

BACCALAURÉAT PROFESSIONNEL

ÉPREUVE ORALE SPÉCIFIQUE – ANGLAIS

ASSP / SPVL

**SECTION EUROPÉENNE
DURÉE DE L'ÉPREUVE : 20 minutes**

La calculatrice et le dictionnaire ne sont pas autorisés.

LIVING WELL THROUGH ACTIVITY IN CARE HOMES

Situation

You work as a group leader in a residential care home in London. You welcome a new resident, an elderly man aged 89. He feels sad, is withdrawn and afraid of losing his autonomy.

Tasks

You are expected to:

- find the most convincing arguments to make this man interested in being active in the Care home

Vocabulary:

withdrawn: replié sur soi
mood is lifted: meilleure humeur

Living well through activity in Care Homes: The guide for residents, their family and friends



Cleaning your own room



Emailing family and friends



A daily walk



Gardening or other hobbies



Talking about activity with staff

- Let staff know your likes and dislikes, interests, and who and what is important to you.
- Tell staff what everyday skills and activities you can and cannot do and what you might like to practise.
- Talk to staff about your culture and previous lifestyle.
- Discuss your spiritual needs and how these can best be met.
- Talk about the activities and roles that you want to keep up.
- Discuss how you like to have your routine.
- Discuss ways to keep mentally stimulated and physically active.

Why is being active important to me?

Activity is defined as everything we 'do'. To be emotionally and physically well we need to actively participate in daily life. This is not an added bonus of good care but an essential requirement. When we sit for most of the day with little movement or stimulation it harms our physical and mental wellbeing.

Why should I be active? The benefits of activity – use it or lose it!

