

If you want to work in health or social care, or develop your skills, this pathway can help you plan your learning journey. After you've spent some time exploring OpenLearn, the pathway suggests resources related to health and care.

Challenge yourself

Caring for adults
(introductory level, 15 hours)

Caring for adults is an introductory course for anyone in a caring role, either paid or unpaid. It builds on what you already know to give you a better understanding of your role as a carer.

Designing space for dementia care
(introductory level, 8 hours)

The lives of people with dementia can be improved by careful consideration of key features of the design of the spaces in which they live. This free course, provides examples of how good design can transform their lives and mitigate the symptoms of dementia.

**Factors that influence health:
An introduction**
(intermediate level, 5 hours)

A lot of attention is focused on people's behaviour, with strong messages about the changes needed to become healthier. In this free course, you will look at how wider social determinants work together to influence our health.

An introduction to death, dying and grief
(intermediate level, 7 hours)

This course will introduce you to different perspectives on death; ethical issues related to dying and end-of-life care; as well as expressions of grief.

Understanding depression and anxiety
(intermediate level, 8 hours)

This free course explores the causes of these mental health issues, with a particular focus on stress.

Gain a badge

Understanding autism
(introductory level, 24 hours)

Learn about autism, a complex and challenging long-term condition for many individuals and their families worldwide, and an aspect of human diversity to others.

Understanding mental capacity
(introductory level, 24 hours)

This course describes the principles and criteria underpinning the assessment of mental capacity and decision making in the UK.

There is no limit to the amount of time you can spend on OpenLearn or the number of courses you can take.

www.open.edu/openlearn/body-mind

Your next steps

There are more free resources – some offering open badges - on the Scottish Social Services Council (SSSC) learning zone: <http://learningzone.workforcesolutions.sssc.uk.com/>

If you already have a qualification in health and care, such as an SVQ or HNC, you may be able to transfer onto an Open University degree or professional qualification in Nursing and Social work. See page 20 of the Open Pathways guide for more information.

To find the level that's right for you, check out page 19 of the Open Pathways learner guide, visit www.open.ac.uk/courses or speak to one of our advisers on **0300 303 5303**.

Studying with The Open University

The OU offers a range of health, nursing, social care and social work modules leading to recognised qualifications.

You can find more information on the qualifications available in Scotland on the OU website:

Social Care and Social Work Qualifications in Scotland

Nursing and health in Scotland

Students in Scotland can study for free if their personal earnings are under £25,000 per year. See www.open.ac.uk/courses/fees-and-funding

Module	OU level	SCQF level
People, work and society	Access module	SCQF level 6
An introduction to health and social care	OU level 1	SCQF level 7
Foundations for social work practice	OU level 1	SCQF level 7
Enhancing your healthcare practice	OU level 1	SCQF level 7
Perspectives in health and social care	OU level 1	SCQF level 7
Mental health and community	OU level 2	SCQF level 8

Where will my learning journey take me?

You may be interested in exploring health issues you come across at work or caring for a family member, considering a career in the health or care sector, developing your skills or progressing your career. The learning resources in this pathway can support your personal or professional development. How far you take it is up to you.