



Student name: Alisha Leigh Gocaj

Student ID: 2110659

Module name: Changemakers: Creative and Value Creation

Topic: Assessment two online e-learning

Module code: BMHP5014

Lecture name: Eleni Koutsogeorgou

Contents page

1. Introduction.....3
2. Who am I? my sense of self.....3-4
3. Creating solutions.....5
4. Collaboration not competition.....6-7
5. Conclusion.....7
6. References.....8-9

Introduction

Creativity and development are ideas that make up innovation. People of the society come with ideas to implement them and share with others to create solutions to improve existing or new projects (Taylor, 2017)

This report will discuss my understanding of innovation and discuss why innovation is important in the health and social care. According to Bye, (2021) providers in the health and social care system use innovation to improve their health system such as, better treatment options, education, and to provide easy access to services and the communities. Thus, innovation in health and social care can improve the quality, effectiveness, safety, and efficiency of the health care system.

I will further explain in this report how creativity can make the common good of the health care as well as, show my understanding of the enterprising and recognise the values and contributions within the health and social care sector.

Unit 1

Topic 1: Who am I? my sense of self

The looking glass self theory describes how an individual sees themselves and their image based on how other people see them and their perceptions towards them. Zhao, (2005) noted an individual learns who they are, and their sense of self based how other individuals see them however, not all are shown in the same way. This can be through an individual's expressions through both verbal and nonverbal behaviours such as, the tone of one's voice, and facial expressions. Once an individual gains their sense of self they can, therefore, have a better performance in themselves and in their environment and work settings.

Personal expression

This topic ideas and values has helped me reflect on how I see myself as an individual more now than before I started this module change makers. Moreover, in this topic one of the tasks was to write ten to twenty words of personal qualities that best describes myself however, I could only find ten qualities. The task was then to post some qualities on the

module Padlet to see how my university peers see me. Furthermore, my peers listed other qualities of how they see me, such as friendly, kind, sensitive, and passionate.

I discovered in the role of a Youth worker working with young adults with a disability in the health and social care setting some skills are needed. According to Key (2019) the skills required are.

- Passion / dedication
- Friendliness
- Empathy
- Attentiveness
- Patient
- Reliable

Therefore, in my future career as a Youth care worker working with young adults, I have the skills and qualities needed to be successful.

Furthermore, through this topic ideas and values I learned the importance of creative confidence. Creative confidence is the believing that everyone is creative, and that creativity is a way of approaching the world as well as, the capacity to draw, sculpt or composed. (Kelley and Kelley, n.d.)

“Creativity is something you practice, not just a talent you are born with” (Kelley and Kelley, n.d.)

Creativity and innovation are needed to improve an individual's care, reduce harm, as well as, to tackle challenges in health care (Anon, 2021) Young adults with an impairment often get left behind in the system with little or no support to help them transition into adult life after they reach 18 years, therefore, leading the individuals into a state of mental health with a sense of no purpose. Although there have been changes in legislation in the care Act and The children and families Act there is still not enough support to help the young adults at the right time during their transition. Moreover, children services focus on the children therefore, made no plans to help the young adults transition into adult hood after the age of 18 years. Furthermore, other help and support are not joined with other care services to make the transition run smoothly such as, education system, and health and care. (NDTi, n.d.)

Therefore, by using creative confidence in my future career I could help those who are vulnerable transition into adult life moreover with the right support from others can help these young adults with an impairment into work ect.

Unit 2

Topic 1: Creating solutions

Change makers are someone who makes innovation and change happen therefore, making positive changes in the environment and an individual's life. Moreover, a change maker contributes with help by others who are also inspired to make a difference in the society and environments for the common good. On that note resilience, vision of having a clear view of the future, commitment, and connection to relate to others can improve a change maker to be successful and change for the common good (North, 2021)

During this topic I have come to understand the five values that motivates change makers these are.

- Enjoyment for individuals who want to create value for the fun.
- Economic to deliver what others want.
- Influence to increase their influence such as, power and popularity.
- Harmony a creation that makes sense as a whole.
- Social these individuals do so to make others happy.

From my learning on this topic I understand we are all change makers in our own way and can make change happen with the right support. The five values have helped my understanding who I am and what drives me in my future career such as, the social value as everyone deserves a chance in society. In my future career my aim is to help disabled or less abled young adults transition into adulthood this could be helping them to find work, building friendships within the community also living arrangements to live an independent life as long as their capacity allows them to. Preparing young adults early can help them to develop skills and independence however, evidence shows there is lack of support due to lack of organisations and societal barriers in place to make changes happen. (Council for Disabled children, n.d.) This innovation idea has come from my personal experience with my own child who has a neurodivergent disability and has faced many complex situations within the health care system and education. My son is now reaching adulthood therefore, I need to make sure there are support available to him as he grows to live independently.

Changes

However, from this topic I have learned I can not make changes on my own accord.

