

WJEC Level 3 Health and Social Care: Principles and Contexts

Unit 8: Supporting the health and well-being of adults in Wales to achieve positive outcomes

Approved by Qualifications Wales

This qualification forms part of the new suite of Health and Social Care, and Childcare qualifications in Wales provided by City & Guilds/WJEC.

This Qualifications Wales regulated qualification is not available to centres in England.

For first assessment from 2024

Sample Assessment Materials (Internal)

Version 3 - January 2024



SUMMARY OF AMENDMENTS

Version	Description	Page number/s
2	Addition of the word 'appropriate' to Task 1 (c).	2, 8
	Instructions for candidates updated to reflect the format of the live assessment	1
3	Centre Mark Sheet declarations updated.	9

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LEVEL 3 – NEW

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**SEPTEMBER 2023 FOR SUMMER
2024**

HEALTH AND SOCIAL CARE: PRINCIPLES AND CONTEXTS UNIT 8 NEA: Supporting the health and well-being of adults in Wales to achieve positive outcomes 15 hours

INSTRUCTIONS FOR CANDIDATES

YOU WILL HAVE 15 HOURS IN TOTAL TO COMPLETE THIS ASSESSMENT.

Task 1: Report

You should spend approximately **10 hours** completing this task.

You may use the following resources when completing this task:

- ICT software
- case study
- class notes. These should consist of a maximum of six sides of A4 paper. They may be handwritten or word processed. They should be in your own words and must not include pre-written answers. Your teacher/assessor is responsible for reviewing the notes to ensure they are within the guidance above. All notes used during the assessment must be retained by the centre.

You are not allowed access to the internet whilst completing this task.

Task 2: Information booklet

You should spend approximately **5 hours** completing this task.

You may use the following resources when completing this task:

- ICT software
- case study
- class notes. These should consist of a maximum of six sides of A4 paper. They may be handwritten or word processed. They should be in your own words and must not include pre-written answers. Your teacher/assessor is responsible for reviewing the notes to ensure they are within the guidance above. All notes used during the assessment must be retained by the centre.

You are not allowed access to the internet whilst completing this task.

INFORMATION TO CANDIDATES

Your teacher is allowed to help you to understand the assignment briefs and the tasks, but there are rules about the kind of help and how much they can give you. You should speak to your teacher if you have any questions about what you are and are not allowed to do as you are completing the tasks, as they will know how much help they are allowed to give you.

It is important that you work independently from other candidates and the work produced should be your own unaided work. You and your teacher will be required to sign a declaration that all work presented is your own work.

You are advised to check your work carefully to make sure that it is accurate and correct.

Assignment

Mervyn is 36 years old, has Tourette's Syndrome and lives with his dad, Geoff who is 72.

Mervyn's mum died when he was 6, and he has since had attachment issues, resulting in aggressive outbursts and depression. Mervyn also has a history of self-harming. Mervyn has used a number of care and support services during his lifetime, which have included integrated family centres and support groups. Since Mervyn started work, he has managed to thrive without health and social care support.

For the past 8 years, Mervyn has been working from 9am-1pm Monday to Friday in his local corner shop. Mervyn built up a good relationship with his co-workers and there has been a notable improvement in his behaviour. The self-harming stopped and Mervyn's aggressive outbursts with his dad were happening less frequently.

Unfortunately, in recent weeks, the corner shop has closed down, and Mervyn is unemployed. Mervyn is now spending up to 18 hours per day isolated in his bedroom. He has lost the confidence he had built to socialise and has also started smoking. Geoff is extremely worried about Mervyn's mental health and is concerned that Mervyn's goal of being employed and forming and maintaining relationships is no longer possible. Geoff has decided to seek health and social care support. Mervyn's General Practitioner (GP) has referred him back to care and support services so he can access care and support again, as well as a counsellor who favours the cognitive behavioural approach.

