

# Candidate 3 evidence

Health and Social Care  
National 5 Care Project

## Section 1: Action Plan

Individual what I chosen for my project is Michael Connolly. He is a very intelligent person who has lived so far under a cloak. His potential began to develop when it became independent. Before, he was very lonely and his life was filled with a void. I would like to demonstrate his mental development and experience of the basic activities in life. I am interested in his social influences as it was developed in the care home where he lived and when he moved out. His emotions were bland to what he felt living as an independent man. I would like to develop my psychological concept more because I am interested in them and Michael is a very good example for this project and for society.

Michael Connolly is 24 years old and has cerebral palsy since birth. He is a long-term resident of the Carrigmore Residential Home for the Disabled. He has a problem communicating with people, therefore he uses his board with letter to communicate. One day Rory, suffering from muscular dystrophy, moved into residential home. At first, he annoyed Michael until it become apparent that Rory was the only one who understood his speech. Residential home organized fundraisers in which residents participated and raised money for people like them. Michael, who was a role model, was persuaded by Rory to go to one of the public places to socialize with the people. This is the day where Michael tried alcohol for the first time and where he could feel like a free human. So they went to one of the nightclubs where the security guards didn't want to let them in, which proved to discriminate against disabled people. In the rest of the movie, Michael decided to appeal to for independence living because wants to develop his potential, which usually stays dormant when depended on others. He wanted to live with Rory as his translator. The application passes and they became independent without rules. However, they had a great problem to find an apartment suitable for people with disabilities because there was no capacity. So they went to father Michael with whom he didn't meet because his mother died and his father abandoned him. He didn't want to ask him for anything because he was proud of himself but Rory asked for him that he would give them an apartment where they could live and they wouldn't see each other again. Their next step was to find care worker and they hired Siobhan, who had no experience in care. None of them could bathe or brush their teeth by themselves so she had to learn how to care for people with disabilities. Siobah also tried to learn Michael's speech to improve their communication. Michael always dreamed of a woman with whom he could share his life and get married. Unfortunately, he fell in love with his Siobahn. One day she met her ex partner for a walk with Michael and he invited them to a party. Michael was jealous, drank too much and returned home to confess his feelings for her. The woman got upset and said that she could no longer work for them. Desperate Michael said that he could not live like this anymore and he had suicidal thoughts. After talking to Rory, however, he changed his mind, but the next day at night Rory had breathing problems and was taken to the hospital. In despair, Michael went to get Siobahn and asked if she would be his translator on committee for Rory. Shortly before his death, Michael wanted his application for independence passed. They agreed because Rory's condition was bad and he didn't have much time anymore. Unfortunately, when he arrived at the hospital it was too late.

Michael had a monotonous life with no prospects for the future before Rory showed up in his life and showed him that after all, he can live like everyone else.

## Health and Social Care

### National 5 Care Project

The second part in my action plan I to create a table containing the various activities I need to do in the following timescale. This will help me complete each section step by step.

|  |            |
|--|------------|
| Watch the movie again "Inside I'm dancing"                         | 14/12/2021 |
| Action Plan  | 14/12/2021 |
| Look for information on the NHS website about cerebral palsy       | 16/12/2021 |
| Look for information in the care and practice books                | 16/12/2021 |
| Describe and complete the needs section of the project             | 10/01/2022 |
| Complete psychological theories section of the project             | 17/01/2022 |
| Complete the sociological concepts and life chances of the project | 31/01/2022 |
| Research care services   | 07/02/2022 |
| Complete all references I used                                     | 21/02/2022 |
| Check section: responding to the Brief                             | 28/02/2022 |
| Complete of Evaluations  | 11/04/2022 |

### Sources:

The first I'm going to analyze the whole story of Michael based on the movie "Inside I'm dancing", comedy-drama film directed by Damien O'Donnell.

The second will be the NHS website, which has a necessary information on cerebral palsy. I can find out everything there is about treatment, symptoms and more necessary information.

<https://www.nhs.uk/conditions/cerebral-palsy/>

The third source I will use is the "Care and Practice" books that West College Scotland has provided me.

Word count:850

**Health and Social Care level 5****Care Project: National 5****2a)**

**Social need is one of the most important in human life. It is about building an interpersonal relationship that gives meaning to being. Participation in social life teaches values and norms.**

Michael was a lonely man for a long period of his life. He was actively involved in the Care home community he was in, but never came into close contact with anyone because of a problem with his speech that no one understood until Rory appeared in his life. The boy who understood him still made sense of existence and built a strong relationship with each other.

