

BTEC HEALTH AND SOCIAL CARE

COMPONENT 3 - LEARNING AIM C – Person-centred health and wellbeing improvement plans

Block A – Health and wellbeing improvement plans	
The importance of a person-centred approach	That takes into account an individual's needs, wishes and circumstances
Information to be included in plan:	<ul style="list-style-type: none">o recommended actions to improve health and wellbeingo short-term (less than six months) and long-term targetso appropriate sources of support (formal and/or informal)

Block B – Obstacles to implementing plans	
Potential obstacles:	<ul style="list-style-type: none">o emotional/psychological – lack of motivation, low self-esteem, acceptance of current stateo time constraints – work and family commitmentso availability of resources – financial, physical, e.g. equipmento unachievable targets – unachievable for the individual or unrealistic timescaleo lack of support, e.g. from family and friendso other factors specific to individual – ability/disability, addictiono barriers to accessing identified services