
**Module name:
Principles of Health
and Social Care
Practice**

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1. Introduction

The following report will focus on the Principle of Health and Social Care Practice analyse and evaluate the support provided by adult social service in the current health & social care context for Mr & Mrs T (case study).

The report aims to demonstrate the understanding of how principles of support are implemented day by day in the health and social care environment and how those principles are carrying through. The idea of human rights underlines the principles of health and social care practices. The purpose of health and care practitioner is to understand the needs of customers and improve their quality of life, to treat customers in the same way they would like to be treated themselves. Around the world and special in the UK for a healthier society and community the health and social practice play a significant role, people have been affected daily by old and new diseases, conditions which can make sometimes the life impossible without professional help.

2. Principles of support in health and social care, understanding of how they are implemented in this setting

As a social worker and care worker, our goal is to ensure we respect and follow the main principles of support when offering services to care service users. Principle of support are fundamentals for a better approach between health and care practitioners and the service, according to Skills for Care (2015), these principles are partnership, choice and independence, respect and dignity, Individuality, and privacy. As a health and care worker always you must value the customers and encourage them to express their own will, regardless of gender, political approach, race, religion, or any other beliefs even though it can sometimes be challenging (Equality Act 2010: guidance, 2021). Every health and social worker will treat with respect the person they are caring for, treating them with respect improves their self-esteem, confidence, and self-worth, hence improving wellbeing. Dignity is one of the most important principles in health and social care, regardless of their health conditions and wellbeing, every service users must be treated in the same way, everybody has the same rights. Service user's choices must be always respected, and the assistance must be planned in accordance with their wishes and

feelings. A big percentage of service users in health and social care are at considerable risk to lose the right to decide for them self being subject to other people and plans due to deterioration in cognitive abilities. Principle of independence defines everybody's right to decide for themselves and never to force somebody to take a decision against their own will.

We already know that everyone is unique and that everyone's approach is different. The health care worker must recognize the strengths and weaknesses, preferences, and needs in order to provide the best support. The right to dignity and privacy is paramount and one of the social workers' roles is to ensure the service users have enough space and time to make decisions about their life and to be supported in making their own choices.

Taking into consideration the main principles in Health and Social Care the next part of the assignment will analyses and evaluate the support in the current health and care context for Mr & Mrs T focusing on the Adult Social Service Department.

3. Department of health and social care

The department of Health and Social care is a governmental institution made to develop strategies to improve the health and social care system through the 28-agency public bodies. (healt and care 2018)

In addition to government institutions, private organizations and here we can mention Bupa, an international health insurance organization with over 31 million customers worldwide, has an important contribution to the health and care system. (UKEssays. November 2018)

According to the latest published reports, the NHS system has been under a lot of scrutiny, unable to effectively achieve its proposed targets, which would lead to a deficit of £ 30 billion a year, so to help the NHS, the charity companies can play a vital role by getting involved in the health and social care system by providing skilled workers on a voluntary basis to assist people in need in their daily lives. Charities provide help to institutions using programs specifically designed to help service users with a varied range of difficulties such learning disabilities, mental health, drug and alcohol issues. Those independent providers are getting involved in educating people

for a better understanding of the health and care system. (What do charities do? - How charities work, 2016)

Adult social services are services delivered by local council authority. The main objective is to provide support to vulnerable adults, elderly people, people with learning issues, mental, and physical conditions. Adult services and various independent organizations like Alzheimers Society, Age UK, St Barnabas provide personal care support, sitting services, domestic support and also support for carers.

In 2014 it is adopted by the UK government CARE ACT 2014 legislation stipulating the duties and obligations of Local Authorities related to the assessment of people in need and whether they are entitled to public funds or care support. The main objectives of the 2014 Care Act is to protect and safeguard the elderly and vulnerable people against abuse and unfair treatment. This is a piece of legislation that encourages the concept of independent living and the well-being principle and also brings the importance of carer's recognition and their right of having their own assessment of needs. The Care Act 2014 also defines the six principles of safeguarding which should be considered when assessing people needs. Those are empowerment, prevention, proportionality, protection, partnership and accountability (Care Act 2014, 2014).

4. Analyse and evaluate the support available in the current health and social care context for MR and Mrs T

Mr. and Mrs. T are both over 85 years old and have lived independently all their lives taking care of each others. Due to the unfortunate events in their lives, lately and here we mention Mrs. T's accident followed by hip surgery and Mr T's dementia along with other chronic illnesses, they decided it was time to seek specialist help. They wanted to continue with their lifestyle in the same independent way as before. Analyzing the case of Mr and Mrs T from social worker's perspective means that a holistic, strengths based assessment of needs is carried out. This is necessary to identify the strengths and wishes and feeling of Mr and Mrs T and also to involve them in their future care planning and setting the identified outcomes they would like to achieve. The role of a social worker is to effectively communicate with people who

needs help and support them to find the best solutions. It is an empowering role and it focuses on prevention and working in partnership with all the professionals involved in the service users life and also network support. The initial step is obtaining consent of Mrs. and Mr. T to engage in needs assessment. The assessment should be person centred and look at all angles and it will focus on choice and control over their life and support required. The local authority duty according to the Care Act 2014 is that every adult with needs for care and support is entitled to an assessment of needs and putting the person at the centre of the process.

