

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 Project

Action plan:

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

Bob a fifty three year old man who has had a bike accident leaving him disabled and unable to do much for himself due to his leg, arm and head injuries along with other cuts and bruises. His broken leg and fractured arm makes it a lot harder for bob to do everyday activities as his injuries occur down one side of his body, making harder for him to attend to any needs he may have.

1a)

- I think that Bob was a good choice to write about as he has had many injuries making his care interesting to write about as he needs help going about- things that can happen to anyone at anytime due to accidents or maybe strokes.
- As Bob loves exercise, I found it interesting to see how he would manage and cope without going out as he is unable to walk that much, never mind doing any exercise. His health is a huge part in his life and I wondered how he would cope not being able to do exercise.
- I also found it rather interesting all the care he needed and how his accident had affected him and what needs he had and how they were getting attended to.
- Researching Bobs story I hope will give me a better understanding of things that can occur to anyone at any point in their life, as well as finding out about the many different types of help available to suit their needs and in the ways that are required making it easier for the patient.

1b)

Section1- action plan	5 th -12 th March deciding my brief and who I am writing about.
Section 2- responding to the brief	12 th -19 th March researching my chosen person.

Section 3- evaluation	Evaluate what I have done.
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1c)

1. NHS website; I will be looking for information to suit Bobs needs and to find out the type of care he will need.
2. Classroom booklets; to get any information quickly and also for anything that I may need for knowing there needs and to know why they are behaving in a particular way.
3. Careuk.com website giving me any information required on the different types of care.

2a)

→ Bobs needs are firstly physical which means how our bodies grow and develop, perhaps due to the exercise we do. He needs help moving around as he is unable to do this himself due to his pains due to his injuries being so bad. He needs help to make sure his body is still developing and healing correctly. A care worker would need to understand that he may still want to try get about in the way he is used to doing.

→ Second need is emotional. This is how we react to things and how we cope with our emotions. As Bob has just had a bad accident he will be quite disorientated compared to his usual self as he can no longer go out on his bike or walk getting his exercise that he likes which will get rather frustrating and annoying for him. Also since he can't do much for himself he may feel quite upset that things he could do he can't anymore. A care worker needs to understand how he will be feeling due to his accident.

→ A Social need is where you go out and meet people and interact with others perhaps from groups or just friends and family. This is very important to Bob as he won't manage to get out that often unless he gets help or people come and visit him. Due to his injuries he can no longer get about without support leaving him very isolated as he has to stay at home. His carer would need to know that Bob will need to get out every so often socialising as of course he is so use to being out.

→ A Cognitive need is the way in which we learn and think about and around things and how we develop an understanding on things. This is

also something that is very important to Bob. He will realise that he is unable to do a lot, but yet he will need to learn what he can do and what he can't do to make himself recover quicker by learning what he can do and keeping his injuries moving so they can recover more quickly. Also due to his injuries he will struggle with more easy situations as he will now need to think of everything differently. The carers would also need to help him find out what he can still do although he is still injured.

2b)

Maslow's hierarchy of needs

Maslow's hierarchy of needs is about 5 stages which are in order to achieve "successful development". The five stages are self-actualization, esteem, love/belonging, safety, physiological. These five stages is everything 1 person should go through in their life; having acceptance, having their confidence to say what they like or don't or even to have confidence in themselves, having self esteem and respecting others. Having the friends, family there to support you and to help you through your choices, knowing that you're safe with the people you're around and knowing they will support you when you need it and also having the things you need to survive like food, water, warmth. All this have a huge impact on Bobs continuing development, as all of the above links to how he thinks acts and behaves. Bobs development was very good, he was exercising regularly, seeing his family, had great confidence and health. In addition to his accident, he has also recently lost his mother. This change to his family circumstances has prompted him to be much more out-going with see his friends and family. This made a big impact on his "love and belonging" stage in Maslow's hierarchy of needs development as it is one of the most important as Bob no longer has his mum or dad about he can no longer rely on them to help him if he needs it. He will now have to rely on help from his wife. This would be quite difficult for Bob as he should feel like he has the support from his parents which he now doesn't have and due to this loss he now has to depend on his wife who also recently lost her parents making it harder for Bob to rely on her as much as they both are struggling to cope with their loss.

Lifespan theory by Erik Erickson.

