

Title	Describe the development of a personal plan and support a person to achieve goals in a health or wellbeing setting		
Level	3	Credits	3

Purpose	People credited with this unit standard are able to: <ul style="list-style-type: none"> • describe the development of a personal plan for a person; • support a person to achieve goal(s).
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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 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 include:
- 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

Feedback may include but is not limited to: progress towards achieving goal(s), any barriers to achieving goal(s), re-evaluation of goal(s), modification of goal(s).

Feedback provided to family, whānau, people involved in providing support must be in accordance with the person's wishes.

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.

Organisational policies and procedures: 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.

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 an individual or group plan developed for people receiving support. It may include their family and whānau.

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.

- 4 Candidates' practice must reflect appropriate values, processes, and protocols in relation to working with Māori and Pacific peoples and/or people from other cultures, in a range of settings and environments.
- 5 Demonstration of knowledge and skills must be in accordance with relevant organisational policies and procedures.
- 6 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 development of a personal plan for a person.

Performance criteria

- 1.1 The roles of people involved in the development of a person's personal plan are described.
- 1.2 The process for developing a person's personal plan is described.

Outcome 2

Support a person to achieve goal(s).

Performance criteria

- 2.1 A person is supported to achieve their goal(s).
- 2.2 Feedback on achieving the goal(s) is provided.

Range must include the person, and may include family, whānau, people involved in providing support in accordance with the person's wishes.

Planned review date	31 December 2025
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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 2017
Review	2	16 April 2015	31 December 2022
Rollover and Revision	3	26 September 2019	31 December 2022
Review	4	28 January 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.