Unit 3

Topic 1: Collaboration not competition

To be a successful innovator and creator to make change happen an individual needs a supportive network of trusted people who share the same ideas, interests, and values can have a positive outcome on changes to be a success. Moreover, a supportive network can offer advice, express helpful ideas, and suggestions as well as, guiding an individual through networking opportunities and offering emotional support when ideas do not go according to plan (Coaching Positive Performance, 2013)

Therefore, to lead a successful career in youth care work in health care for individuals with a disability I will need to build trust within the community and the trust and support of other leaders such as the council, the environment community managers, employers and even stakeholders. Therefore, having the support network to help each other to achieve a goal without competition can gain more value. Furthermore, developing a supportive network builds strength, trust, collaboration, and good judgement from the behaviours of the care workers who deliver care. Moreover, it is said that in order to tackle common problems in the care sector individuals need to collaborate with each other for the common good of the people (EffectiveNetworksforImprovement, 2014)

By using this the supportive network of people such as local councils, community managers, and the local community who can offer Young adults with disabilities in life skills such as, social skills, using public transport, managing money, household skills, cooking and help getting into work. As an individual with a disability there are challenges especially young adults who are just transition to adult life do not have the right care however, it is important the individual has a supportive network in health and social care a Youth worker can guide the individual with the help from a disability employment advisor to help the individual into employment by understand what their disability rights are as well as supportive internships (Sense, n.d.).

In this topic I have discovered how effective a stake holder is to an innovation. A stake holders engagement achieves better results to create change by informed decisions to provide the support needed (Hendricks, 2020) local councils, and local communities to name

a few can help create change to help the young individuals with a disability by innovating ideas to help creative innovation. Therefore, creating a pitch as I did in my first assignment would be useful to engage stake holders in the idea.

Conclusion

In conclusion Changemakers: Creativity and value creation the module and the units has been a valuable experience to me. Changemakers has made me grateful, as I did not see myself as creative before I learned this module and the topics within the units.

This report acknowledges my understanding on innovation and why it is needed in our society.

References

Anon, (2021). *Creativity in Healthcare: How to Build Your Confidence and Generate Positive Results – Dr. Karen*. [online] Available at: <https://www.drkaren.org/creativity-in-healthcare/>. [Accessed 23 Dec. 2022]

Bye, S. (2021). *How innovation in healthcare can improve patient care*. [online] University of Sunderland. Available at: <https://online.sunderland.ac.uk/how-innovation-in-healthcare-can-improve-patient-care/#:~:text=Within%20healthcare%2C%20the%20World%20Health>. [Accessed 30 Dec. 2022]

Coaching Positive Performance. (2013). *Building a support network. Your team for success*. [online] Available at: <https://www.coachingpositiveperformance.com/building-a-support-network/> [Accessed 28 Dec. 2022].

Council for Disabled Children. (n.d.). *Into adulthood*. [online] Available at: <https://councilfordisabledchildren.org.uk/what-we-do-0/practice/adulthood> [Accessed 27 Dec. 2022].

Effective networks for improvement Developing and managing effective networks to support quality improvement in healthcare Learning report. (2014). [online] Available at: <https://www.health.org.uk/sites/default/files/EffectiveNetworksForImprovement.pdf>. [Accessed 28 Dec. 2022]

GOV.UK. (n.d.). *How to join a youth justice stakeholder group*. [online] Available at: <https://www.gov.uk/government/publications/how-to-join-a-youth-justice-forum/how-to-join-a-youth-justice-stakeholder-group> [Accessed 30 Dec. 2022].

Hendricks, A. (2020). *The importance of stakeholders: identifying and prioritizing stakeholder engagement*. [online] Simply Stakeholders. Available at: <https://simplystakeholders.com/the-importance-of-stakeholders/>. [Accessed 30 Dec. 2022]

Kelley, T. and Kelley, D. (n.d.). *Reclaim Your Creative Confidence*. [online] Available at: <https://alumni.westernu.ca/assets/pdf/career-management/life-design/week-2-relciam.pdf>. [Accessed 23 Dec. 2022]

key, J. (2019). *18 Qualities That Make an Exceptional Care Worker*. [online] The Care Workers Charity. Available at: <https://www.thecareworkerscharity.org.uk/blog/care-worker-qualities/>. [Accessed 21 Dec. 2022]

Mckeown, Max. *The Innovation Book : How to Manage Ideas and Execution for Outstanding Results*, Pearson Education, Limited, 2014. ProQuest Ebook Central, <https://ebookcentral.proquest.com/lib/trinity/detail.action?docID=5174015>.

NDTi. (n.d.). *Supporting a better path to adult life for young people with additional needs*. [online] Available at: <https://www.ndti.org.uk/news/better-path-to-adult-life-for-young-people-with-additional-needs> [Accessed 21 Dec. 2022].

North, J. (2021). *How to Be a Change Maker. The Definitive Guide*. [online] The Big Bang Partnership. Available at: <https://bigbangpartnership.co.uk/how-to-be-a-change-maker-definitive-guide/>. [Accessed 23 Dec. 2022]

Sense. (n.d.). *Support for disabled people finding work*. [online] Available at: <https://www.sense.org.uk/information-and-advice/life-stages/adult-life-and-planning-for-your-future/finding-work/> [Accessed 30 Dec. 2022].

Social care for adults aged 18-64. (2020). [online] doi:10.37829/hf-2020-p02.

Taylor, S.P. (2017). What Is Innovation? A Study of the Definitions, Academic Models and Applicability of Innovation to an Example of Social Housing in England. *Open Journal of Social Sciences*, [online] 05(11), p.131. doi:10.4236/jss.2017.511010.

Zhao, S. (2005). The Digital Self: Through the Looking Glass of Telecopresent Others. *Symbolic Interaction*, 28(3), pp.387–405. doi:10.1525/si.2005.28.3.387.

