



Department for Education



LEVEL 1 AWARD IN HEALTH AND CARE

COURSE SUMMARY:

This course aims to equip all learners with the sufficient skills and knowledge to start out in a successful career within the Health and Social care industry.

ENTRY REQUIREMENTS:

- Aged 19 years or over
- Have an entry level 3 English qualification or equivalent
- Be prepared to contribute to discussions and class activities
- Be confident with using the Microsoft Office suite to access online sessions and complete the e-portfolio. Please note, IT support will be provided by the course tutor team.

OVERVIEW

Learners will develop a strong understanding of person centred approaches across health, social care, early years, and children and young people's settings. They will explore the core principles and values that guide effective practice- such as dignity, respect, rights, individuality, equality, safeguarding, and partnership working and understand why person centred support is essential for positive outcomes.

The course will also enable learners to recognise common challenges in implementing person centred planning and identify practical strategies to overcome these barriers so that support remains focused on an individual's needs, preferences, and aspirations. Additionally, learners will gain the skills to demonstrate respect and value in everyday interactions through active listening, inclusive practice, dignity promoting behaviours, and person centred communication.



AWARD:
Gateway Level 1

PROGRESSION FROM THIS COURSE:

Following on from the successful completion of the course, you will be able to apply for a range of jobs within Health and Social Care, an apprenticeship or further study at a higher level with the Level 2 Certificate in Health and Care.



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THE GATEWAY TO LEARNING IN YOUR COMMUNITY

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Education & Skills
Funding Agency



**WORK
SKILLS**

LEVEL 1 CERTIFICATE IN HEALTH AND CARE

CONTINUED...

WHAT WILL YOU BE DOING:

A career working in Health and Social care is extremely rewarding as it covers a diverse range of different job roles. It covers everything from care worker, activities worker, housekeeping assistant, support workers, personal assistants and more. There is a growing demand in Suffolk for Health and care workers, and this course will provide you with the sufficient skills and knowledge to deliver high standards of person-centred care for adults who access these services.

Upon successful completion of the course, it will provide learners with a pathway to apply for employment, an apprenticeship, whilst also identifying if a career in health and care is suitable progression.

- ✓ **Course duration** is eight sessions which could be two days a week on Microsoft Teams for 4 weeks or one session a week for eight weeks at a Realise Futures Learning Centre.
- ✓ **The course** consists of two modules, which will be delivered using a range of presentation styles and fun activities in the sessions for learners to engage in. The assessment for the course will consist of an e-portfolio, which you will be required to successfully complete by the end of the course, to receive your certificate.
- ✓ **To support** your attendance, you may be eligible for financial learner support which can include help with travel costs, such as mileage, parking, or childcare costs.
- ✓ **Laptops can** be loaned for the duration of the course to support learners with their course work.



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