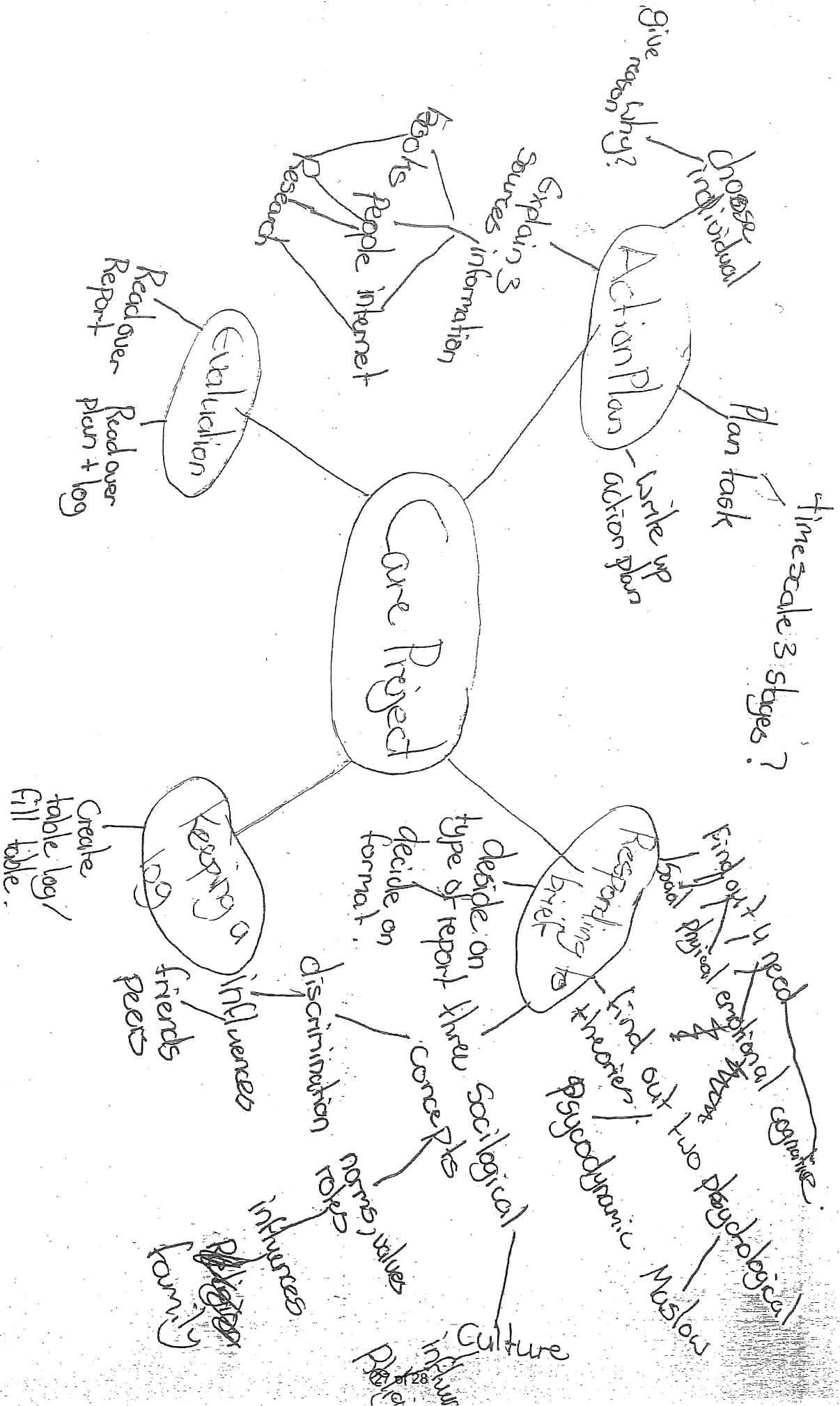
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Date/time spent	Task/Activity	Problems encountered /things which went well
1 week and a bit	topics of report	<p>Researched different ^{types} reports on the internet it went well found a good type of report. because it is a easy layout. added references</p>
/	Create timeplan	<p>I wrote a plan up before I started my project. It went ok but I got a bit stuck at some bits bits.</p>
on going	choosing a resident-	<p>I took a while choosing my resident but I chose someone by having things in common with the resident. Will ask some probing questions next week.</p>
a few weeks	write action plan.	<p>It was slow at the start because I was still gathering information from my chosen resident.</p>

Date/time spent	Task/Activity	Problems encountered /things which went well
3 days	4 needs of individual Social, Physical, emotional, cognitive.	This took a while because to had to find out these needs and it was very hard because some was confidential. Each ^{need} took a while to do because had difficulty finding information this took a while for me because I found this part quite hard to understand. Will research these theories a bit and ask my teacher.
1 week and a half.	two psychological theories Psychodynamic and Maslow	I found this task a bit hard at times because of trying to refer it back to the resident.
took 2 ^{to} 3 ^{room} days to do	three sociological concepts discrimination, norms, values, culture. roles	focused on domiciliary then realised I made a mistake and mixed it up with day care. Will re-type my report.
Overall they took a couple of weeks.	features of positive care environments / three care services. domiciliary, daycare, Residential organisational	

(24)

Date/time spent	Task/Activity	Problems encountered / things which went well
over week	(2) find out two psychological theories Bandura + Eric Berne theory	asked my teacher what these theories were to have an idea on what they were before I researched and put in my log.
throughout the project.	(2) three different sources of information.	researching throughout the project us.
1 day	evaluation	had had to read over report then evaluate it.



P.T.O

* (2d)

find features the care environment / three care services

Domiciliary (home)

Day care

Residential organisational

(2e) find out two psychological theories

Bowlby

theory

(Residential) (home)

Eric Berne (analysis theory -

Residential - care worker

(2f)

three different sources of information

books

people

internet

(2g) decide how I will write my report

Research