

▶ HARROW COLLEGE & UXBRIDGE COLLEGE (HCUC)

- HEALTH & SOCIAL CARE

- STUDY PACK

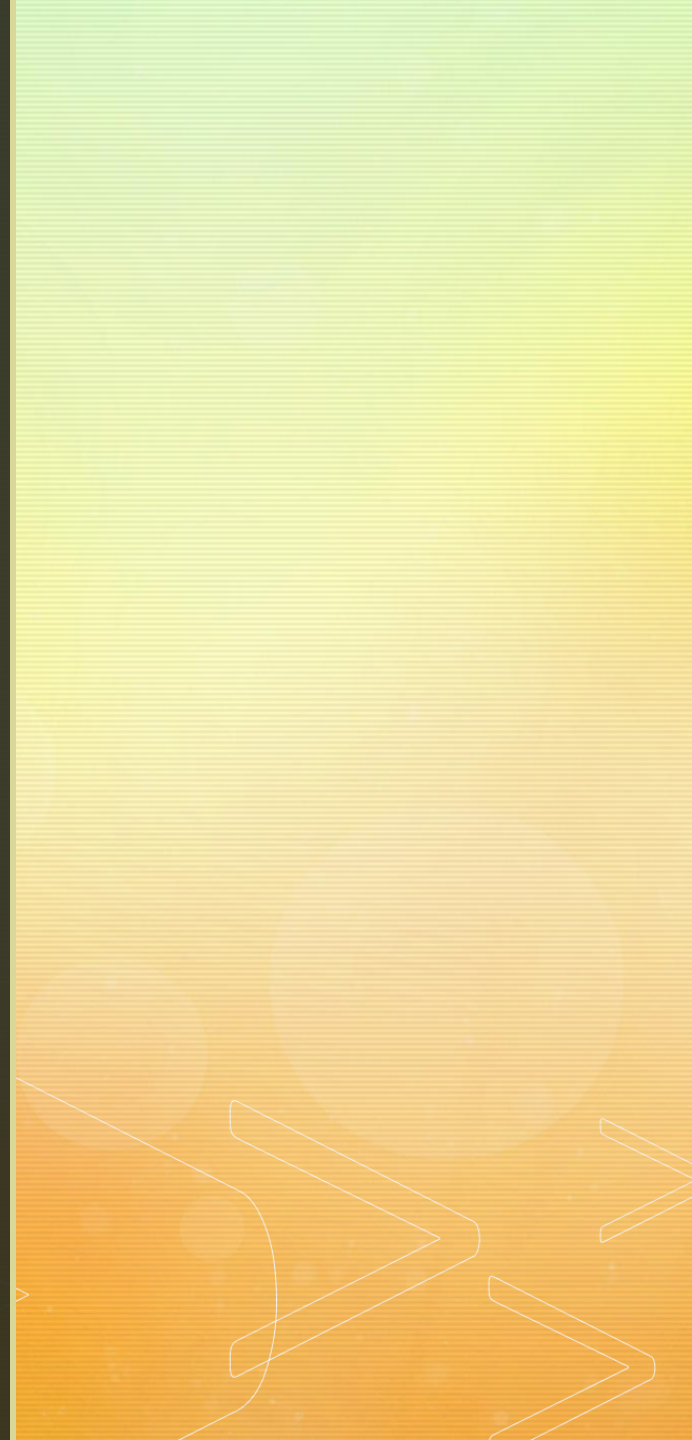
HCUC

A merger between Uxbridge College and Harrow College

Harrow
COLLEGE

UC
UXBRIDGE
COLLEGE

Health and Social
Care Needs
Know your PIES!



Physical Health needs:

- Food and water plus rest
- Warmth, shelter, clean air, safe environment
- Good hygiene – why?
- Medical care

- ▶ Intellectual, Emotional and Social needs:
 - Love and emotional support
 - Independence – not necessarily immediately, why? when?
 - Stimulation including play
 - Self-esteem – what is this?
 - Social interaction – why is this important?

▸ Factors affecting health and peoples' needs:

- Illness and/or disability
- Housing
- Pollution
- Poverty and unemployment – money
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▶ Lifestyle choices... how do these affect health and peoples' needs?

- Smoking
- Drugs or alcohol misuse
- Obesity/Anorexia and exercise

Activity

- What are your PHYSICAL, INTELLECTUAL, EMOTIONAL and SOCIAL needs??? What needs do you have to live happily and comfortably every day??
- List your needs
- How do they differ now compared to 10 years ago?
- How do you think they will change in the next 10 years?
- What factors and lifestyle choices have affected your needs????

Key to meeting specific needs:

- Healthcare needs – warmth (clothing/housing), nutrition, exercise, safe environment, hygiene including personal hygiene, illness/disability and medical care
- Social care needs – including emotional support, independence and maintain independence and providing for special educational needs (SEN)

Needs at different ages- including both health and social care needs:

- Babies
- Young children
- Adolescents
- Adults
- Older people

Now identify the health and social care needs for each of the examples below and list what health and care services are available to meet their needs.

- A mother, aged 30, who is expecting her second child and also has an older child who is two years old.
- A grandmother, aged 80, who is recently bereaved. The grandmother is developing arthritis and has limited mobility.
- A 50 year-old man who is a recovering alcoholic.
- A 17 year old-girl and her 3 month-old son.

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