

HEALTH CAPABILITY

Being aware of and being able to take care of one's own health, and the health of others, covers several areas of competence. The framework below offers a summary of some of the aspects of this capability, but it is not intended to be exhaustive or prescriptive. The table overleaf shows how providers may support learners to develop their health capability from 'consolidating', to 'developing' through to 'extended' level.¹

Key Themes in Health Capability: Personal, Community and Engagement

Personal

- Diet and exercise
- Wellbeing
- Emotional intelligence
- Mental health
- Sexual health
- Caring for family members
- Self esteem
- Hygiene
- Family health

Community

- Cultural awareness
- Support services and advice
- Relationships
- Equality and diversity
- Caring for a family member
- Empathy and recognition
- Managing medication
- Disabilities

Engagement

- Understand impact of health
- Engage with health services
- Supporting others
- Understanding substance abuse
- Using knowledge to problem-solve
- Making informed decisions
- Understanding health terminology
- Understand risk and return

Please contact Learning and Work Institute for further details on Health Capability
- www.learningandwork.org.uk/citizens-curriculum or email: citizenscurriculum@learningandwork.org.uk

¹ This framework has been compiled with reference to existing modules listed on the Ofqual Register of Regulated Qualifications, government advice on the teaching of PSHE topics, and frameworks such as the ADEPIS framework for drug and alcohol education. Contact Learning and Work Institute for further details on accreditation options.

Consolidating

- Recognise the importance of good health linking to e.g. diet, exercise, personal hygiene, sexual health
- Understand what is meant by self esteem, confidence, emotions and feelings, motivation
- Personal fitness
- Understanding wellbeing
- Mental health awareness e.g. anger management, stress management, seeking help when needed
- Identify services or agencies that offer healthcare services
- Recognise and understand the impact of being a carer

Developing

- Develop childcare knowledge and skills e.g. diet and exercise, immunization, recognising and treating illness, leading by example, responsibilities as a parent
- Making and breaking habits
- Considering the needs of others
- Select and manage medications
- Build lasting relationships
 - in the family
 - with family professionals (e.g. doctors)
- Be aware of seen and unseen disabilities
- Access groups or clubs for health and wellbeing support
- Manage emotions effectively

Extending

- Engage appropriately with local and national services
- Understand the effects of drugs and alcohol on individuals, families and communities
- Know where, when and how to get advice
- Support others to find help and advice
- Recognise physical or mental ill-health
- Communication empathetically
- Understand addiction and its effects
- Understand the wider effects of ill-health, substance misuse and unhealthy lifestyles
- Share knowledge with others where appropriate
- Understand disabilities in the family and community

USEFUL WEBSITES:

Mentor-ADEPIS.com

HealthyFE.org.uk

NHS.uk

Nutrition.org.uk