

Wellbeing

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**Please complete the above, in the blocks provided, as clearly as possible.  
 The date should be the day you finish & must be written in the DD/MM/YYYY format.**

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N.B: We are aware that official practice is to use the terms “service users” or “people using this service” to describe those receiving care. We prefer the term “client” and use it throughout our training package.

### Key:



worksheet



important



## Learning outcomes.

- Identify what wellbeing is.
- Explain the relationship between a healthy life and wellbeing.
- Recognise the relationship between lifestyle risks and wellbeing.
- Describe how to improve wellbeing.
- Understand the importance of carer wellbeing.

## Fundamental standards.

The fundamental standards are the standards by which CQC will inspect social care. The standards are based on the regulations from the Care Act 2014 and CQC have changed the focus for the purposes of inspection.

The fundamental standards are those standards that no care setting must fall below.

## The standards are based on five areas as follows:

<b>Safe.</b>	People are protected from abuse and avoidable harm.
<b>Effective.</b>	People's care, treatment and support show quality of life and promote good outcomes, and providers should show evidence to prove it.
<b>Caring.</b>	Care should be person centred involving dignity and respect, and compassion.
<b>Responsive.</b>	Following correct working procedures as agreed by your workplace and as set out in the client's care plan.
<b>Well led.</b>	Management leadership and governance should ensure all of the above happens. Staff training should be recognised and openness and fairness be apparent.

These areas are known as key lines of enquiry or KLOES. Each KLOE has a set of criteria which CQC use to check whether the fundamental standards are being met.

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The fundamental standards are as follows:

**Person centred care.** Ensuring that those receiving the care are at the centre of all decisions.

**Dignity and respect.** Providing the client with dignity and respect in all aspects of their care.

**Need for consent.** Asking the client's permission before carrying out tasks that affect them.

**Safe care and treatment.** Following correct working procedures as agreed by your workplace and the client's care plan.

**Safeguarding service users from abuse.** Following agreed working and safeguarding procedures and being aware of signs and symptoms.

**Meeting nutritional needs.** Being aware of dietary needs, working with the care plan, ensuring clients have the right equipment and conditions to eat.

**Cleanliness, safety and suitability of premises and equipment.** Carrying out required checks of premises and equipment, implementing cleaning rotas and carrying out safety checks.

**Receiving and acting on complaints.** Having a complaints policy and procedure in place that is accessible to all and act in accordance with the policy when dealing with complaints.

**Good governance.** Ensuring that all aspects of the workplace is overseen and policies and procedures are implemented and monitored regularly.

**Staffing.** Fit and proper persons employed.  
Fit and proper person requirement for Directors is followed.

**Duty of candour.** Relevant information must be volunteered to all persons who have or may have been harmed by the provision of services, whether or not the information has been requested and whether or not a complaint or a report about that provision has been made.

Our Redcrier manuals will provide your staff with training to support attainment of the fundamental standards.

## Introduction.

Everybody has the right to live life as they want to, as long as they are not causing harm to others. The human body needs certain things to happen to ensure it remains healthy. In other words keeping your body healthy gives you the opportunity to achieve what you want out of life.

In national surveys carried out annually on wellbeing, it shows that wellbeing is at its highest when we are in our late teens and then again in early to mid seventies. It is much lower between these times and at its lowest between mid forties and mid fifties. This is probably because during those times we have more responsibilities and possible stress.

Working in a person centred way is at the core of everything we do in the care sector, making the specific needs of each individual client paramount. The same applies in this manual. We may be looking at factors that apply to everybody but we need to address them on an individual basis for each client.

All of the areas in this manual can be applied to yourself to promote your own wellbeing and look at the areas of risk in your own life. Wellbeing is for everyone. We will look at how leading a lifestyle where risks are minimised can increase the wellbeing and therefore happiness of all of us.

## Unit One

### Healthy life and lifestyle risks.

Wellbeing is a term used to describe how a person feels about their life and relationships with others and what matters to them most. There is no single definition of wellbeing as it is dependent on the individual, their circumstances and priorities. It builds on the person centred approach of putting the person at the centre of all decisions relevant to them and goes one step further by assuming that the person knows what will promote their wellbeing. Studies over time have revealed that wellbeing:

- Adds years to life.
- Improves recovery from illness.
- Is associated with positive health behaviours.

