



## Course Overview

As one person you cannot change the world but you can change the world for the individuals you work with. This course provides a refresher for people who have done the Care Certificate. It looks at the values underpinning social care work that promote well-being. We challenge your thinking and share ways you can provide care and support that considers the different needs of individuals.

## Course Content

1. Understand the principles of person-centred values and how to work in a person-centred way
2. Understand the importance of finding out the history, preferences, wishes and needs of individuals
3. Have an awareness of an individual's immediate environment and make changes to address factors that may be causing distress
4. Know how and when to raise concerns about anything that is causing discomfort or distress to individuals
5. Support individuals to minimise pain or discomfort
6. Support individuals to maintain their identity and self-esteem

**Course Duration** 45 minutes

**Developed** in partnership with social care experts.

### Accessibility

To change your accessibility settings or translate the course into another language, sign into your Click account before taking this course.

### Assessment and Certification

Sign in to your Click account before you take this course to take the assessment and immediately access/download your certificate upon successful completion.

### Quality Marks