

Title	Support a person to achieve goals in a health or wellbeing setting		
Level	3	Credits	3

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 the development of a personal plan for a person; and support a person to achieve goals, 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 standards 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 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.
- 4 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.

5 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.

Organisational policies and procedures – policies, procedures and methodologies of an organisation. They include legislative and regulatory requirements which may apply across a company, a specific site, or a workplace. Requirements are documented in the company's health and safety plans, contract work programmes, quality assurance programmes, policies and procedural documents.

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).

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

Outcomes and performance criteria

Outcome 1

Describe the development of a personal plan for a person in a health or wellbeing setting.

Performance criteria

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

Outcome 2

Support a person to achieve goals in a health or wellbeing setting.

Performance criteria

- 2.1 Person is supported to achieve their goals in accordance with organisational policies and procedures.
- 2.2 Feedback on achieving the goals is provided to people involved in supporting the person in accordance with organisational policies and procedures.

Range feedback may include but is not limited to – progress towards achieving goals, any barriers to achieving goals, re-evaluation of goals, modification of goals.

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
Registration	1	17 June 2011	31 December 2017
Review	2	16 April 2015	N/A
Rollover and Revision	3	26 September 2019	N/A

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.