

<b>Title</b>	<b>Support a person to meet personal care needs in a health or wellbeing setting</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>5</b>

<b>Purpose</b>	<p>This unit standard is for people providing services in a health or wellbeing setting.</p> <p>People credited with this unit standard are able to describe a person's personal care needs, and support a person to meet personal care needs, in a health or wellbeing setting.</p>
----------------	--

<b>Classification</b>	Health, Disability, and Aged Support > Community Support Services
-----------------------	---

<b>Available grade</b>	Achieved
------------------------	----------

---

### Guidance Information

- 1 Legislation and standards relevant to this unit standard include but are not limited to: Health and Disability Commissioner (Code of Health and Disability Services Consumers' Rights) Regulations 1996 (the Code of Rights); Health and Disability Services (Safety) Act 2001; Health and Safety at Work Act 2015; Human Rights Act 1993; Privacy Act 1993.
- 2 New Zealand standards relevant to this unit standard include but are not limited to: NZS 8134.0:2008 Health and disability services Standards – Health and disability services (general) Standard; NZS 8134.1:2008 *Health and disability services Standards – Health and disability services (core) Standards*; NZS 8134.3:2008 *Health and disability services Standards – Health and disability services (infection prevention and control) Standards*; NZS 8158:2012 *Home and community support sector Standard*; available at <http://www.standards.co.nz/>.
- 3 In the context of this unit standard, *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  
*Functional ability* – the physical, psychological, cognitive, and social ability required to carry on normal activities of life.

*Health or wellbeing setting* includes but is not limited to – the aged care, acute care, community support, disability, mental health, and social services sectors.

*Organisational policies and procedures* – policies, procedures and methodologies of an organisation. They include legislative and regulatory requirements which may apply across a company, a specific site, or a workplace. Requirements are documented in the company's health and safety plans, contract work programmes, quality assurance programmes, policies and procedural documents.

*Person* – a person accessing services. Other terms used for the person may include client, consumer, customer, patient, individual, resident, service user, tūroro or tangata whai ora.

*Personal cares* – activities undertaken to maintain a person's dignity, comfort, or hygiene.

*Personal plan* – a generic term that covers the individual or group plans (which may also be referred to by other names) that are developed for people receiving support (and may include their family/whānau as appropriate).

*Preferred communication method* may include but is not limited to – verbal communication, pictures, symbols, signs, sign language and other communication devices, gestures.

- 5 Evidence for the practical components of this unit standard must be gathered in the workplace.

## Outcomes and performance criteria

### Outcome 1

Describe a person's personal care needs in a health or wellbeing setting.

#### Performance criteria

- 1.1 Personal care needs are described in accordance with the person's personal plan and current functional ability.

### Outcome 2

Support a person to meet personal care needs in a health or wellbeing setting.

Range evidence is required of five different personal cares.

#### Performance criteria

- 2.1 Support with personal cares is in accordance with the person's personal plan.

- 2.2 Support with personal cares is in accordance with the person's current functional ability.

Range current functional ability may include but is not limited to – sensory, physical.

- 2.3 Support with personal cares is in accordance with organisational policies and procedures.

2.4 The preferred communication method of the person being supported is used when providing support with personal cares.

Range preferred communication method may include but is not limited to – verbal communication, pictures, symbols, signs, sign language and other communication devices, gestures.

2.5 Support with personal cares promotes a person's rights, preferences, and independence.

Range rights and preferences include but are not limited to – preferred name, respect for choice, respect for privacy, confidentiality, cultural identity.

<b>Replacement information</b>	This unit standard and unit standard 23387 replaced unit standard 5019.
--------------------------------	---

<b>Planned review date</b>	31 December 2021
----------------------------	------------------

#### Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	25 October 2007	31 December 2012
Review	2	21 January 2011	31 December 2016
Revision	3	14 December 2012	31 December 2016
Review	4	19 March 2015	N/A
Rollover and Revision	5	26 September 2019	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0024
--	------

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

#### Comments on this unit standard

Please contact Careerforce [info@careerforce.org.nz](mailto:info@careerforce.org.nz) if you wish to suggest changes to the content of this unit standard.