

MODULE SPECIFICATION PROFORMA

<b>Module Title:</b>	Support and Empowerment in Health and Wellbeing	<b>Level:</b>	5	<b>Credit Value:</b>	20
----------------------	---	---------------	---	----------------------	----

<b>Module code:</b>	HLT511	<b>Is this a new module?</b>	No	<b>Code of module being replaced:</b>	
---------------------	--------	------------------------------	----	---------------------------------------	--

<b>Cost Centre:</b>	GANG	<b>JACS3 code:</b>	B900
---------------------	------	--------------------	------

<b>Trimester(s) in which to be offered:</b>	1	<b>With effect from:</b>	September 17
---	---	--------------------------	--------------

<b>School:</b>	Social & Life Sciences	<b>Module Leader:</b>	Justine Mason
----------------	------------------------	-----------------------	---------------

Scheduled learning and teaching hours	35 hrs
Guided independent study	165 hrs
Placement	0 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

<b>Programmes(s) in which to be offered</b>	Core	Option
BSc ( Hons) Health and Wellbeing	✓	<input type="checkbox"/>
BSc ( Hons) Mental Health and Wellbeing	✓	<input type="checkbox"/>
Dip HE Contemporary Health Studies	✓	<input type="checkbox"/>

<b>Pre-requisites</b>
None

Office use only	
Initial approval December 16	
APSC approval of modification <i>Enter date of approval</i>	Version 1
Have any derogations received SQC approval?	Yes <input type="checkbox"/> No ✓

**Module Aims**

The module aims to:

1. Develop students' understanding of the principles of resilience and empowerment and the role of the carer in supporting the adult service user
2. Critically explore the impact carers have within the field of health and the services available to support them.

**Intended Learning Outcomes**

Key skills for employability

- KS1 Written, oral and media communication skills
- KS2 Leadership, team working and networking skills
- KS3 Opportunity, creativity and problem solving skills
- KS4 Information technology skills and digital literacy
- KS5 Information management skills
- KS6 Research skills
- KS7 Intercultural and sustainability skills
- KS8 Career management skills
- KS9 Learning to learn (managing personal and professional development, self-management)
- KS10 Numeracy

At the end of this module, students will be able to

Key Skills

At the end of this module, students will be able to		Key Skills	
1	Appraise the role of the carer in the context of supporting adult service users and consider factors that may impact on carers, such as culture, gender, age, geography and resilience	KS1	
		KS5	
		KS7	
2	Evaluate how co-morbidities might impact on both service users and carers	KS1	
		KS3	
		KS6	
3	Articulate national policy and legislation in regard to carers and caring and critically review current strategies that aim to enhance the empowerment of service users and carers	KS2	
		KS4	
		KS6	

**MODULE SPECIFICATION PROFORMA**

4	Identify and critically evaluate the impact of carers on health and wellbeing strategies and recognise the support and services available to carers, including the role of self and independent advocacy	KS1	
		KS8	
		KS9	

Transferable/key skills and other attributes

- Appropriately respond to equal opportunities and diversity issues in context.
- Use information and communications technology to enhance verbal and written work and to facilitate relevant information retrieval.
- Identify appropriate problem-solving strategies.

**Derogations**

N/A

**Assessment:**

Case study: (100%) The student will critically debate the evolving issues faced by the carer and the person requiring support in a choice of given scenarios, reflecting on the situation and potential changes that could be made to improve the wellbeing of both individuals

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	1,2, 3, 4	Case study	100%		3,500

**Learning and Teaching Strategies:**

Interactive lectures will be used to provide core knowledge. This will be supported by online materials, group work and tutorials. An online Moodle forum will be established to facilitate discussion and the sharing of learning and resources within the student community. Students will undertake directed team learning activities to enable them to undertake the team project and presentation.

Independent learning will be spent researching and reading in support of the subject area and preparing for assessments

**Syllabus outline:**

Defining carers and demographics – age, gender, culture  
 The development of the caring role  
 Challenges of caring for both carers and service users – financial, legal and emotional matters  
 Empowerment  
 Resilience

Factors affecting the caring relationship/the impact of physical impairment on carers  
Policy and legislation for caring  
The impact of caring on health and social care services  
Support services available to carers and the role of advocacy  
Caring in the future  
Unable to care – the next steps

**Bibliography:**

**Essential reading**

British Medical Association. (2013) *Carer's Manual*. London, Dorling Kindersley.

Cameron, J. (2008) *Caring For A Parent In Later Life: Getting Support, and Coping with the Financial, Legal and Emotional Issues*. Life Guides.

Carers UK. (2013) *State of Caring*. Carers UK

Jordan, M. (2013) *The Essential Carers Guide*. 2<sup>nd</sup> Edition, Hammersmith: Health Books

**Other indicative reading**

Murray, M. (2014) The effect of dementia on patients, informal carers and nurses. *Nursing Older People*. 26, 5 pp. 27- 31

O'Shea, R. Goode, D. (2013) Effects of stroke on informal carers. *Nursing Standard*. 28, 15, pp. 43-47.

Reid, C. (2009) *A Scattering*. Arete Ltd

Wright, J.M. Heathcote, K. Wibberley, C. (2014) Fact or fiction: exploring the use of real stories in place of vignettes in interviews with informal carers. *Nurse Researcher*. 21, 4, pp.39-43.

**Health Policy**

Department of Health (2001) *National Service Framework for Older People*. Crown copyright. <http://www.doh.gov.uk/nsf/olderpeople.htm>

HMSO (2004) *Carers (Equal Opportunities) Act*. Crown copyright

HMSO (2008) *Carers at the heart of 21st-century families and communities*  
"A caring system on your side. A life of your own." Crown copyright

National Assembly for Wales (2014) *Social Services and Well-being (Wales) Act*. National Assembly for Wales

National Collaboration for Integrated Care and Support. (2013), *Integrated Care and Support: Our Shared Commitment*. Department of Health