

BTEC Tech Award in Health and Social Care 2022 Specification
Component 3: Health and Wellbeing Learning Objective C

Personal Learning Checklist				
Learning Objective	Criteria	😊	😐	😞
C1: Person Centred Approach				
C1	The ways in which a person-centred approach considers an individual's: - needs – to reduce health risks - wishes – their preferences and choices - Circumstances – to include age, ability, location, living conditions, support, physical and emotional health.			
C1	The importance of a person-centred approach for individuals: - makes them more comfortable with recommendations, advice and treatment - gives them more confidence in recommendations, advice and treatment - ensures their unique and personal needs are met - increases the support available to more vulnerable individuals - improves their independence - they are more likely to follow recommendations/actions to improve their health - they are more motivated to behave in ways that positively benefit their health - they feel happier and more positive about their health and wellbeing.			
C1	The benefits of a person-centred approach for health and social care workers and services: - it improves job satisfaction for health and social care workers - it saves time for health and social care services - it saves money for health and social care services - it reduces complaints about health and social care services and workers.			
C2: Recommendations and actions to improve health and wellbeing				
C2	Established recommendations for helping to improve health and well-being: - improving resting heart rate and recovery rate after exercise - improving blood pressure - maintaining a healthy weight - eating a balanced diet - getting enough physical activity - quitting smoking - sensible alcohol consumption - stopping substance misuse.			
C2	Support is available when following recommendations to improve health and well-being: - formal support from professionals, trained volunteers, support groups and charities - informal support from friends, family, neighbours, community and work colleagues.			

C3: Barriers and obstacles to following recommendations

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C3	Definition of barriers: something unique to the health and social care system that prevents an individual from accessing a service.			
C3	Potential barriers as appropriate to the individual and the recommendation: • physical barriers • barriers to people with sensory disability • barriers to people with different social and cultural backgrounds# • barriers to people that speak English as an additional language or those who have language or speech impairments • geographical barriers • resource barriers for service provider • financial barriers.			
C3	Definition of obstacles: something personal to an individual that blocks a person moving forward or when action is prevented or made difficult.			
C3	Potential obstacles as appropriate to the individual and the recommendation: • emotional/psychological • time constraints • availability of resources • unachievable targets • lack of support.			