Task 1

As a health and social care level 3 student shadowing a care coordinator, you have been asked to report on the need to support and improve the health and well-being of the named individual in the case study. As part of the report, you need to consider how this individual would be effectively supported in meeting their personal health and well-being outcomes. Throughout the report, you must make reference to Mervyn, the named approach (*cognitive behavioural therapy*) and ultimately you should put forward suggestions on supporting their health and well-being.

Your report must:

- a. Explain the possible health and social care provision available in Wales to support the individual's personal well-being outcomes.

Your answer must refer to:

- provision available to support the named individual
- appropriate assessments to identify the named individual's needs and how these assessments should be carried out
- how care and support services can be delivered to enable the named individual to achieve positive outcomes.

[22 marks]

- b. Describe the different health promotion approaches that may be used in promoting and protecting the named individual's mental health and well-being.

[10 marks]

- c. Examine the strengths and limitations of appropriate approaches and techniques that may be used in supporting the named individual's health and well-being. One of the approaches you examine must be Cognitive Behavioural Therapy (CBT).

[18 marks]

Total Marks: [50 marks]

Task 2

You are required to produce an information booklet for Mervyn to suggest approaches to support his positive behaviour patterns and strategies to help him achieve his well-being goals.

Your booklet must outline different strategies and approaches in supporting the individual to develop positive behavioural patterns.

[10 marks]

Total Marks: [10 marks]

Total Marks (Task 1 and Task 2): [60 Marks]

This is an abridged marking scheme, the complete version inclusive of indicative content can be found on the WJEC secure website [WJEC \(wjecservices.co.uk\)](http://wjecservices.co.uk)

Mark Scheme

Task 1

(a)	Explain the possible health and social care provision available in Wales to support the individual's personal well-being outcomes. [22 marks]
Band	AO2: Apply knowledge and understanding of health and social care principles and contexts.
5	18-22 marks The report provides an excellent explanation which: - demonstrates a detailed and confident grasp of the care and support available to the individual via statutory, independent and third sector provision in Wales. - demonstrates a confident grasp of how individual needs could be assessed in supporting individual's personal well-being outcomes. - makes excellent reference to how care and support services can be delivered to enable the individual to achieve personal well-being outcomes.
4	14-17 marks The report provides a very good explanation which: - demonstrates thorough knowledge and understanding of the care and support available to the individual via statutory, independent and third sector provision in Wales. - demonstrates a generally confident grasp of how individual needs could be assessed in supporting individual's personal well-being outcomes. - makes very good reference to how care and support services can be delivered to enable the individual to achieve personal well-being outcomes.
3	10-13 marks The report provides a good explanation which: - demonstrates good knowledge of the care and support available to the individual via statutory, independent and third sector provision in Wales. - demonstrates a good grasp of how individual needs could be assessed in supporting individual's personal well-being outcomes. - makes good reference to how care and support services can be delivered to enable the individual to achieve personal well-being outcomes.
2	6-9 marks The report provides a basic explanation which: - demonstrates generally clear knowledge and understanding of the care and support available to the individual via statutory, independent, and or/third sector provision in Wales. - demonstrates some grasp of how individual needs could be assessed. - makes some reference to how care and support can be delivered to enable the individual to achieve personal well-being outcomes.
1	1-5 marks The report provides a limited explanation which: - demonstrates limited knowledge and understanding of care and support available to the individual via statutory, independent, and or/third sector provision in Wales. - demonstrates little grasp of how individual needs could be assessed. - makes little or no reference to how care and support services can be delivered.
	0 marks Not creditworthy or attempted.

