

Title	Implement health and wellbeing strategies for a person in an aged care, health, or disability context		
Level	5	Credits	10

Purpose	<p>In an aged care, health, or disability context, people credited with this unit standard are able to:</p> <ul style="list-style-type: none"> • describe lifestyle choices that can enhance the health and wellbeing of a person; • select strategies to support positive health and wellbeing outcomes for a person in an aged care, health, or disability context; • implement strategies to support positive health and wellbeing outcomes for a person; • evaluate and report on strategies that support positive health and wellbeing outcomes for a person.
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Classification	Health, Disability, and Aged Support > Health and Disability Principles in Practice
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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 generated in a health or wellbeing setting.

This unit standard cannot be assessed against in a simulated environment.

People awarded credit for this unit standard must work under the guidance and delegation of a health professional in accordance with own role and responsibilities, and organisational policies and procedures.

- 2 Assessment notes
 Evidence generated for assessment against this standard must reflect workplace requirements specified in:
- documented organisational policies, procedures, and methodologies;
 - applicable health and safety plans, contract work programmes, and quality assurance programmes.

Evidence generated for assessment against this standard must reflect the values, processes, and protocols required to work with Māori, Pasifika, and people from diverse cultures.

Evidence generated for assessment against this standard must reflect the best practice guidelines and principles specified in:

- NZS 8134.0:2008 *Health and disability services (general) Standard*;
- NZS 8134.1:2008 *Health and disability services (core) Standards*;

NZ standards can be retrieved from <http://www.standards.co.nz/>.

3 Definitions

Duty of care means the obligations that a health and disability provider has to provide services of a nature and standard that will protect a person's safety, minimise risk and the possibility of injury and harm, provide therapeutic benefits, and promote optimum health and wellbeing.

Health and wellbeing refers to a holistic concept of a person's mental, emotional, physical, spiritual, and social wellbeing.

Lifestyle choices refer to practices, habits, circumstances, possibilities, or changes that a person can enact or influence in their daily life. Lifestyle choices affect health and wellbeing on a continuum ranging from positive, productive, and healthy ways of living to negative, unproductive, and unhealthy ways of living.

Organisational policies and procedures are policies, procedures, and methodologies of 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.

A *person-centred approach* is an approach which places the person being supported at the centre by encouraging participation and choice, and viewing them as an individual with unique qualities, abilities, interests, preferences and needs.

Strategies refer to purposeful, targeted plans and interventions within a broad service delivery model or approach applied over a period of time, that aim to give people increased control over the key determinants of health and wellbeing, and thereby improve their health status. The Ottawa Charter identifies three basic strategies to promote the health and wellbeing of people: advocacy for health to create the essential conditions for optimum health and wellbeing; enabling all people to achieve their full health potential; and mediating between the different interests in society in the pursuit of health and wellbeing.

4 References

Health & Disability Commissioner. (n.d.). *Code of Health and Disability Services Consumers' Rights*. Retrieved on April 8, 2021 from <https://www.hdc.org.nz/your-rights/about-the-code/code-of-health-and-disability-services-consumers-rights/>

National Advisory Committee on Health and Disability. (1998). *The social, cultural and economic determinants of health in New Zealand: Action to improve health – A report from the National Advisory Committee on Health and Disability (National Health Committee)*. Retrieved from <https://tinyurl.com/y5p6wf4d>.

World Health Organization. (1986). *Ottawa charter for health promotion: First International Conference on Health Promotion, Ottawa, 21 November 1986*. Retrieved from <https://tinyurl.com/y5rfgsfe>.

World Health Organization. (1997). *Jakarta declaration on leading health promotion into the 21st Century*. Retrieved April 8, 2021 from <https://tinyurl.com/y2yjgz57>.

Outcomes and performance criteria

Outcome 1

Describe lifestyle choices that can enhance the health and wellbeing of a person in an aged care, health, or disability context.

Performance criteria

1.1 Lifestyle choices that can enhance a person's health and wellbeing are described.

Range two lifestyle choices;
may include but are not limited to choices that promote – a supportive social environment; self-management; a safe physical environment including physical, emotional, sexual, or financial abuse; personal health-related practices; accessible health services.

1.2 Positive and negative potential consequences of lifestyle choices are described in terms of their effect on health and wellbeing outcomes.

Outcome 2

Select strategies to support positive health and wellbeing outcomes for a person in an aged care, health, or disability context.

Range two strategies;
may include but are not limited to promoting and supporting –a social and/or family environment, emotional environment, safe physical environment, spiritual environment, encouraging positive personal health-related practices, access to health services.

Performance criteria

2.1 The selected strategies incorporate a person-centred approach.

2.2 The selected strategies meet organisational policies and procedures and the provisions of the *Code of Health and Disability Services Consumers' Rights* and duty of care.

Outcome 3

Implement strategies to support positive health and wellbeing outcomes for a person in an aged care, health, or disability context.

Range two strategies;
may include but are not limited to promoting and supporting –a social and/or family environment, emotional environment, safe physical environment, spiritual environment, encouraging positive personal health-related practices, access to health services.

Performance criteria

- 3.1 Strategies are implemented in accordance with a person-centred approach.
- 3.2 Strategies are implemented in accordance with the provisions of the *Code of Health and Disability Services Consumers' Rights* and duty of care.
- 3.3 Strategies are implemented in accordance with organisational policies and procedures.

Outcome 4

Evaluate and report on the implemented strategies that support positive health and wellbeing outcomes for a person in an aged care, health, or disability context.

Performance criteria

- 4.1 Strategies are evaluated with a person and their family, whānau, or other supports.
- 4.2 The evaluation measures actual outcomes against desired outcomes and recommends any amendments required to improve strategies.
- 4.3 The outcomes of the strategy evaluation are reported in accordance with organisational policies and procedures.

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	17 June 2011	31 December 2023
Review	2	24 June 2021	N/A

Consent and Moderation Requirements (CMR) reference	0024
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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.