

## Welcome to AAQ Health and Social Care

### Learning Outcomes:

1. Understand what Health and Social Care is and the careers it can lead to.
2. Explore what "safe, person-centred care" looks like.
3. Begin to think like care professionals – identifying risks and promoting wellbeing.

### **Let's Help Amir**

Amir is 75 years old and has just come home from hospital after having a fall. He lives alone in a small flat. He needs some help with daily tasks while he recovers. He has arthritis and is beginning to forget things, such as whether he has taken his medication.

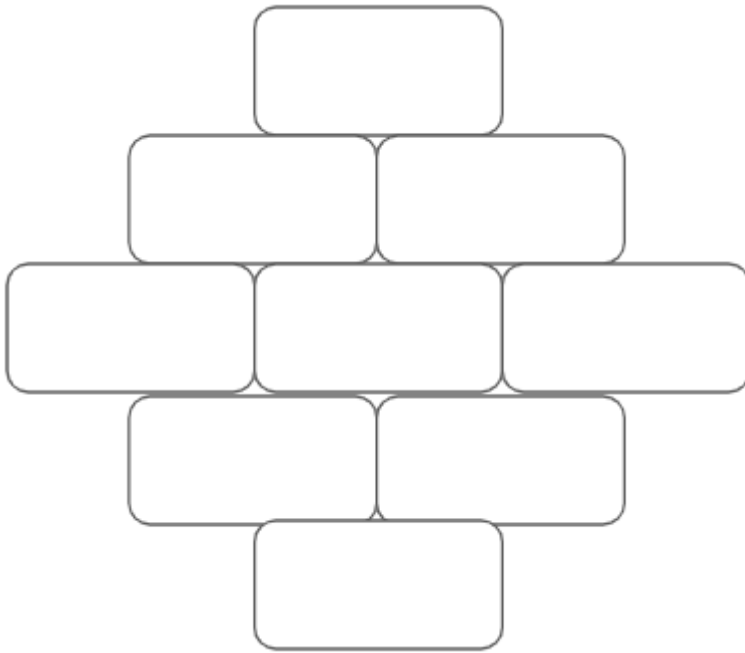
- What care and support might Amir need?
- What professionals or services could be involved in his care?
- How could we make sure Amir feels respected and safe?

You have walked into Amir's home and seen:

- An electric heater next to the curtains.
- A spilled drink on the floor near the bed.
- A wheelchair blocking the fire exit.
- A used glove left on the bedside table.
- Medicine left open on the windowsill.

What would you do? Why are these potential hazards?

## What makes a Good Care Worker?



### Matching

Midwife		Helps families and vulnerable people with care plans and support.
Social Worker		Provides day-to-day support to people who need help with personal care.
Youth Worker		Supports people to maintain daily skills and independence.
Care Assistant		Supports women during pregnancy and childbirth
Occupational Therapist		Supports young people through personal or social challenges.