

Reading

Exercise 1

Read the text and answer the multiple choice questions.

Working as a Social Care or Support Worker is not a one-man business. You work together with a number of other professionals, who have one common goal: to help a person who needs support. Every professional tries to find the best possible solution for this person's problem. It is just how they work together as a team that decides whether this goal is achieved.

- 5 Take for example a modern, geriatric unit in a nursing home. For these patients, care has improved a lot because teams of professionals work together on their care needs. The patient will rely on the support worker for turning and wound care, she will rely on the nutritionist for appropriate dietary recommendations, and she will rely on physical therapy for mobility. With each team member playing an important role, overall care management is a key factor in the communication between members.
- 10 A good understanding between the Support Workers, Occupational Workers, dietitians and care assistants is obviously a very important issue. An individual care plan can only be carried out if every member of the team knows what is expected of him. Also a team leader and staff should have an open line of communication. The team leader must be aware of what duties can be delegated and communicates these with her team. It goes without saying that all workers should have a strong working relationship. Trust, 15 appreciation, and teamwork are what matters.

As a team you rely on each other's professional qualities. When changing shift, for instance, it is essential that all relevant client information is shared with the oncoming support worker. Any changes in the client's status, whether deterioration or improvement, should be shared between team members.

- Working as a team also involves support of social care professionals for each other: Working closely together 20 will make persons know each other's strengths and weaknesses. They will therefore be better able to support each other and compensate for each other – even when they work under extreme stress and fatigue conditions.

- Teamwork is a key component of many professions, and workers in social care settings are no exception. When their team is performing well, members of that team will get more personal satisfaction from their 25 work. And the good thing is, the client's needs will be met at the same time. Social Care Workers cannot function in isolation. Their profession calls for teamwork and effective communication.

1 Which social care provider is not mentioned in the text?

- a Support Worker
- b nutritionist
- c Social Worker

2 What is a geriatric ward?

- a It is the study of the aging process in people.
- b It is where elderly patients are treated and cared for.
- c It is healthcare for elderly people.

3 Advice on a special diet is given by:

- a a nutritionist
- b a registered nurse
- c a physiotherapist

4 What is said about a care plan?

- a It is for every member of the team.
- b Everybody knows the problem when there is a care plan.
- c Everybody knows his task in it.

5 What relationship should a team leader have with his or her staff?

- a They must know each other very well.
- b They must have the same principles.
- c They must communicate well together.

6 What changes in a client's condition must be noted?

- a If their condition deteriorates.
- b If their condition improves.
- c Both.

7 When will members of a team support each other?

- a When they know what the other is good at.
- b When they know each other well because they have worked closely together.
- c When they feel they have to compensate.

8 How will a social care worker benefit from a good working team?

- a She will be satisfied with her superior.
- b She might as well work in another job.
- c She will have a better feeling about her job.

Exercise 2

Match the words (1-10) with their correct meanings (a-j).

- | | | |
|--------------------------|-----|------------------------------------|
| 1 professional | ___ | a very important part |
| 2 achieve a goal | ___ | b tell somebody else what you know |
| 3 key factor | ___ | c well qualified |
| 4 carry out an order | ___ | d feel content about what you did |
| 5 appreciation | ___ | e you approve and like a person |
| 6 share information | ___ | f bring about what you aimed at |
| 7 strengths | ___ | g making very tired |
| 8 delegate a task | ___ | h act on instructions |
| 9 fatiguing | ___ | i what you are good at |
| 10 personal satisfaction | ___ | j assign a task to another person |

Speaking interaction

Exercise 3

Work in pairs. Discuss these questions.

- 1 In the text of Exercise 1 three care disciplines were mentioned, that work in a geriatric ward. Name three other social care professionals, who support persons of 65 and older?
- 2 Why do you think overall care management is important? Come up with at least three reasons.



Grammar

Exercise 4

- Study your **handbook**, E103-E112, to learn about the indefinite pronouns (*onbepaald voornaamwoord*).
Fill in the gaps in the sentences, using the following words. Each word can only be used once:
all – one – anything – someone – somehow – some – every – little – few – a few

- 1 There is _____ who urgently needs your attention.
- 2 _____ member of the team is responsible for his own actions.
- 3 She looks pale. I wonder if there is _____ she is worried about.
- 4 _____ is known about his early childhood.
- 5 _____ of his colleagues wished him well.
- 6 _____ I had the feeling that she ignored me.
- 7 What job did you prefer? Your previous job or this _____.
- 8 To be honest, there are only _____ tasks I really hate.
- 9 Don't be silly, there must be _____.
- 10 Do you want to spend _____ time with her?

Reading

Exercise 16

Fill in the gaps in the text using the following words:

traumatised – developing – opportunity – self-reliance – independent – perseverance – focusing – potential – dedication – assure

Stephanie Handojo Embodies Real Olympic Spirit

July 31, 2012

Stephanie 'Fani' Handojo, a young woman born with Down's Syndrome, is one of many Special Olympics athletes around the world who puts in the same hard work and _____ (1) that the athletes leading up to the London 2012 Olympics Games do.

5 A Dream Fulfilled

For Stephanie's mum, Maria Yustina, seeing her daughter in the Olympic Torch Relay made her 'extremely happy and proud. 'To be an Olympic Torchbearer, selected from 12 million children – this is such a rare _____ (2) and a tremendous achievement for her. Fani proves that with _____ (3), discipline, and zeal she can achieve her dreams.'

10 For Stephanie, the honour is a bonus to an already wonderful 2012 – this year she graduates from vocational school.

Zeal for Success

Stephanie's feats stem from Maria's unwavering commitment to Stephanie's excellence. Maria recognizes her daughter's _____ (4) and sees no limitations. Despite a setback that put

15 Stephanie out of the pool, Maria knew she would succeed eventually.

'Once, during a swimming competition, Stephanie almost drowned,' said Maria. 'That _____ (5) her and she didn't swim for three years after that.'

Maria helped Stephanie conquer her fear, gathering Stephanie in her arms and wading into the middle of the pool, _____ (6) her daughter that she would be safe.

20 Once Stephanie's confidence was restored, Maria worked closely with Stephanie's swimming coaches on her training regime. Stephanie trains three times weekly, four times if it's before a competition

_____ (7) on conditioning, weight training and pacing. The hard work paid off.

'She's consistently in the top three in local and national competitions,' says Maria. Stephanie's experience culminated in a gold medal for the 50 metres Division Breaststroke event at the 2011 Special Olympics World

25 Summer Games in Athens.

The Dream Continues

Stephanie's next challenge is to continue _____ (8) an

_____ (9) life. Currently she works in the family laundromat alongside her parents and siblings. One of Stephanie's dreams is to be an inspiration for the Down's Syndrome

30 community, and to teach Down's Syndrome children _____ (10).