Erik Erickson's theory is all about the eight stages these stages are;
Stage 1- Trust vs. Mistrust

- Stage 2- Autonomy vs. Shame and Doubt
- Stage 3- Initiative vs. Guilt
- Stage 4- Industry vs. Inferiority
- Stage 5- Identity vs. Confusion
- Stage 6- Intimacy vs. Isolation
- Stage 7- Generativity vs. Stagnation
- Stage 8 – Integrity vs. Despair

All stages are very important in his theory as they should all come into every person's life at some point. I think the most important stage out of them all due to Bob's injuries and loss would be stage 5- identity vs. confusion. This stage is about during adolescence developing a sense of independence and a sense of self. I think it's most relevant to Bob's situation as the loss of his parents and several others in his family will leave him in a confused state of mind, as everyone he loves he is losing, making it a horrible situation for Bob to be in. Due to his families losses he will be rather emotional and after having his accident he will be even worse as everything is happening to people in his family- to the people he cares most about making him worried of what may happen next and what he will now do. He may also start to loose a sense of identity as he has lost his mother, father and also other members in his family. It will be harder for him to cope with everything that has happened to him, but with his injuries and accident he may not know what to do as there aren't much more people left to help him anymore. This has had a huge impact on how he behaves, because of the loss of family, he will be upset quite a lot and due to his injuries he will be in a lot of pain making him angry, upset and annoyed. Anyone helping him would have to build a relationship with him to help him know that there are others there to help him if and when he needs it as he will be emotional due to his accident and his loss. Socially after his accident he may not be going out as much which will effect how he gets on with his injuries and how he reacts with others knowing which may also make him emotional as he can't do anything for himself anymore. This may also link to stage 1- trust vs. mistrust as he would have to learn to let people help him when he needs it instead of struggling with his injuries, he may also have to learn that they are there to help him not hurt him as he may feel insecure around strangers helping him, this yet again links to him perhaps opening up to any carers to let them know how he's coping and getting on so that he is actually benefiting on their help.

2c)

→ After Bob's accident he is now unable to play his *role* among the society and within his family. Role meaning the position he plays or does

like being a father or grandfather. Before Bob would be out and about doing exercise, taking on fundraising activities within the community and of course doing things with his family and friends. Now that he is not as able he can no longer do as much as he can't help his family in the same way- they need to help him, he can't go out and exercise- he needs to rest, he now is no longer playing the roles in which he would before, making him feel more of a disadvantaged, as he can't do as much for himself never mind helping others as much as he would like to. He simply can't without the support from family, friends or a carer. These therefore gives him fewer opportunities to do anything as he can't get about or go to work as his work involved driving which he can no longer do making him have to stay indoors unless he gets help. Due to all this he may start to feel very useless and have a very low self esteem as he can't do anything without support. As he can't do things he may start to feel excluded as he can't do what he would like to like exercise or going out to do activities with his family- grandchildren.

→ As Bob is older and now more unable to get about he is not asked to do as much as he would, which is making him feel marginalised- this is called *prejudice*. This means that he is not asked that much to go out and see his friends or go out in general, because he was in an accident they just assume he can't or won't want to go when that may be the complete opposite to what is actually true. This is giving Bob a big disadvantage as he isn't getting the choice or opportunity to go out as it is assumed he won't go, which will make him feel like he isn't getting much choice as people just aren't asking him. It will make him feel very excluded for going out with this friends or family as he isn't getting the chance to do what he may like as he isn't even getting asked making him have low self esteem because he isn't even getting asked to go out anymore due to his injuries.

→ *Stereotyping* is where someone will just assume things as described above. This is something that will very much occur to Bob as he has had his accident and doesn't get asked to go out as much because they don't want him to get hurt or even that they just don't think he will want to go out, perhaps because they think he won't manage. That can tend to make Bob feel left out as his friends and family are doing things without him making him feel lonely, useless and very upset that he can no longer do the things he loves. Due to his friends not asking, it can give Bob a very low self confidence and self esteem as he isn't getting that choice and opportunities that he should get to make him feel like he has that worth and sense of want- to make him feel like they want him there as if people don't ask if can give a very negative response to Bob and his feelings.

2d)

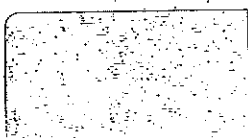
Live-in care home is a care home in Scotland which provides help for disabled elderly. They are there for people who would rather stay in their own housing that go into a care home so instead they come to the houses and help them for their every need. This would benefit Bob as he would rather stay in his own house as he wouldn't want to leave his wife alone, whilst she is working he would benefit the carers coming to help with any needs he has and of course cooking as he still needs his meals as he cant cook.

NHS can provide the help and support of keeping them active although they are disabled to make sure they are still getting the exercise that they require. Giving them physiotherapy to help Bob keep him body moving and to help his muscles develop more as he exercises them. Bob would get a lot better using this as his muscles would start to get stronger and develop more quickly making it more easier for him to use his arms and legs. They would help him by doing various exercises to keep his body and bones going, making it easier and easier for him to get them moving the more he does it eventually giving him more strength and feeling back into his bones in his legs and arm.

