



Health and Social Care

Essential Information

Exam Board: OCR

Specification Code: H025 - H125

Teachers: Miss Colwell and Miss Rowe

Task to be completed:

In health and social care, it's important to treat every individual with respect and meet their unique needs. This task will help you understand the key values that support safe, respectful, and high-quality care.

You will create a short fact file (1–2 pages) focusing on the most important person-centred values used in care settings.

Section 1: What Are Person-Centred Values?

Write a short paragraph that answers the following:

- What does “person-centred care” mean?
- Why are person-centred values important in health and social care?
- How do these values help individuals feel respected, safe, and in control of their care?

Section 2: Key Person-Centred Values

Choose four values from the list below. For each one, write:

- A simple definition in your own words
- Why this value matters in care
- A brief example of how a care worker might show this in practice

Link to: [Person Centred Values](#)

Presentation Tips:

- Use headings and bullet points to keep it clear
- Be creative – you can include colour or visuals
- Keep it to 1–2 pages maximum
- Use your own words as much as possible

What else could I do to prepare?

Read

- [The Care Certificate: Work in Person centred way](#)

Watch

- [BBC iPlayer](#) - Roman Kemp: Fightin for young lives (Mental health)

Listen: Podcast

- [The Health Foudnation](#)
- [BBC Sounds](#)
- [BBC Sounds](#)

All tasks to handed in during the first lesson of a subject in September