The interview in most cases is face to face but in unusual circumstances can be also online or by phone. During the assessment meeting, questions about health and social care needs must be asked to contribute to a care plan with set outcomes and identified risks. Those outcomes and risks will have to be explained to Mr. and Mrs. T and together to find a way of managing them in the community with or without specialist support.

Social workers are highly trained individuals who have developed an extensive range of skills and knowledge to understand and build relationships and working directly with individuals, support organizations, and careers to enable them and empower them to get the best results. Adult social care workers must explain to people and make them understand the role of social services as part of the assessment and to provide all the information requested by individuals and their families in order to enable them to make their own decisions. Saying this consideration of Mental Capacity Act 2005 (MCA 2005) in the assessment process is crucial. Mr. and Mrs. T should be assessed following the 5 principles of MCA 2005 and every person should be fully supported to make their own decisions. Just because some people make unwise decisions this not automatically means they lack capacity to make that decision (Chancellor, 2007).

Throughout the assurance and after all the information must be protected under the Data Protection Act 2018 and General data protection regulation (GDPR) and must not be shared without the consent of the parties involved in the needs assessment. Once the needs assessment has been completed, the next step is to put together in a comprehensive care plan information provided by Mr. T and Mrs. T and all the other relevant professionals and family involved in their care and life.

Falls and fall-related accidents are common among the elderly. People aged between 65 and 85 are the most prone to accidents, 50% of them fall at least once a year sometimes with profound consequences for their own health and well-being. Mrs. T has always lived an independent life but after the accident, which was followed by a hip operation, she became unable to take care of herself and her husband. After the hip surgery her ability to move was considerably reduced being forced to use a mobility frame to move around the house. Due to changes in Mrs. T's life, not only mobility was affected but also other aspects of social and personal life which also affected Mrs and Mr T was her husband's carer and she supported him with most aspects of daily living tasks.

The assessment of needs has to be completed taking into consideration Mrs. T's needs and also her role as an informal carer.

It is clear that due to her own difficulties she is unable to care for Mr T and she also requires care and support for herself. Looking at least restrictive options will be adaptive technology and aids meaning that referral to Occupational therapist are necessary. This will aim to ensure Mrs. T is supplied with a varied range of equipment in the house and outside the house to enable her to move independently. If this proves insufficient than a care package can be sourced to look at support with personal care and domestic tasks.

In the assessment of needs for Mr T the focus should be on his cognitive abilities and memory. A Mental Capacity assessment should be carried out to identify Mr T's ability to make a decision in regards of his care package and the way this should have been designed to support him. It is very common for practitioners and other professionals to assume based on the dementia diagnosis that a person lacks capacity. Mental Capacity Assessment is time and decision specific often people have capacity to make specific decision if enough support is provided. In Mr. T case the assessment should be conducted by a person who knows him best.

Dementia embraces different forms and stages. It is a progressive disease affecting the brain of the person by damaging the nerve cells in the brain so messages cannot be sent from and to the brain effectively, which prevent the body from functioning normally. There are 200 subtypes of dementia but the most common are: Alzheimer's disease, vascular dementia, Lewy body dementia, frontal lobe dementia and mixed dementia. Regardless of each type of dementia is diagnosed

and what part of the brain is affected, each person will experience dementia in their own unique way (www.dementiauk.org).

In Mr. T case if the assessment concludes he has capacity to make decisions in regards of his support he should be fully involved in choosing the care package and the care agency.

The MCA 2005 says that a person is unable to make their own decisions if they cannot do one or more of the following: understand the information given to them, retain the information long enough to be able to make the decision, weigh up the information and communicate the decision.

If Mr. T has been assessed as incapable of making this decision, a decision in his best interest should be made. This will involve a Community Psychiatric Nurse, family members, and carers. A consideration of his past and present wishes should be made and the least restrictive option should be considered. In Mr T's case a care package may be required to support him. In order to minimise the risk of distress it could be that the same carer attends both Mr. and Mrs. T. The personalised support via direct payment is another option which will give them a care package tailored to their needs.

The care package assigned to Mr. T will involve helping him with washing and dressing, laundry services, cooking, house cleaning, and access to community activity. In addition, an exit propriety sensor will be installed on all doors and windows to alert Mrs. T if Mr. T attempts to leave the propriety. A bed sensor to alert Mrs. T if her husband leaves the bed in the night time and also a smoke alarm sensor linked to the emergency control centres. Social Services supports is means tested therefore a financial assessment will be completed to determine their contribution.

The social worker must act professionally putting in first place Mrs. and Mr. T's wishes, and never make decisions on their behalf. Always be clear in explications, give them enough time to understand proposed solutions, and most important always value their opinion.

5. Conclusion

Nowadays increasingly elderly people or people with disabilities need assistance and care to be able to continue living in the most independent way possible. Implementing and adhering to the principles of support in daily routine for those working in departments and organizations designed to help the elderly or people with special needs is essential to streamline the relationship between health and social care and service beneficiaries. Following the scenario of the case of Mrs. and Mr. T, today's paper shows us the importance of the social department for adults, rules, duties, and obligations of the social worker also highlight the need for cooperation between all social services departments involved in the process of treating and assisting the elderly or people with special needs in day by day life.

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