

Title	Support a person's wellbeing and quality of life in a health or wellbeing setting		
Level	2	Credits	3

Purpose	<p>People credited with this unit standard are able, in a health or wellbeing setting, to:</p> <ul style="list-style-type: none"> • identify factors that affect the quality of a person's lifestyle; and • support a person to pursue interests and activities while recognising their freedom of choice and abilities.
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Classification	Health, Disability, and Aged Support > Community Support Services
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Available grade	Achieved
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Guidance Information

- 1 Assessment conditions
Evidence for the practical components of this unit standard must be gathered in a health or wellbeing setting.
- 2 Assessment notes
Evidence generated for assessment against this standard must be in accordance with organisational policies and procedures.
- 3 *Support* should aim to maintain, improve, or restore a person's independence and/or interdependence by utilising the person's existing strengths and appropriate resources; but may include providing assistance to enable a person's health and wellbeing needs to be met.
- 4 Definitions
Culture refers to more than ethnicity. The concept of culture may reflect factors and indicators such as: age, ethnicity, disability, occupation, organisational background, immigrant or refugee status, institutional care, religion or spiritual beliefs, gender identity, sexual orientation, and socio-economic status. Ethnic cultural beliefs and values are the beliefs and values that stem from one's own ethnic background.
Health or wellbeing setting includes but is not limited to: the aged care, acute care, community support, disability, mental health, rehabilitation, social services and youth development sectors.
Holistic is a term used to describe a person-centred approach to assessment and service provision that promotes wellbeing and participation, and is based on recognising the person's total needs – physical, mental, social, emotional, and spiritual.

Organisational policies and procedures are the policies, procedures, and methodologies used in an organisation. They include legislative and regulatory requirements which may apply across an organisation, a specific site, or a workplace. Requirements are documented in organisational health and safety plans, contract work programmes, quality assurance programmes, policies, and procedural documents such as job descriptors and employment contracts.

Person is the individual accessing services. Other terms used for the person may include client, consumer, customer, patient, individual, resident, or service user

Personal plan is an individual or group plan developed for people receiving support. It may include their family and whānau.

Outcomes and performance criteria

Outcome 1

Identify factors that affect the quality of a person's lifestyle in a health or wellbeing setting.

Range factors may include but are not limited to – community contacts and participation, culture, family/whānau contacts, friendship, health care, holistic health status, individual interests, personal and/or financial circumstances, self-esteem;
evidence is required of two factors.

Performance criteria

- 1.1 Factors that affect the person's ability to perform activities of daily living are identified in terms of their wellbeing and quality of life.
- 1.2 Factors that affect the holistic needs of the person are identified in terms of their wellbeing and quality of life.

Outcome 2

Support a person to pursue interests and activities while recognising their freedom of choice and abilities in a health or wellbeing setting.

Performance criteria

- 2.1 Interests and activities important to a person are identified in accordance with the personal plan.
- 2.2 Opportunities for participation in interests and activities are identified, investigated and promoted in terms of expressed individual interest, skill, and motivation, and the personal plan.
- 2.3 Behaviours are demonstrated that support the person to achieve or enhance their quality of lifestyle in accordance with the personal plan.

- 2.4 Factors that affect a person's wellbeing and quality of life are identified in accordance with the personal plan.

Range factors may include but are not limited to – community contacts and participation, confusion, culture, family/whānau contacts, friendships, health care, holistic health status, individual interests, memory loss, personal and/or financial circumstances, self-esteem;
evidence is required of four factors.

Replacement information	This unit standard replaced unit standard 20829.
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Planned review date	31 December 2026
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	19 March 2015	31 December 2023
Rollover and Revision	2	26 September 2019	31 December 2023
Review	3	24 March 2022	N/A

Consent and Moderation Requirements (CMR) reference	0024
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council qualifications@toitutewaiora.nz if you wish to suggest changes to the content of this unit standard.