**Cognitive need means development and the ability to have an active mind. It alludes to memory, problem solving, creativity and learning.**

Michael, as he has cerebral palsy, is not entirely able to make his own decisions, he has his own ambitions and this is what he would want, like any healthy person. His main problem is his speech dysfunction. No one has been able to understand him what was going to be the effects on his cognitive development. The moment Rory showed up and showed the possibilities, Michael started to solve problems on his own that were not giving him peace or he began to learn to live outside the care home.

**Psychical need means that every person in the world needs food and drink for function, warmth, safety, shelter, sleep, hygiene, and exercise.**

Due to his illness, Michael needs care even for the simplest day-to-day activities. Brushing his teeth is a challenge for him or a bath to maintain the hygiene standard. He has a problem with the general functioning of the body, which can also be helped by physical therapy aimed at strengthening his muscles. Michael decided that he wanted to be an independent person, hence he got a flat from his father adapted for the disabled, which gave him a sense of security and the opportunity to develop through independent activities.

**Emotional needs are love, confidence or feeling worthwhile. It is the ability to recognize feelings and share them.**

Michael has a problem with showing his feelings, he cannot recognize them due to the fact that he has been alone for most of his life and does not know how to share them. His father placed him in Care Home since he was born and this family teaches him valuable feelings. On the way of his life he met Siobhan who looked after him and his friend. Unfortunately, he got into debt with her and did not understand that there was a certain barrier that should not be crossed when professing her love. Michael needs to feel that he is valuable, appreciated by the other person and dreams of meeting his chosen life that could love him and he would love me.

**2b)**

**Maslow theory is a pyramid of human needs. It has five categories ranging from psychological needs, safety needs, love and belonging needs, esteem needs and self-actualization need. According to Maslow, these needs can influence on human behaviour.**

Michael's psychological needs are the same as for another human being, except that he cannot do most of the activities alone, such as bathing or preparing a meal. His carer cooks him, bathes him, dresses him or puts him to bed so that he can sleep comfortably. Another need is the security that his father provided him by buying a flat suitable for the disabled. Michael feels safe in it and he feels inside a new life. Love and belonging is, in Michael's case, the most important need in the hierarchy. From childhood to adolescence, he was lonely. When he entered the path of adulthood, he met Rory who became his closest person. The father who left him in care home was nothing to him. That's why he valued his new friend and felt connected to him. Another thing is the esteem that Michael felt when he became independent he felt freedom. He felt internally strong and proud when he could start to decide for himself. Self-actualization, last on the list. Above all the needs that Michael experienced and passed gave him motivation to act, that he can be a better person and his disability limits him but doesn't cut him off from the world that is open to him. I want more from life than sit and wait for the last day.

**Bandura is a social learning theory. He shows us that the individual can take an example from the other through observation or take him as a role model.**

Michael didn't have a very good social example because he didn't participate in it. His father didn't raise him or visit him in care home so he was left alone. After some time, Rory moved into care home, who became a role model for Michael who showed him that despite his disability, you can live with the world like everyone else. Michael became a part of a society he had never known before and followed his friend's example. At that time, Michael learned he had the right to develop and his own apartment.

**Attachment theory is a deep emotional bond between two people.**

During his childhood, Michael didn't have close contact with his peers or family. He was completely alone, he had no one to trust or spend time with, or even share new discoveries or experiences. However, that changed when he grew up and met Rory, whom he became attached to. He felt that he was alive, being able to share new experiences with him, felt safe with him and shared his emotions with his first friend.

**Life experiences come from the life lived so far. They can be experienced through relationships, jobs, losses, health and many other aspects.**

Michael didn't have a wealth of experience, be it in childhood or in his teenage years. It wasn't until he met Rory in his adulthood that he experienced discrimination, feelings, or what it was like to be independent. When his father bought him an apartment, he found out for the first time what it was like to pay the bills or what it was like to have privacy. He used to be unable to manage his money, and now he has to pay his career, rent, do shopping. Walks around the city showed him how the world works or when he went to the club he experienced discrimination against the guards who didn't want to let disabled people into the club. The same goes for his feelings that awoke in him and he got to know him by loving the woman who looked after him, or by the respect and trust he had in his first friend. He felt freedom making his first independent decision which was also a new experience for him.

**2c)**

Primary socialisation it is creating ourselves from an early age during life through learning, the experience we took to create ourselves and what interactions we interacted with. This process starts with the family learning norms, culture and behaviour. The family at Michael had a big influence on his socialization. His mother died young and his father didn't cope with the loss and Michael's disability, so from an early age he was in care home. Consequently, his sociological concept is a different kind of experience other children get.

Norms are the principles of the attitude, beliefs, or behaviour that society expects. Norms tell us how to behave and be predictable among an individual or a group of people. One for social influences for the norms is peer group, which one learns experience different examples of values and interests than the family shows. Michael was secluded from the rest of the residents in care home. He used various clubs organized by the staff, such as arts but there wasn't much he could learn from these experiences when no one else understood his speech. His life, however, gained momentum when a new resident Rory appeared who showed him that the world can see in other colours. Michael became very attached to his new friend, he gained self-confidence which Rory showed him as his example.

