



# Stevenage Education Support Centre

'A centre of excellence for inspiring successful futures'

# Learning Roadmap

## Health and Social Care: Level 1

## VALUES:

Kindness, Teamwork, Resilience,  
High Aspirations, Tolerance,  
Citizenship

### Human Lifespan Development – Centre Assessment:

A1 - Understand human growth and development across life stages and the factors that affect it

- Main life stages
- PIES growth and development in the main life stages

A2 - Factors affecting growth and development

- Physical factors
- Social and cultural factors
- Economic factors

### Component 1

B1 - Investigate how individuals deal with life events

- Different types of life event
- Relationship changes
- Life circumstances

B2 - Coping with change caused by life events

- How individuals adapt to these changes
- Types of support

### Health and Social Care Services and Values – Centre Assessment :

A1 – Health and social care services

- Different health care services and how they meet service user needs
- Different social care services and how they meet service user needs

A2 - Barriers to accessing services

- Types of barrier and how they can be overcome by the service providers or users

### Component 2

B1 – Care Values

- empowering and promoting independence
- respect for the individual by respecting service users' needs, beliefs and identity

B2 - Reviewing own application of care values

- identifying own strengths and areas for improvement
- receiving and responding to feedback from teacher/service user about own performance

### Component 3: Health and Wellbeing – Exam

A – Factors that affect health and wellbeing

- Definition of health and wellbeing
- Physical, Social, Economic and Environmental factors that can have positive or negative effects on health and wellbeing.

B - Interpreting health indicators

- B1 -Physiological indicators
- B2 - Lifestyle indicators

C - Person-centred health and wellbeing improvement plans

- Health and wellbeing improvement plans

### Component 3

