

INTRODUCTION TO SOCIAL CARE

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Introduction

Social care is referred to as the provision of personal care, social work, social support services or protection to the adults or children in the times of their need or for the adults when their needs arise from illness. Social care even provides support for people suffering due to poverty. The main aim of the social care providers is to protect people who are being neglected or abused. The social care providers help in preventing mental and physical health. The current study mainly focuses on the role of social care practice in supporting change. The study would highlight the social care practices and principles. It will discuss the challenges and positive aspects of the social care workers. The study would focus on both social work and social care work.

Role of social care practice in supporting change

Change in a society is inevitable. Change is always taking place in the society. As defined by sociologists, social change is referred to as changes in terms of human interactions as well as relationships, which helps in transforming social as well as cultural institutions. These changes often takes place and are said to have long term consequences for society. For instance, social movements concerning civil rights, LGBTQ rights as well as women's rights are said to be the reasons for such consequences. On the other hand, social work is also linked with the struggle against oppression (Knott and Scragg, 2016). The social workers contribute a lot to the society in order to change the society for good. This brings about a lot of positive changes in the society. When people participate in making the changes in the society, it brings about a huge change in the people as well. The social change initiatives generally influence people to bring changes towards a more inclusive society. It needs to be mentioned that the social care workers are highly responsible for bringing about the most positive changes in the society (Wang *et al.* 2018).

Discussion on how the system informs the social care principles and practice today

Social care services in Ireland are about providing care and psychological support to vulnerable people. The social care practices and principles are focused at achieving social justice and social empowerment of vulnerable people. Social care practices aim at providing professional care to

individuals and groups. Social care focuses on providing quality care to the vulnerable. The system plays an important role in the social care practices. The legislations, Hiqa, HSE, and National Standard Empirical Services have an influential role in the social care services. The Hiqa and HSE are two bodies that work towards social care objectives in Ireland.

Hiqa: The Health Information and Quality Authority was established with the intention of giving safe care and social care services of high quality to people in Ireland. The health information and quality authority extends services that may be public, private or voluntary. Hiqa works together with the government. It reports to the Minister for Health and the Minister for Children and Youth Affairs. The health information and quality authority works for developing standards for health care and social care (Hussey *et al.* 2016). Hiqa works for safeguarding the interest of people and provide them safe and good quality health and social care services. Informed decisions on social care and health care are supported by them. The organization gives priority to people. They work in various areas that include services for children, elderly population and people having disabilities. Hiqa sets standards for health and social services. It also engages in monitoring services for children (Jones and Carston, 2016). It provides health information to people. Hiqa monitors safety and quality of healthcare. It also entertains complaints about services. If there is a severe problem in a healthcare facility, Hiqa conducts an investigation into the situation. Hiqa provides person-centered care to people. Hiqa has a range of services that are related to the children.

Health Services Executives: The HSE gives health and social care services to the people of Ireland. The social care division was created in the HSE to provide services to older people and people with disabilities (McDermott *et al.* 2015). The social care division support people to live a better life. They help people in living in community independently. They provide services like taking care of older people in their own house. They provide information about various services to people. They provide support schemes for nursing homes. Information on elderly care services in the local hospitals may be obtained from them. They provide information on the ways in which elderly people can leave a healthy life. They provide information on financial entitlements. Information on medical cards and care grants may be obtained through the services of HSE. They provide services like rehabilitation, community care, income maintenance and home care to people with disabilities. Information about home care packages and other older people services are given by the HSE. The Health Service Executive works together with the other departments to provide services and social care to the people of the country. The HSE assist people in finding nursing care services. The website of HSE provides all relevant services to people.

Discussion on the professionalization of social care

Social care can be conceptualized, as the professionals care to the individual who is vulnerable. It is not necessary that include only elderly people. Regardless of age and gender, any person at any instant of time might in need of social care. Generally, this group of people might include marginalized people who need special care. Generally, social care workers are professionals who support and care for those people who are entrusted to their care. The group of people who might need social care might vary from children to young people, from adolescents to elderly people. Individuals who are suffering from physical disabilities or emotional challenges also need the care and the support of these social workers (Cameron *et al.* 2017). The underlying principle of social care is to help others. Social workers must have respect as well as dignity toward their clients. Social care workers must have the skills of parenting, interpersonal communication and behaviour and attitude management and so on. Above all, a social care worker must be calm and patient to handle people with different attitude and behaviour. It is essential and vital that all the social workers have professional qualification for social work (Watson and Mears, 2019). A professional training of the social workers enrich them with different knowledge and the skills that are needed to properly take care of the people who are in need of the physical or emotional care. The social work get an insight about the needs and the preferences of the person who is being taken care of (Carpenter *et al.* 2019). While taking care of the people who are physically challenges it is very important that social workers understand the factors that influence the health of a person. While taking care of a person, the professionalism of social workers enforce them to know about the physical, social, mental as well as intellectual wellbeing of that person . The attributes of the social structure emphasizes on the function and the approaches of the professionalism of the social workers.

Roles of a social care worker

It is important to note that social care practice is something completely different from social work practice. The social care workers mainly make use of strengths based approaches for the purpose of mediating the problems that a client is facing. The social care workers are said to be the most important part concerned with a healthcare team. Social care workers generally provide individual, group or professional care to clients who have social or personal needs for

their wellbeing. The social workers help in supporting vulnerable people in their daily life in order to help them achieve their life goals (Glasby, 2017).

Challenges and positive aspects of social care workers

In order to be a social care worker, a person has to be energetic, empathetic and patient. From the perspective of a social caregiver providing care and support to the people might be a rewarding experience. However, these workers might face several challenges.

- *Stress:* the physical as well as emotional demands of caregiving effects in the well beings of the social workers. The often suffers from emotional and physical stress and anxiety that worsen their health condition (Wolf and Middleton, 2018).
- *Time management:* while taking care of other people, these people often find very less amount of time for themselves.
- *Lack of sleep and depression:* As mentioned before social care is a highly demanding job. The individuals indulged them so much in these jobs that they often find a little time for themselves. This has been a result of their sleep deprivation. Lack in the self-care time sometime contributes in depression in addition with isolation and loneliness.
- *Difficulties:* In some certain situation social care workers find themselves in a difficult situation to handle a specific client. They get confused while dealing with problems of the individuals these might either increase anger or guilty feeling in them. The get frustrated about not taking care of the client properly that infuses guilty feeling in them.

Others happiness and their wellbeing is the biggest reward to a social care worker. Social care workers provide a great help and assist to the needy people to complete their daily life chores. They reduce the extra emotional as well physical burden from these people (Horgan and NíRaghallaigh, 2019). A person with social care giving skills focuses on every detail associated with a person and find out the main issue that is irritation the person. Resolving these issues and providing comfort to the individual is one of the main responsibilities of these persons.

Caregiving is not at all an easy job, it can be depressing and often stressful but at the end of the day it happens to be incredibly rewarding. However, the caregiver needs care to. There is coloration between the wages and the anxiety in the social care, which should be diminished

essentially (Macdonald *et al.* 2019). Doing the right thing never takes a wrong turn. Social care is the accentuation of positivity among the people who are feeling less valued and in deprivation from care. Though challenging but providing someone care, making them feel valued and filling their life with warmth has its own perks.

Conclusion

In light of the discussion, it may be concluded that social work helps in bringing positive change to the society. The study has highlighted the role and importance of social work for the society along with the need and importance of social care. The study has highlighted both the importance of social work and social care.

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