Another of the influences is the media that create the reality and beliefs of the recipients. It gives rise to the concept of prejudices that discriminate against a certain part of humanity, including disabled people. Most believe that people with disabilities are unable to work or be part of a community that others consider "normal". One of the perfect examples of prejudice against Michael was when he went to a music club with a friend. The bodyguards refused to let them in because of their disability, thinking that this wasn't the place for them.

**2d)**

Life chances is a theory of social sciences that gives us the possibilities and chances of development to improve life.

Family is one of the life chances that can give us a good start for the future. Usually it is very likely that an individual will want to develop with the help of the family or lead a life very similar like his parents.

Michael didn't have much chance for a better life from the family. His mother died shortly after his birth and his father placed him as a child in a care home where he lived and grew up most of his life. His life chances grew when Rory came to care home and showed him that he could evolve on his own without any help and he was the only person who understood Michael's speech which gave him a chance to improve his life and a chance to live independently with a friend.

Another of the life chances Michael received from life is the chance to be independent. After accepting his application to be independent, Michael discovered that he could be better and grow. As a result, he began to explore the world beyond the walls of care home and it allowed him to make his own decisions about what to eat, what he likes and what not. It gave him the opportunity to improve the quality of his life, privacy, and in the future, to live as he would like.

2e)

**Positive care environment gives users services taken individually by qualified personnel and in an environment adapted to them, depending on their needs. Service workers are aware of individual needs and recognize their choices and preferences.**

#### **CATHKIN HOUSE, 147 Glasgow Road, G74 4PA**

This care home has 40 years of experience by highly qualified staff who provide high-quality 24-hour services. The surroundings are clean and safe to suit each individual's needs. It is equipped with a beauty salon, cinema, cafe and pub. They also have a garden where they can spend their free time drinking tea or caring for plants. The rooms are equipped with tv with programs tailored to each individual needs. This care home was awarded by the Care inspectorate award for providing high-quality services and meeting the needs of each resident in terms of wellbeing and care.

For Michael, it is one of the better choices to settle into this care home even being independent. They have high-quality services not only in terms of well-being but also physical. Staff looks after 24 hours, which means that Michael would receive help at any time, whenever he expects it. It is a safe and well-kept place for him in a friendly environment of experts and resident residents.

#### **CAMPSIE VIEW CARE HOME, Canal Street, G66 1QY**

Care home has 90 furnished and secure rooms with TV points and phone. There are also elevators that make it easier for a person with physical condition to walk around, a care home store, a cinema, a garden and a patio. Qualified staff has a wide range of types of care, incl. nursing care 24h. It is available to people who have medial

conditions and need additional support 24 hours a day. It is highly appreciated by care inspectorate and food hygiene information scheme which is an advantage.

Michael is a wheelchair user, so the built-in lifts in the care home area are essential for him to be able to take full advantage of all amenities. The nurses have qualifications and skills with extensive experience that will adapt him to the care plan that is right for him, including taking care of Michael's wellbeing. He can spend time with other residents and integrate into various activities organized by care home.

#### **BUCHANAN LODGE CARE HOME, 1 Gramplan Way, G61 4SP**

Care home has 38 rooms with private toilet. Each one is decorated and designed to suit the individual's needs. Meals are tailored to suit each individual's needs with a choice of menus each day and are eaten in the dining room with other residents so that they can chat with friends. They are registered with the care inspectorate and meet all requirements and standards. Nursing staff have all the necessary qualifications and experience necessary to create the care plan and needs of each individual. The environment is safe and clean. The staff has a variety of mental and physical activities to offer. The resort has private gardens, a hairdresser and a meeting place.

Michael would have his own private bathroom which would give him more privacy. Various activities organized by care home would enable him to develop cognitively. He could spend time with other residents in the care, eating or in the lounge where the residents hang out. Qualified staff would prepare him a plan of needs that Michael expects with the smallest detail.

#### **2f)**

Movie „Inside I'm dancing" 2004, Netflix

Janet Miller book „Care in Practice" fourth edition

Accessed 16/12/2021 <https://www.nhs.uk/conditions/cerebral-palsy/>

Accessed 05/02/2022 <https://www.careuk.com/>

Accessed 06/02/2022 <https://www.fshc.co.uk/campsie-view-care-home/>

Accessed 07/02/2022 <https://www.buchananlodge.co.uk/>

Word Count: 2 248

**Health and Social Care****National 5 Care Project****Section 3: Evaluation****3a)**

The whole project was successful for me but there are a few things I would like to write.

I was doing well part of needs section. I finished them without a problem. I perfectly understood Michael's needs.