AgeUK can provide Bob with care at home or provide him with benefits. They will also help him with any care he needs and to make sure he gets everything required for his needs. They will try to convince him to go to therapy or do more exercise to make sure his bones are developing correctly and make sure he's getting checked up regularly. This would be great help to him as he can then go onto doing the exercise he loves and try and get better at the same time making his arm and leg form more quickly.

2e)

Two other physiological theories' are stage 3 and stage 6 from Erik Erickson's theory. Stage 3 is about initiative vs. guilt, initiative is when you are self motivated as for guilt is where you have done something wrong and feel bad for what you've done. This is relevant



to Bob's case as he may feel guilty for his family/friends having to cope and deal with any needs he may have as he is unable to do anything for himself. A care worker could show positive care practice by taking him to physiotherapy to help his muscles build back up in his arms and leg. They could also help him by taking him out so that he isn't stuck inside. A care worker undertaking training and reflecting on their practise will be able to use their knowledge and skills from previous experiences of this situation to understand Bob's attitudes towards his disability.

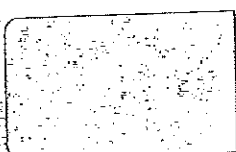
→ Stage 6 is about intimacy vs. isolation, this is where people are starting to get into relationships as for people with low self esteem will suffer from emotional isolation- depression and loneliness. This would relate to Bob as his emotions will be a range as he will be upset due to his accident and also not managing to cope. He will also feel quite depressed as everyone around him can do things he can't and he cant even do the simplest of things. A care worker would use skills for past experienced to help him through his emotions and maybe take him to a doctor to see if he can go to any depression groups to see if he can meet people with the same feelings as him. A care worker following a professional code of practise would know how to behave towards Bobs situation, this would therefore support Bob knowing that someone knows hoe to deal with his situation so he can speak to someone without having to talk to family.

Maslow's hierarchy of needs links in well with Bobs scenario as "esteem" its all about self esteem and confidence which he has lack of due to the fact everyone around him is having to do all his work as he can no longer do anything for himself making him feel down, useless and quite annoyed as the people he loves is having to do everything for him instead of him doing it himself, giving them less time to themselves as they need to look after him and his needs to make sure he is getting better gradually and that he is okay at all times. This makes him respect others a lot more as he has to rely on them to do anything he needs otherwise he won't get the help required.

2f)

I used my class books;
Human development
Values and principles
Social influences

Also nhs websites
Age uk
Live in home care



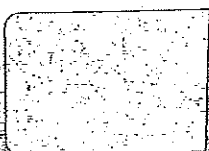
Evaluation

Whilst doing the project I think the things I have done the best was;

- Finding the information required and linking it to Bob's scenario.
- Sometimes the things I found more difficult were getting information about the care services to link it to his disability, it was very time consuming but I think I did okay with getting most things done in time.
- I found it rather interesting finding out the information about the care services and what they can do to help Bob in his situation which was slightly harder to find, and also finding out what he can do to help himself, although some sites were harder to find in Scotland I still found good care sites. Most information I required was quite easy to find as I had been taught it during class or I had it in my booklets.

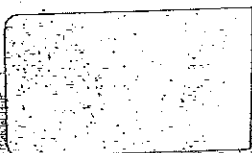
Things I would do differently if I was to do it again would be to;

- Look a lot more into care services before I choose what I am going to write about to make sure I have all the correct and exact information I will need to write my project.
- I think that this project has helped me understand how to link someone's scenario with certain care services as you get a clearer view of how much a care worker can do for their patients and it also makes me realise what I can do for people that maybe need help more than others and what I can do to make their lives that bit more easier.
- I would also take a lot more notes whilst going along in case I forget any information that I may need as I did tend to forget some information that I may have required.
- It may have been better if I took down every detail of Bobs scenario and tried to find the care he could get first and looked over notes to make sure everything was 100%



relevant to what I'd be doing in my project instead of just picking his scenario and going ahead.

Doing this project has helped me to realise what a difference of a care worker can make on someone who is either disabled, mentally ill or just needs help. I now realise that there is always a way that I could make someone's life easier if they are disabled, now I know exactly how I can find care services to help them or what I can do myself. I find it very useful as several members in my family could use the care and support that I have now learned, making me more able to help them if they need so. This is also a good project for me due to wanting to be a teaching assistant giving me more of an understanding for people who need care.



Log

5th of March: chose brief & person
started action plan.

7th of March: Spoke to Bob & took
down notes for info
I need.

12th of March: typed action plan

13th of March: worked through
project - 1a, b & some
c.

17th of March: continued to do
question 2 a & b

18th of March: started 2c and
part of D, some
parts were harder

19th of March: done 2d and E,
some sites hard
to find

20th of March: finishing of questions and correcting any work.

21st of March: Evaluation done and do any more corrections needed