

GETTING AHEAD



Start to develop skills that are relevant to your course before you join HSDC this September!

Health & Social Care – Level 2 CTEC Diploma

Design your own game or activity to undertake with residents at a local care home.

You must be able to enjoy studying and caring for all age groups in order to choose to study the CTEC in Health & Social Care. Therefore we would like you to **provide a plan for a creative therapeutic game or activity** for residents at a local care home prior to starting this course, which will identify what you like and what interests you have!

Design your own table top game / activity that you can undertake with a group of four or five residents in a local care home. You need to design a game / activity that can be completed in half an hour, on a table. You need to include:

- Title of activity.
- A detailed explanation and plan of the activity / game.
- Time needed to complete the activity.
- Resources needed.
- How the activity will be introduced to the participants.
- What support will the participants need to complete the activity / game?
- What are the cognitive, physical, emotional and social benefits of the activity / game?
- How would you adapt the game / activity to ensure inclusion for all residents (e.g. for residents who have poor mobility, hearing or eyesight)?

We look forward to seeing you in September!

For further information about your College and being a student at HSDC, please visit hfdc.ac.uk/Alton



Write

We would like you to **write a 200-300 word explanation** of why you have chosen this activity / game. Communicate your thoughts and ideas as best you can.

Please complete this for the first day of the new term.

We look forward to seeing you all in September!

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