(b)	Describe the different health approaches that may be used in promoting and protecting the named individual's mental health and well-being. [10 marks]
Band	<i>AO1: Demonstrate knowledge and understanding of a range of key concepts, values and issues that are relevant to health and social care.</i>
4	8-10 marks The report provides an excellent description which: • makes excellent reference to different health approaches that may be used in promoting and protecting the individual's mental health and well-being. • demonstrates detailed and thorough knowledge and understanding of the different health approaches that may be used.
3	6-7 marks The report provides a good description which: • makes good reference to different health approaches that may be used in promoting and protecting the individual's mental health and well-being. • demonstrates thorough knowledge and understanding of the different health approaches that may be used.
2	4-5 marks The report provides a basic description which: • makes basic reference to the different health approaches that may be used in promoting and protecting the individual's mental health and well-being. • demonstrates basic knowledge and understanding of the different approaches that may be used.
1	1-3 marks The report provides a limited description which: • makes little or no reference to the scenario. • demonstrates limited knowledge and understanding of the different approaches that may be used.
	0 marks Not creditworthy or attempted.

(c)	Examine the strengths and limitations of appropriate approaches and techniques that may be used in supporting the named individual's health and well-being. One of the approaches you examine must be Cognitive Behavioural Therapy (CBT). [18 marks]
Band	AO3: Analyse and evaluate health and social care theories and practice to demonstrate understanding, reflect on how they can influence practice, making reasoned judgements and drawing conclusions.
5	17-18 marks The report provides an excellent response which shows a detailed and thorough examination of the strengths and limitations of approaches and techniques that may be used in supporting the individual's health and well-being. The approaches and techniques examined are appropriate to the named individual.
4	13-16 marks The report provides a very good response which shows a thorough examination of the strengths and limitations of approaches and techniques that may be used in supporting the individual's health and well-being. The approaches and techniques examined are appropriate to the named individual.
3	9-12 marks The report provides a good response which shows an examination of the strengths and limitations of approaches and techniques that may be used in supporting the individual's health and well-being. The approaches and techniques examined are appropriate to the named individual.
2	5-8 marks The report provides a basic response which shows a basic examination of the approaches and techniques that may be used in supporting the individual's health and well-being. Answer may be list-like but does include a strength or limitation of approaches and/or techniques. Strengths and limitations may be narrow in scope. Not all approaches and techniques examined may be appropriate to the named individual.
1	1-4 marks The report provides a limited response which shows little examination of the approaches and techniques that may be used in supporting the individual's health and well-being. Answer may not make reference to individual. Answer may only provide a description of an approach and/or technique with no reference to strengths and limitations. The approaches and techniques examined may not be appropriate to the named individual.
	0 marks Not creditworthy or attempted.

Task 2

	You are required to produce an information booklet for Mervyn to suggest approaches to support his positive behaviour patterns and strategies to help him achieve his well-being goals. Your booklet must outline different strategies and approaches in supporting the individual to develop positive behavioural patterns. [10 marks]
Band	<i>AO1: Demonstrate knowledge and understanding of a range of key concepts, values and issues that are relevant to health and social care.</i>
4	8-10 marks The booklet provides an excellent outline which shows thorough knowledge and understanding of how strategies and approaches could be used to develop positive behavioural patterns for the individual.
3	6-7 marks The booklet provides a very good outline which shows knowledge and understanding of how strategies and approaches could be used to develop positive behavioural patterns for the individual.
2	4-5 marks The booklet provides a basic outline which shows some knowledge and understanding of how strategies and approaches could be used to develop positive behavioural patterns for the individual.
1	1-3 marks The booklet provides a limited outline which shows little knowledge and understanding of how strategies and approaches could be used to develop positive behaviour patterns for the individual. There may be no reference to the individual and may focus mainly on what the strategy and approach is without outlining how it may support an individual's behaviour.
	0 marks Not creditworthy or attempted.

Mapping of tasks to unit content and assessment objectives

Tasks	Unit content				Mark allocation			
	8.1	8.2	8.3	8.4	Total Marks	AO1 Marks	AO2 Marks	AO3 Marks
1 (a)			✓		22		22	
1 (b)				✓	10	10		
1 (c)	✓				18			18
2	✓	✓			10	10		
Total					60	20	22	18
% weightings of this assessment						33	37	30