



Easy
Read

How social care helps with prevention and public health



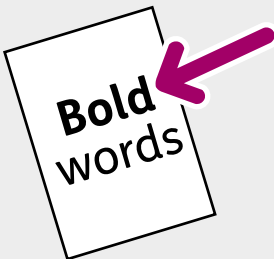
Easy Read



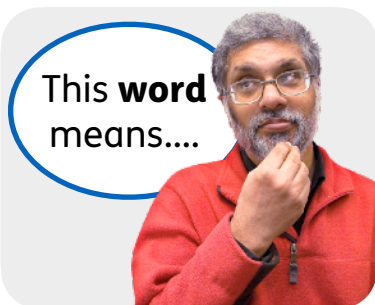
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

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About this booklet



This booklet is from Skills for Care. We work to improve **social care** in England by supporting social care workers.



Social care is extra support that some people need to live a good life.



This booklet will explain:

- What both **prevention** and **public health** mean.
- How social care workers help with prevention and public health.

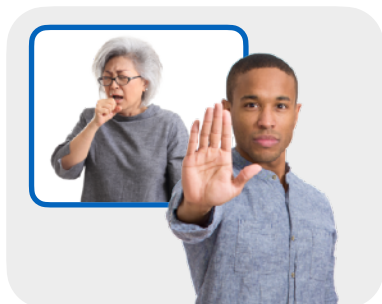


Prevention and social care

Prevention means:



- Helping people to do more for themselves and live a healthy life.



- Stopping people from getting ill or needing more support.



Prevention is very important as it keeps people safe.



All services, like local councils and healthcare services, should include prevention in their work.

There are different types of prevention:



1. **Primary prevention** is about stopping people from getting ill or injured.

This could include helping them live a healthy lifestyle or helping them to get vaccinations.



2. **Secondary prevention** means noticing that someone's health is getting worse early on.

This means they will get help before their health gets worse.



3. **Tertiary prevention** is about helping people manage their long-term health conditions and injuries.

Prevention in social care



Social care workers help with prevention.

Some examples of how they do this include:



- Helping a person they care for to get their flu and Covid-19 **vaccines**.

Vaccines are injections or jabs that help to stop you from being ill with a certain illness.



- Helping a person they care for to exercise and eat healthy food.



- Noticing a person they care for has an injury and supporting them to get treatment.

Other examples of how social care workers help with prevention include:



- Stopping a person they care for from becoming ill.



- Helping a person they care for to find information about managing their health condition.



Social workers help people do more for themselves by focusing on what they **can** do instead of what they cannot do.



Social care workers also help with prevention when caring for people with learning disabilities.



People with learning disabilities can get ill or injured because they are given healthcare treatment they do not need.



This happens because healthcare services do not always understand the needs of people with learning disabilities.

Social care workers can help stop this from happening by:



- Giving people with learning disabilities the right care in their homes.

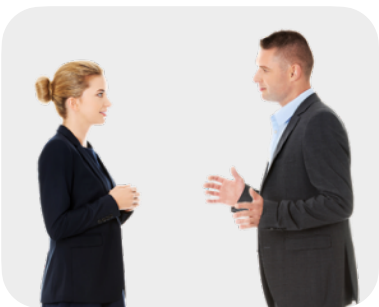


- Stopping healthcare services from giving people with learning disabilities medicine they do not need.

Research we have done



Research means collecting information about something to find out more about it.



We asked organisations that provide social care about prevention.

These organisations told us that:



- Prevention is a big part of what social care workers do every day.



- Prevention in social care helps people to be healthier.

Organisations also told us that prevention has helped them to:



- Provide care that meets people's needs better.



- Notice people's problems earlier on and help them before these problems get worse.



- Lower the need for emergency health services.

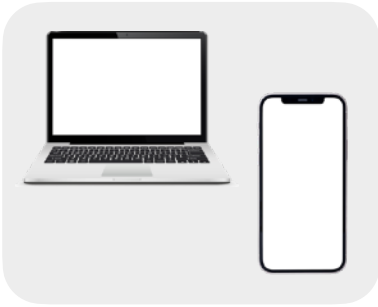


- Lower the number of people who need to go to hospital.

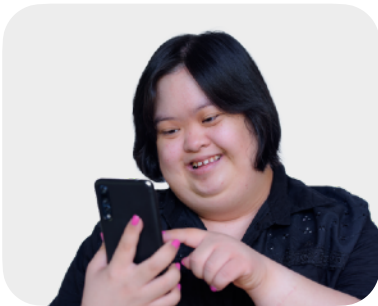


- Support people to do more for themselves.

Digital technology



Digital technology is electronic tools and devices that help people, like computers.



Digital technology can help people people to do more for themselves and live a healthy life.



For example, tele-healthcare is a way for people to contact healthcare services online, like by video call.



This means they do not have to visit the healthcare service in person.

Public health and social care



Public health means improving the health and wellbeing of everyone in the UK.

Public health can be split into 3 parts:



1. **Promotion** - this is about showing people how to live a healthy life and supporting them to do this.



2. **Prevention** - this is about helping people to do more for themselves and live a healthy life.



3. **Protection** - this is about protecting people from getting ill.



Another part of public health is working to stop **health inequality**.

Health inequality is when 1 group of people have worse health than other groups of people.

For example:



- Women with a learning disability usually die 27 years younger than women who do not have a learning disability.



- Men with a learning disability usually die 23 years younger than men who do not have a learning disability.



Health inequality often happens because some groups of people cannot get the same good healthcare services as other groups.

In social care



Social care workers help with public health.



It is part of the work that they do and the social care that they give.

Lots of other organisations and services help social care workers with public health, like:



- **Pharmacy services.**

A **pharmacy** is where medicines are kept and sold. People can also get advice about their health and medicines here.



- **Housing officers.**

Housing officers are professionals who manage homes that are owned by local councils.



The fire service also helps with public health by helping to stop fires from happening in people's homes.

The fire service can do this by:



- Checking people's homes to make sure they are not at risk of catching fire.



- Giving people advice about how to keep their homes safe from fires.



- Fitting smoke alarms in people's homes.

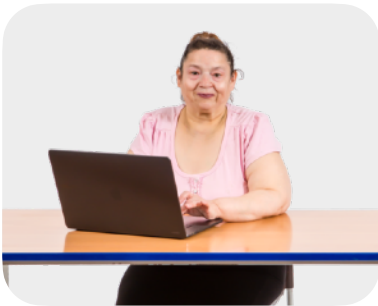
Online training



If you work in social care and want to learn more about prevention and public health, you can do our online training



The training will teach you how to help with prevention and public health.



To find out more about our online training please go to this website:
www.tinyurl.com/463nbbuk

Find out more

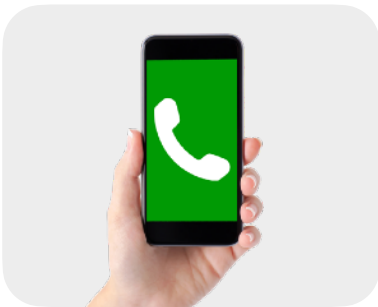


To find out more about prevention, please go to our website:
www.tinyurl.com/ja2yrnxw

You can contact us by:



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