

<b>Title</b>	<b>Describe the ageing process and its effects on a person’s lifestyle and wellbeing</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>7</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: the ageing process and its impact on a person’s health and wellbeing; and how the ageing process may affect aspects of a person’s lifestyle and wellbeing.</p>
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<b>Classification</b>	Health, Disability, and Aged Support > Older Persons' Health and Wellbeing
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<b>Available grade</b>	Achieved
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**Guidance Information**

**Definition**

*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.

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**Outcomes and performance criteria**

**Outcome 1**

Describe the ageing process and its impact on a person’s physical health and wellbeing.

**Performance criteria**

1.1 The ageing process is described in terms of how it impacts on the body’s systems.

Range may include – musculo-skeletal system, urinary system, gastro-intestinal system, cardio-vascular system, nervous system, reproductive system, endocrine system, respiratory system, skin, sensory system, immune system; evidence is required of one impact for five body systems.

1.2 The ageing process is described in terms of how it impacts on a person’s activities of daily living.

Range activities of daily living include – eating and drinking, mobility, ability to perform personal cares, elimination patterns, sleeping patterns;  
evidence is required of one impact for each activity of daily living.

1.3 Common health conditions associated with the ageing process are described in terms of their potential effects on a person’s ability to perform activities of daily living.

Range conditions may include but are not limited to – osteoporosis, arthritis, stroke, Parkinson’s disease, heart failure, diabetes, chronic obstructive pulmonary disease;  
evidence is required of at least five conditions.

**Outcome 2**

Describe how the ageing process may affect aspects of a person’s lifestyle and wellbeing.

Range aspects of a person’s lifestyle and wellbeing may include but are not limited to – housing, work, income, recreation, relationships, family/whānau, learning, community participation, spirituality, cultural identity;  
evidence is required of five aspects.

**Performance criteria**

2.1 The effects of the ageing process are described in terms of how aspects of a person’s lifestyle and wellbeing may change.

2.2 Changes to aspects of a person’s lifestyle and wellbeing as a result of the ageing process are described in terms of the person’s adaptation and potential need for support.

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<b>Replacement information</b>	This unit standard and unit standard 23386 replaced unit standard 5019.
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<b>Planned review date</b>	31 December 2021
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**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	25 October 2007	31 December 2017
Revision	2	21 January 2011	31 December 2017
Review	3	16 April 2015	N/A
Rollover and Revision	4	26 September 2019	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	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 Careerforce [info@careerforce.org.nz](mailto:info@careerforce.org.nz) if you wish to suggest changes to the content of this unit standard.