Also well described the social influences and the concept without any problem. I learned how different concepts had influenced individual life.

I also had no problem finding care services suitable for Michael that would provide him with a good life and safe care.

I had a hard problem with the sociological theories task. I don't understand these theories well but with the help of the Janet Miller book I was able to understand them better.

The hardest thing for me to understand was the Bandura theory that took me the longest.

Next time I will try to focus more on different theories than planned and spend more time learning them.

**3b)**

This whole project changed my view of people. I look at them from a different perspective now, without discriminating against anyone or being guided by prejudices.

I want to use my knowledge to help people who may have any problems. I think I can understand them since I understood the different sections of this project. I can understand what their needs are.

I am also a mother and I think my knowledge is also based on a toddler's needs without the help of others.

I will use my knowledge in future learning, and I hope to help people in the future.

I hope that after college I can find a good job in care, and I will fulfill my job perfectly.

**270 words**



# National 5: Care Project Log Book

**Student Name:**

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| Task:      | Description of Task:   | Date:      | Outcome:   | Comment:   |
|------------|--|------------|--|--|
| 12/12/2021 | watch movie<br>"Inside 'I'm dancing"                                     | 14/12/2021 | I have all the necessary information I needed                          | I can start working on the care project            |
| 13/12/2021 | create action plan   | 14/12/2021 | Completed section with a description of the individual I chose and why | I still have to work on an action plan             |
| 14/12/2021 | Do an outline and timescale for Responding to the brief                  | 15/12/2021 | I completed this section   | I can start working on responding to the brief     |
| 15/12/2021 | Find out more about cerebral palsy on the NHS website                    | 16/12/2021 | I found all the information  | I completed this task                              |
| 15/12/2021 | Look for information Janet Miller book "Core in Practice" Fourth Edition | 16/12/2021 | I found a lot of information   | I will use it when writing responding to the brief |

| Task:      | Description of Task:                             | Date:      | Outcome:                 | Comment:   |
|------------|--|------------|--------------------------|--|
| 02/01/2022 | work on social and cognitive needs               | 08/01/2022 | I completed this section | I finished this section without a problem                  |
| 02/01/2022 | work on physical and emotional needs             | 10/01/2022 | I completed this section | I finished this section without a problem                  |
| 10/01/2022 | choose four psychological theories               | 13/01/2022 | I completed this section | using Yonnet children book, I read about various theories  |
| 10/01/2022 | work on Maslow and Bandura theory                | 18/01/2022 | I completed this section | using these theories allowed me to understand it better    |
| 10/01/2022 | work on life experiences and attachment theories | 23/01/2022 | I completed this section | this section helped me understand Michael's situation more |

| Task:      | Description of Task:                           | Date:      | Outcome:                 | Comment:  |
|------------|--|------------|--------------------------|---|
| 21/01/2022 | Find three good sociological concepts          | 22/01/2022 | I completed this section | I chose a different concept and what influences they had on my individual           |
| 21/01/2022 | work on primary socialisation concept          | 25/01/2022 | I completed this section | I finished this section without any problems  |
| 21/01/2022 | work on norms concept                          | 27/01/2022 | I completed this section | I found out what the norms can be depending on the origin                           |
| 21/01/2022 | work on prejudices concept                     | 29/01/2022 | I completed this section | I learned how prejudices affect a person  |
| 21/01/2022 | Describe and complete the life chances section | 02/02/2022 | I completed this section | I found out what are the chances for a better life because of where we will be born |

| Task:      | Description of Task:                       | Date:      | Outcome:                 | Comment:  |
|------------|--|------------|--------------------------|---|
| 02/02/2022 | Start working on positive care environment | 04/02/2022 | I completed this section | I completed this section without a problem                            |
| 04/02/2022 | Find three care services                   | 06/02/2022 | I completed this section | I was looking for appropriate care services for a selected individual |
| 06/02/2022 | Describe first care service                | 09/02/2022 | I completed this section | I read their website to see if it would be suitable for Michael       |
| 06/02/2022 | Describe second care service               | 12/02/2022 | I completed this section | I read their website to see if it would be suitable for Michael       |
| 06/02/2022 | Describe third care service                | 14/02/2022 | I completed this section | I read their website to see if it would be suitable for Michael       |

| Task:      | Description of Task:                   | Date:      | Outcome:                 | Comment:  |
|------------|--|------------|--------------------------|---|
| 17/02/2022 | complete all references I used         | 20/02/2022 | I completed this section | Completed without a problem   |
| 20/02/2022 | check section: responding to the brief | 11/04/2022 | I completed this section | I have read my responding to the brief if I have everything correctly written |
|            |  |            |                          |   |
|            |  |            |                          |   |
|            |  |            |                          |   |