

OCR Cambridge National Level 1/Level 2 Health and Social Care**Unit R034 Creative and therapeutic activities****Topic area 1 Therapies and their benefits**

Key terms			
1. Reflex	An involuntary or unconscious response to a stimulus, such as the leg moving when the knee is tapped. In reflexology, the stimulus is provided when pressure is applied to the reflex area on the feet.		on the part of the brain it damages, it can affect how your body works, your communication and how you think and feel.
2. Sciatic nerve	A nerve that runs from your lower back through your hips, legs and down to your feet.	7. Stroke	A life-threatening medical condition that occurs when the blood supply to part of the brain is cut off by a clot or bleeding. Depending on the part of brain it damages, it can affect how your body works, your communication and how you think and feel.
3. Conscious	The part of your mind that is responsible for thinking, such as making decisions.	8. Cerebral palsy	A lifelong neurological condition that is caused by damage to the brain before, during or soon after birth. This condition affects the body's movement and muscle co-ordination. Symptoms can include jerky uncontrolled movements, and stiff or floppy arms and legs.
4. Subconscious	The part of your mind that works without your awareness or control, such as your breathing, your emotions and memories.	9. Royal College of Speech and Language Therapists (RCSLT)	The professional body for speech and language therapists in the UK.
5. Depression	A medical condition causing low mood that affects your thoughts and feelings. It can range from mild to severe, but usually lasts for a long time and affects your day- to - day living.	10. Dementia	A group of symptoms that affect how a person thinks, remembers, solves problems, uses language, communicates and carries out tasks and activities. They occur when brain cells stop working properly and the brain is damaged by injury, or by disease such as Alzheimer's.
6. Body dysmorphic disorder	A mental health condition related to a person's body image, where they are extremely anxious about their physical appearance and see themselves differently from how others see them. For example,	11. Life story work	An activity that involves reviewing a person's past life events and developing a biography to understand more about the individual and their experiences.

12. self-esteem	How much a person values themselves and the life they live. High self-esteem is associated with people who are happy and confident. A service user with low self-esteem experiences feelings of unhappiness and worthlessness.	20. Cortisol	The body's main stress hormone secreted by the adrenal glands found at the top of the kidneys.
13.Arthritis	A medical condition that affects joints by causing pain, stiffness, swelling and reduced mobility of the joints.	21.Empathy	The ability to identify with another person's situation and understand how they may be feeling or thinking.
14.Self-awareness	The knowledge a person has of their own character and emotions.	Topic area 2 Creative activities and their benefits	
15.Hormones	Chemical substances produced in the body by the endocrine glands and transported in the blood to other organs in the body. Examples are adrenaline, oestrogen and testosterone.	1.Gross motor skills	The larger movements of arms, legs, feet or the entire body using the large muscles, for walking, running, skipping and jumping.
16.Endorphins	Chemical substances produced by the brain to reduce pain.	2.Fine motor skills	Smaller actions using the smaller muscles, such as grasping an object between the thumb and a finger when holding a paintbrush or pencil.
17. Sciatica	A condition where the sciatic nerve, which runs from the lower back to the feet, is irritated or compressed, causing inflammation, numbness and pain.	3.Language and cognitive development	Learning language and cognitive skills, such as understanding and using words, communicating, thinking, remembering and problem solving.
18. Verbal communication	Using words to speak or talk with others.	4.Dexterity	The ability to perform an action with the hands skilfully.
19.Non-verbal communication	Messages that are conveyed without words, such as body language and facial expressions including eye contact, body movements and hand gestures.	5.Agility	The ability to move the body quickly and easily.

6. Self-worth	Confidence and value in your own abilities.	8. Kosher	Foods that are permitted to be eaten under Jewish dietary laws, and that can be used as ingredients when preparing food.
Topic area 3 Plan a creative activity for individuals or groups in a health and social care setting.		9. Halal	Foods that are permitted to be eaten under Islamic dietary laws. An animal can only be eaten if it has been slaughtered in a particular way.
1. Attention deficit hyperactivity disorder (ADHD)	Symptoms include a short attention span, constant fidgeting and impulsive behaviour.	10. Gender	The socially constructed characteristics of men and women such as roles, expressions and behaviour.
2. Diabetes	A condition where the amount of glucose in the blood is too high because the body cannot use it properly.	11. Gender identity	A person's sense of their gender and how they feel; this may not be the same as the sex that they were assigned at birth i.e. male, female or non-binary .
3. Learning difficulties	A type of difficulty in processing some types of information, such as dyslexia. A person's general intelligence is not affected.	12. Non-binary	A person who does not identify as only male or only female; they may identify as both male and female or as neither. The + in the LGBTQ+ is used to emphasise the diversity of sexualities and gender identities.
4. Obsessive compulsive disorder (OCD)	An anxiety disorder characterised by obsessive thoughts and compulsive activities.	13. LGBTQ+	This stands for Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, Allies, Asexual and Pansexual.
5. Beliefs	Ideas that are accepted as true and real by the person that holds them. They could be religious or cultural.	14. Gender stereotypes	An oversimplified idea of how people are expected to behave, based on their gender. An example is expecting all boys to only enjoy playing with toy cars, while all girls will only enjoy playing with dolls.
6. Values	Those things in our lives that we value as very important. They can include, for example, our family, our friends, our health, our freedom and our rights.	15. Equality	This means treating people fairly and valuing them for who they are. Everyone should be provided with the same rights and opportunities, and this should not be affected by their age, ability, gender, culture or religion.
7. Culture	Refers to particular ideas, traditions and customs practiced and shared by a group of people, usually from a particular country, community or society.	16. Diversity	The differences individuals and groups have from each other such as appearance, gender, disabilities, cultural or religious background.

17. Anti-discriminatory practices	Practices that prevent discrimination from occurring, by treating people equally, fairly and lawfully, and are not affected by their age, gender or culture.	2. Written communication skills	Aspects of written communication, which can include the typeface and font size used for the text, use of grammar, punctuation and spelling, formal or informal styles of writing, and the language used.
18. Health and Safety Executive (HSE)	The official supervisory body for the health, safety and welfare of people in work settings in the UK.	3. Specialist communication skills	Communications with people who have a wide range of needs, i.e. Braille (used by people who are blind or visually impaired and are unable to access materials in print), BSL (used by people who are deaf or hearing impaired), voice-activated software (used by people who have difficulties with their mobility (their ability to move) or in using a keyboard to type due to a physical disability or a learning disability).
19. Contingency planning	A process that takes account of possible future events, i.e. emergencies.	4. Physical disability	A condition that affects and limits the way a person moves and their ability to perform physical activities.
Synoptic link Unit R034	Link with unit R032: Principles of care in health and social care settings (Exam Unit)	5. Makaton	A form of communication that uses signs and symbols to help adults and children who have difficulties with speech to communicate.
Topic area 3: Plan a creative activity for people or groups in a healthcare or social care setting	Topic area 3: Effective communication in health and social care settings.	6. Learning disability	A reduced ability to think and make decisions, as well as difficulties with everyday activities.
Topic area 4 Deliver a creative activity and evaluate your own performance		Synoptic links Unit R034	Link with unit R032: Principles of care in health and social care settings (Exam Unit)
1. Tone	The way something is said, such as cheerfully, empathetically, angrily or sarcastically.	Topic area 4: Deliver a creative activity and evaluate your own performance	Topic area 1: The rights of service users in health and social care settings Topic area 2: Person-centred values Topic area 3: Effective communication in health and social care settings.

