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

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| Purpose | <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 independence and interdependence; support and mentor a person to maximise independence; and act as a facilitator to enable a person to maximise independence, in a health or wellbeing setting.</p> |
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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 Legislation and codes 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 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
Health or wellbeing setting includes but is not limited to – the aged care, acute care, community support, disability, mental health, and social services sectors.

Independence and interdependence – an integrated continuum of care that embodies the principles of people, their carers, families, and whānau participating in and receiving proactive, multi-disciplinary, flexible, coordinated, and responsive support.

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

Multi-disciplinary team – a range of personnel which may include general practitioners, medical specialists, nurses, team leaders, facility managers and support workers – whose collective expertise, skills, practice tasks, and competencies focus on supporting consumers in a health or disability setting.

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 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/whānau as appropriate).

Significant others within a residential care facility – residents, family/whānau, and staff.

Significant others within a private home – family/whānau and other health professionals.

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

Outcomes and performance criteria

Outcome 1

Describe independence and interdependence in a health or wellbeing setting.

Performance criteria

- 1.1 Independence and interdependence are described in terms of their differences.
- 1.2 A specific person's situation is described in terms of how they are independent and interdependent.

Outcome 2

Support and mentor a person to maximise independence in a health or wellbeing setting.

Performance criteria

- 2.1 A person is supported to maximise independence in accordance with the personal plan and boundaries of the support worker's role.
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| Range | supports may include but are not limited to – functional exercise, practical support, reporting/trending, task breakdown, teaching skills, outcomes/closure; evidence is required for three supports. |
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2.2 A person is mentored to maximise independence in accordance with the personal plan and boundaries of the support worker's role.

Range mentoring may include but is not limited to the following actions – encourage, motivate, celebrate, inform, feedback; evidence of three actions is required.

Outcome 3

Act as a facilitator to enable a person to maximise independence in a health or wellbeing setting.

Performance criteria

3.1 A person is enabled, through facilitation, to maximise independence in accordance with the personal plan and boundaries of the support worker's role.

Range facilitation may include but is not limited to the following actions – planning, social interaction and community involvement, liaison with family/whānau and/or significant others, re-evaluation of goals, overcoming barriers, multi-disciplinary team communication; evidence of three actions is required.

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| Planned review date | 31 December 2021 |
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Status information and last date for assessment for superseded versions

| Process | Version | Date | Last Date for Assessment |
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| Registration | 1 | 20 May 2008 | 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 |

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