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| https://www.westsussexcpd.co.uk/_images/14106/Care%20Act/The_Care_Certificate.jpg | ***Learner Resource******Question Workbook*** |
| **Care Certificate Question Workbook – Standard 5** |

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| --- | --- |
| **Name of Care Worker:** |  |
| **Start Date:** |  |
| **Completion Date:** |  |

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# The Care Certificate for Adult Social Care Workers

## Introduction

Welcome to the Care Certificate Question Workbook for Standard 5. This sets out a series of questions that you need to complete to demonstrate that you have the knowledge, skills and behaviours of an effective Care Worker within Adult Social Care.

The details you provide in this Workbook will be used by your Assessor to determine if you meet the requirements set out in the Standard. There may be times that your Assessor will come back to you and ask for some more information or further details to demonstrate your knowledge, skills and behaviours.

## Developing Knowledge, Skills and Behaviours

You may be an experienced Care Worker or new to a care giving role, but it is essential that you develop and keep your knowledge, skills and behaviours up-to-date to ensure we provide quality service user focussed care services.

We have made available a range of learning resources and eLearning to help you develop and aid the completion of the Care Certificate. These can be accessed on the **Induction Hub for new Care Workers** is available on ASC LeadER ([www.ascleader.co.uk](http://www.ascleader.co.uk)).

Although the majority of learning resources and eLearning are available for those without an ASC LeadER Account, it is recommended that Care Workers create an account. This provides a broader range of services and learning resources.

Care Workers can request an ASC LeadER account on the following link - [https://www.ascleader.co.uk/login/signup.php?](https://www.ascleader.co.uk/login/signup.php), or by clicking the *Login* button at the top of the screen and then clicking the *Create new account* button. Account requests are validated by the Social Care Academy and approval is normally given within 24 hours.

## Assessment

This Workbook will be assessed by a nominated person that has experience and competence of working in the Adult Social Care Sector.

* Within the East Riding of Yorkshire Council, this will be carried out by an Assessor from the Social Care Academy.
* In the Independent Care Sector this may be a Trainer, Champion or Manager appointed by the provider. You need to discuss this with your Senior or Manager and they will advise who will support you.

# Key Terminology

The following key terms are used throughout the Care Certificate Assessment.

|  |  |
| --- | --- |
| **Term** | **Details** |
| Demonstrate | This means to show how a task is completed in the course of real work or a simulated activity |
| Describe | This means to create a picture with words but not simply writing a list of bullet points |
| List | This means to identify the main points which can be written as bullet points |
| Explain | This means you will need to provide a clear account of your understanding, including details like why and how. |
| Define | This means to provide a definition, **in your own words**, to demonstrate your understanding. |
| Identify | This means to point out, highlight or note down the main answers or examples that relate to the subject. |
| Summarise | This means to think about the main points and simplify or shorten these points to provide a basic outline. |

**Note:** Please ensure you refer to and follow the above terminology guidelines when completing your answers to the activity questions.

# Standard 5 - Work in a Person-Centred Way

**Activity 5.1a:** In health and social care, person-centred values are the guiding principles on how to support and assist in someone’s life. Finish the sentence below to **describe** in your own words what the word value means.

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| --- |
| **The word value…** |
|  |

**Activity 5.1b** Complete the table below to answer the following questions.

|  |  |  |  |
| --- | --- | --- | --- |
| **Person centred value** | **What is it?** | **How would you put this into practice?** | **Why is it important to work in a way that pomotes this when supporting an individual?** |
| **Individuality** |  |  |  |
| **Rights** |  |  |  |
| **Choice** |  |  |  |
| **Privacy** |  |  |  |
| **Independence** |  |  |  |
| **Dignity** |  |  |  |
| **Respect** |  |  |  |
| **Partnership** |  |  |  |

**Activity 5.1c:** Providing person centred care or support that is specific to the individual’s needs, wishes and preferences will ensure that the individual is always at the centre of their care. Dignity is one of the values included in person centred care. Complete the spaces below to **identify** ways in which you can promote dignity in your day-to-day work. An example has been provided for you.

|  |
| --- |
| **1** |
| Supporting someone to join in an activity or discussion. |
| **2** |
|  |
| **3** |
|  |
| **4** |
|  |
| **5** |
|  |

**Activity 5.2a:**

Case Study – Badiah is one of the individuals that you care for since last week. She moved to England from Laos last year. You have noticed that Badiah sometimes only picks at her meals without really eating anything. Badiah is wearing a head scarf and you are unsure whether this is a fashion item.

|  |
| --- |
| **Describe why it is important to find out Badiah’s history, preferences, wishes and needs in order to care for her in a person-centred way.** |
|  |

**Activity 5.2b:** **Explain** why it is important that an individual’s changing needs are reflected in his care and / or support plan. Give one example of when someone’s care plan would need to be changed or adjusted.

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**Activity 5.2c:** The person centred approach has the understanding that every person has a need to fulfil their personal potential. Answer the questions below to show your understanding of the importance of supporting individuals to plan for their future wellbeing.

|  |
| --- |
| **Why is it important to support individuals to plan for their future wellbeing and fulfilment?** |
|  |

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| --- |
| **What do you have to be aware of if working with individuals at the end of their life?** |
|  |

**Activity 5.5d:** Usually, if a person feels uncomfortable with the way they are sitting or lying, they will move about until they find a more comfortable position. Individuals with limited movement or mobility might not be able to do this, so you need to make sure that you recognise if they need your help and assistance to feel more at ease. Name three ways in which an individual might show that they are in pain or discomfort and give one example for each.

|  |
| --- |
| **1** |
|  |

|  |
| --- |
| **2** |
|  |

|  |
| --- |
| **3** |
|  |

**Activity 5.6a:** In order to promote the individual’s wellbeing, they need to be happy with as many aspects of their life as possible. Complete the table below to answer the following questions.

|  |
| --- |
| **What does each aspect tell us about a person?** |
| **Wellbeing can relate to the following aspects of a person’s life:** | **What does each aspect tell us about a person?** |
| **Individuality** |  |
| **Emotional** |  |
| **Cultural** |  |
| **Religious** |  |
| **Social** |  |
| **Political** |  |
| **Sexual** |  |
| **Physical** |  |
| **Mental** |  |

|  |
| --- |
| **Choose one of the aspects above: How might this aspect of a person’s life affect their identity and self-esteem?** |
|  |