



**Level 3 Alternative Academic  
Qualification (AAQ)  
Cambridge Advanced National  
in Health & Social Care**

**F092:**

**Person-centred approach to  
care**

**summer learning**



For this unit you will have an assignment that you have to complete, you will have a total of 20 hours to complete this.

This assignment provides a scenario and set of related tasks that reflect how people working in the health and social care sector could plan to provide person-centred care to an individual.

The assignment will be based on the below scenario

**Unit F092: Person-centred approach to care**

**Scenario Title:** Applying a person-centred approach: visual impairment

Valid for assessment from September 2025 to June 2027.

Intended for use by students beginning the qualification in September 2025.

**Scenario**

You work as trainee for an agency that provides care and support for individuals in their own home. You need to use person-centred approaches and values when delivering care. As part of your training, you are learning how to find out about an individual's wants and needs, and how to use this information to make sure that they are at the centre of their own care.

You have been asked to practise this by finding out about someone you know. You must then use this individual as a case study for the next part of your training, where they have recently developed care needs because of a significant visual impairment that cannot be corrected with glasses, contact lenses, drugs or surgery.

You must produce an outline plan for their care and support.



## Task 1 – Using a person-centred approach to find out about an individual

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Topic Areas 1 and 3 are assessed in this task.

You have been asked to interview someone you know to gather information so you can produce a one-page profile. You will then get their feedback about how accurate the one-page profile is and suggest any improvements you can make.

### The task is:

Choose an individual who is willing to take part in Task 1 and get their consent.

- Use a person-centred approach to:
  - Plan your interview with your chosen individual
  - Conduct the interview using the following tools to collect information from your chosen individual:
    - Perfect week
    - Good days/bad days
    - Important to/important for
    - Relationship circle
- Use the information you have collected to create a detailed one-page profile for the individual and get their feedback on it
- Review the one-page profile.

Your evidence **must** include:

- Written permission from your individual (or their parent/carer if they are under 18 years old) to use their anonymised information
- Your interview notes and completed documents for the tools you used
- An Interview Authentication Form completed and signed by you and your teacher
- The feedback you collected from your chosen individual.



**For task one you will need to complete the below assessment criteria**

**Use the assessment criteria below to tell you what you need to do in more detail.**

<b>Pass</b>	<b>Merit</b>	<b>Distinction</b>
<b>P1: Create</b> a plan for an interview with your chosen individual. (PO4)	<b>M1: Explain</b> in your plan how you will use a person-centred approach when interviewing your chosen individual. (PO2)	<b>D1: Evaluate</b> the effectiveness of the overall process in creating an accurate, detailed one-page profile. (PO3)
<b>P2: Conduct</b> an interview with your chosen individual to gather information about them. (PO4)		
<b>P3: Complete</b> the specified tools with an appropriate level of detail. (PO4)	<b>M2: Assess</b> how well you used the tools to gather and capture information about your chosen individual. (PO3)	
<b>P4: Create</b> a detailed one-page profile for your chosen individual using accurate written communication skills. (PO4)		
<b>P5: Collect</b> feedback on the one-page profile from your chosen individual about how accurately they consider it reflects them as a person. (PO4)	<b>M3: Analyse</b> how accurate the one-page profile is, using the feedback from your chosen individual. (PO3)	
		<b>D2: Recommend and justify</b> improvements you would make if you were to create a one-page profile for a real service user. (PO3)



**Task: P1: Create a plan for your interview with your chosen individual**

**On a word document produce a plan for your interview with your chosen individual**

**Title: P1: Create a plan for your interview with your chosen individual** (we recommend that your chosen individual is a parent / carer, they must be over 18)

**Information that you need to include:**

**Who you will be interviewing:** (full name, age and occupation)

**Where the interview will take place:** (location, time)

Add you chosen individual's name to the below document and ask them to sign and complete the sections specified, print this if you can and bring it to your first lesson in September. You will also need to sign this and add the require information.

Dear (insert name)

I am currently studying Health and Social Care at Notre Dame Sixth Form College and hoping to interview you as part of my person-centred care unit. The interview should not take more than 20 minutes to complete and will consist of a series of questions and some written communication, I will be taking notes throughout. Following the interview, I will be creating a one-page profile on you, I will then be asking you for some feedback on this.

You have the right to stop the interview at any point and the right to decline answering any question(s). You also have the right to look at and review any notes I have taken. My written notes will only be shared with my teacher along with the one-page profile.

Please sign below if you are happy to participate in the interview and provide feedback on the one-page-profile.

Name:

Signature:

Date:

I will need your permission to use your name in my written work or if you prefer, pseudonyms to remain anonymous. Please indicate your preferences below by putting a cross in the box.

I agree to my name being used in the assignment task

I would like my participation to be anonymised.

Contact Information:

Please provide your preferred method of contact below so I can get in touch to discuss a convenient time and location for the interview. We can also discuss if there is anyone you would like to attend the interview with you.

Email:

Phone:

Many thanks for your support with this

Name:

Email:

Phone:

**P3: Person-centred planning tools used to gather information about the individual and their routines**

Use the link below to produce a poster on 4 person-centred planning tools, for your assignment you will need to cover 4.

[Person Centred planning tools | Tools, resources and training | Kirklees SEND Local Offer](#)

On your poster, please include the below planning tools:

Perfect week

Sorting important to / for

Relationship circle

Good day / Bad day

For each of the above include what it does and how it helps (download and save a copy of the templates provide for each)

### **Further reading / research**

At Notre Dame you are expected to undertake **ND240**, which equates to **240** hours of study outside of your lessons. To improve the quality of your coursework and achieve high grades it is important to be doing wider reading and research, this can then be referenced in your assignment tasks.

Below is a list of relevant websites where you can undertake further research around Person-Centred Care, this topic is also covered in your exam so this will really help! Please purchase a notebook / folder and evidence in here further research you have undertaken, your class teachers will ask you to share this.

**Activity 1: In your notebook / folder write a definition of person-centred care and how it can be demonstrated in health and social care, reference which websites you use to help you from the below list.**

[What is Person Centred Care? Part 1 - Why Do Person Centred Care?](#)

[Person-centred care made simple](#)

[Home Care 1: Principles of Person Centred Care - CareTutor](#)

[NHS Staffing Pool Hub - Working in Healthcare - The 6 Cs of care | NHS Professionals](#)

<https://www.youtube.com/watch?v=Z7t0Ce8uKTc>

<https://www.youtube.com/watch?v=ZWbnXK2Kaig>

[Person Centred Practice | NHS England | Workforce, training and education](#)

[Person-centred care | NHS England | Workforce, training and education](#)

<https://url.avanan.click/v2/r02/> <https://www.hee.nhs.uk/our-work/person-centred-care> [.YXAxZTpjYW1icmlkZ2Vvcmc6YTpvOjQyNmMwYTBmZjE1MDI3YzFhMjczNjI0MzQ2NmI4MTEwOjc6NjRINzo3MDRhOTVIM2RhM2I2MjY3NjA5ZTYwYTg1YmM0OGU1MDU5O](#) [TRiYml1NDRINjIzM2RkZDc0ZDIjZmExZDE1ZWY5OnA6VDpG](#)

**Activity 2: Use the below link to help you write a definition of The Care Act 2014, include in your definition the purpose of it and a core principle**

[Care Act 2014 | Home](#)

**Activity 3: Use the below link to research what a one-page profile is, you will have to create one for P4. Explain what a one-page profile is, withing your explanation say what would be included in one.**

[One Page Profiles - Cornwall Council](#)



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