

Title	Support, mentor, and facilitate a person to maintain and maximise independence in a health or wellbeing setting		
Level	3	Credits	6

Purpose	People credited with this unit standard are able to: <ul style="list-style-type: none"> • describe the supports required to maximise a person's independence; • support and mentor a person to maximise their independence; • facilitate to enable a person to maximise their independence.
----------------	--

Classification	Health, Disability, and Aged Support > Community Support Services
-----------------------	---

Available grade	Achieved
------------------------	----------

Guidance Information

- 1 Legislation and Code 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 2020;
 - all available at <http://www.legislation.govt.nz/>.
- 2 New Zealand Standards relevant to this unit standard:
 - NZS 8134.0:2008 *Health and disability services (general) Standard*;
 - NZS 8134.1:2008 *Health and disability services (core) Standards*;
 - NZS 8158:2012 *Home and community support sector Standard*, available at <https://www.standards.co.nz/>.
- 3 Definitions:

Facilitation actions may include but are not limited to: planning, social interaction and community involvement, liaison with family and whānau and/or significant others, re-evaluation of goals, overcoming challenges, multi-disciplinary team communication. Facilitation provided is in accordance with the person's personal plan and within the boundaries of the support worker's role.

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.

Maximise independence – support consumers to utilise their existing strengths to achieve independent living.

Mentoring actions may include but are not limited to: encouraging, motivating, celebrating, informing, giving feedback.

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

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

Support should aim to maintain, improve, or restore a person's independence by utilising existing strengths and appropriate resources; but may include providing assistance to enable a person's health and wellbeing needs to be met.

Supports required to maximise a person's independence may include but are not limited to: communication, teaching and learning strategies, task breakdown, functional exercise, physical support, emotional support, practical support to carry out activities of daily living. Supports provided are in accordance with the person's personal plan and within the boundaries of the support worker's role.

- 4 Demonstration of knowledge and skills must be in accordance with relevant organisational policies and procedures.
- 5 Evidence for the practical components of this unit standard must be gathered in a health or wellbeing setting.

Outcomes and performance criteria

Outcome 1

Describe the supports required to maximise a person's independence.

Performance criteria

- 1.1 Supports required to maximise a person's independence are described in relation to maintaining, improving and/or restoring independence.

Range evidence is required of three supports.

Outcome 2

Support and mentor a person to maximise their independence.

Performance criteria

- 2.1 A person is supported to maximise their independence.

Range evidence is required of three supports provided.

- 2.2 A person is mentored to maximise their independence.

Range evidence is required of three mentoring actions.

Outcome 3

Facilitate to enable a person to maximise their independence.

Performance criteria

3.1 A person is enabled, through facilitation, to maximise their independence.

Range evidence is required of three facilitation actions.

Planned review date	31 December 2025
----------------------------	------------------

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	20 May 2008	31 December 2017
Revision	2	21 January 2011	31 December 2017
Review	3	16 April 2015	31 December 2022
Rollover and Revision	4	26 September 2019	31 December 2022
Review	5	28 January 2021	N/A

Consent and Moderation Requirements (CMR) reference	0024
--	------

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

Comments on this unit standard

Please contact Careerforce info@careerforce.org.nz if you wish to suggest changes to the content of this unit standard.