### The core principles of wellbeing.

Under the Care Act 2014 wellbeing is described as relating to the following areas:

- Personal dignity, including treatment of the individual with respect.
- Physical and mental health and emotional wellbeing.
- Protection from abuse and neglect.
- Control by the individual over their day-to-day life, including over care and support provided and the way they are provided.
- Participation in work, education, training or recreation.
- Social and economic wellbeing.
- Domestic, family and personal domains.
- Suitability of the individual's living accommodation.
- The individual's contribution to society.

The Care Act looks at how wellbeing should be at the core of decisions about what is the best for the individual. In this manual we look at how we can promote wellbeing for all by looking at how we support individuals on a daily basis.

What do we mean by a healthy life. We may think it means eating salads and going to the gym, but if we then smoke and sit in the sun for hours our salad and gym sessions are wasted because we are putting ourselves at risk in other ways. A healthy life means living a life that promotes your wellbeing and reduces the risks that your lifestyle may bring to achieve a balanced approach.

It is important to have a balance, taking away the things that you enjoy because they are classed as unhealthy may not achieve wellbeing. Looking at the risks and how you can minimise them

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may achieve the outcome you want.

Identify what is healthy in your lifestyle and what is a risk:

Healthy for my wellbeing.

A risk to my wellbeing.

In the healthy section you may have things like running, swimming or eating fruit. In the risk section you may have put smoking, fast food, hours spent gaming.

Your answers may be different from your colleagues even if they have a similar lifestyle. This may be because your idea of when a risk becomes a risk is different to theirs or because of how often it occurs.

## What is a lifestyle risk?

Lifestyle risks are those things that make you more vulnerable to ill health. They include:

### **Obesity.**

Being overweight can put a strain on your internal organs. It can increase your chances of developing medical conditions such as cancer.



## **Inactivity.**

When we don't exercise, or move around, our body and internal organs becomes sluggish, our mobility is impaired, our mood can be affected which may lead to anxiety or stress, and we are more prone to ill health.

## **Unhealthy diet.**

Eating lots of sugar and fats and high calorie foods can make you vulnerable to weight gain, and a range of chronic diseases, including:

- Cardiovascular diseases.
- Cancer.
- Diabetes.
- Other conditions linked to obesity.

## **Smoking.**

Smokers are more likely to have a heart attack compared with others who have never smoked. It is also a contributable factor to coronary heart disease, stroke and a variety of cancers.

## **High alcohol consumption.**

Alcohol is high in calories and has little nutrition. It can contribute to weight gain and over time can lead to high blood pressure and liver damage, as well as contributing to making you vulnerable to other medical conditions.

## **Sunburn.**

An estimated 66,000 deaths occur annually worldwide from melanoma and other skin cancers.

Sunburn is an indicator of skin damage. It normally causes pink or red skin in caucasian people. Those with dark skin can also suffer from skin damage due to over exposure to the Sun. Anyone can get skin cancer, regardless of race. Damage may be indicated by the skin getting hot and then staying hot. It is not necessary for skin to burn to cause damage and having a sun tan does not offer protection against skin damage, it increases the risk of skin cancer.

## **Ultraviolet rays (UV).**

UV is an electromagnetic radiation present in sunlight. It is a major risk for most skin cancers and also causes tanning, burning, ageing and wrinkling.



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There are also other risk areas to consider such as:

- Not taking care of ears, eyes mouth etc.
- Having high stress levels.
- Not getting enough sleep.

It is important that we understand these risk factors and look at how we can reduce the risk so that we enjoy life and maintain our wellbeing.

Now think about the same exercise but for the clients you support.

Identify what is healthy in your clients lifestyles and what is a risk:

Healthy for my clients wellbeing.

A risk to my clients wellbeing.

Many of the factors identified in the above exercise will be similar to yours, or will have the same outcome. The clients we care for need support to address the risk factors identified, so that their wellbeing is also catered for.

In the next unit we will look at how we can maintain and improve our wellbeing.

