

Write your name here

Surname

Other names

Pearson
Edexcel GCSE

Centre Number

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Candidate Number

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Health and Social Care

Unit 4: Health, Social Care and Early Years in Practice

Monday 15 June 2015 – Afternoon
Time: 1 hour 15 minutes

Paper Reference

5HS04/01

You do not need any other materials.

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided
– *there may be more space than you need.*

Information

- The total mark for this paper is 70.
- The marks for **each** question are shown in brackets
– *use this as a guide as to how much time to spend on each question.*
- Questions labelled with an **asterisk** (*) are ones where the quality of your written communication will be assessed
– *you should take particular care on these questions with your spelling, punctuation and grammar, as well as the clarity of expression.*

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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PEARSON

Answer ALL questions. Write your answers in the spaces provided.

Ethan is 22 years of age. He works as a housing officer for the local council. As a way of relaxing, Ethan enjoys playing games on his iPhone and iPad.

- 1 (a) Identify **two** ways in which playing games on his iPhone and iPad will meet Ethan's intellectual needs.

(2)

1

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2

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Another way in which Ethan relaxes is by volunteering to garden for older people in the community.

- (b) Identify and describe **two** ways in which gardening may affect Ethan's physical health.

(4)

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Ethan receives great pleasure and satisfaction from his volunteering activities.

(c) Explain how this might affect Ethan's self-esteem.

(6)

Area with horizontal dotted lines for writing the answer.



A large rounded rectangular area containing approximately 30 horizontal dotted lines for writing. At the bottom right of this area, the text "(Total for Question 1 = 22 marks)" is printed.

(Total for Question 1 = 22 marks)



P 4 2 8 5 6 A 0 5 1 6

2 Theo is Ethan's supervisor for the volunteer work and he is very effective in building relationships as he believes in treating everybody equally.

(a) Define the care value 'anti-discriminatory practice'.

(2)

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(b) Describe **two** ways Theo may promote anti-discriminatory practice with the people he supervises.

(4)

1

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When gardening, Theo and Ethan enjoy the interactions they have with the older people.

(c) Describe the effects these interactions may have on the older people.

(6)

Dotted lines for writing the answer.



Theo has organised for Ethan to work alongside other young volunteer gardeners in an attempt to develop Ethan's communication skills.

(d) Describe **two** ways in which Theo may encourage effective communication between Ethan and the young volunteer gardeners.

(4)

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Theo and Ethan have a positive relationship.

*(e) Assess the effect this may have on Ethan's personal relationships.

(8)

Area with horizontal dotted lines for writing the answer.

(Total for Question 2 = 24 marks)



3 Occasionally, Ethan feels stressed and anxious. His way of dealing with this is to exercise.

(a) Explain the possible effects of stress on Ethan's health and well-being.

(4)

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One of the recommended ways of combating stress is regular exercise.

(b) Identify **two** other recommended ways of combating stress.

(2)

1

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Ethan's stress has increased his level of anxiety, which has resulted in time off work.

(c) Discuss the effects stress and anxiety may have on Ethan's emotional development.

(4)

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Ethan has decided to try and adopt a healthier lifestyle.

(d) Explain how adopting a healthier lifestyle will benefit Ethan's well-being.

(6)

A series of horizontal dotted lines for writing the answer.



Ethan sees a counsellor who provides him with practical ways to deal with his stress and anxiety. Ethan feels more in control and empowered.

***(e) Discuss the effects of empowerment on an individual’s health and well-being.**

(8)

A series of horizontal dotted lines for writing the answer to the question.



(Total for Question 3 = 24 marks)

TOTAL FOR PAPER = 70 MARKS



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