**OBHS Core Questions:**

Subject: Health and Social Care

Year and Term: Year 11 Autumn Term

Topic: Sensory, cognitive, expressive and physical therapies

Learn these questions to build a strong foundation of knowledge for this half-term. Ask family or friends to test you regularly, or practise on your own using the ‘Look, Say, Cover, Write’ method.

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|  | **Question** | **Answer** |
| 1. | Define **sensory therapies**. | A type of therapy designed to stimulate the five senses if sight, sound, touch, taste and smell. |
| 2. | Give examples of what **sensory therapies** can be used for? | Relaxation  Managing stress and illness  Creating a pleasant experience for people |
| 3. | Define **aromatherapy**. | A touch and smell therapy that uses essential oils and massage to promote and maintain positive health. |
| 4. | Define **reflexology**. | A touch therapy that uses fingers and thumbs to place pressure on reflexes (specific points) upon the feet, lower legs, hands and ears. |
| 5. | Define **massage**. | A touch therapy that uses various pressures and speeds to stimulate and relax the body and mind. |
| 6. | Give examples of **cognitive therapies**? | Hypnotherapy Speech and Language therapy Mind-body healing Reminiscence therapy |
| 7. | Give examples of **expressive therapies**? | Art therapy Lego therapy Play therapy Expressive thoughts and emotions |
| 8. | Give examples of **physical therapies**? | Yoga Tai Chi Reiki |
| 9. | Define **self-esteem**. | How much a person values themselves and the life that they live. |
| 10. | Define **life story work**. | An activity that involves reviewing a persons past life events and developing a biography to understand more about them. |
| 11. | Explain the **benefits** of applying therapies? | Therapies can have physical effects such as reducing pain or discomfort. Therapies can help to improve concentration, reduce stress, improve depression. Therapies can improve self-esteem and raise self confidence. Therapies can help to improve social interactions and can support in networking people. |

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|  | **Question** | **Answer** |
| 12. | Identify the five steps to **consultation**? | 1.Asking for opinions and views 2.Discussing Wants and Needs 3.Clarifying information  4. Ask for preferences and options  5.Ensure shared decisions are made |
| 13. | Define **domiciliary** care? | Care that takes place in the service users home |
| 14. | Identify why it is **important to maintain** user rights? | 1. Make people feel valued  2. Raise self-esteem 3. Empower individuals 4.Instil confidence 5. Instil trust 6.Make individuals feel safe 7.Give equality to access 8.Meet individuals needs |
| 15. | Define **gross motor skills**. | The larger movements of the legs, arms or entire body. |
| 16. | Define **fine motor skills** | The smaller movements and actions of the hands such as grasping a key, holding a pencil, opening a jar. |