

Title	Describe indicators of wellness, interventions, care, and support for people at different lifespan stages		
Level	3	Credits	5

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 indicators of wellness, interventions, care, and support for people at different lifespan stages.</p>
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Classification	Health, Disability, and Aged Support > Core Health
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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 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.
Lifespan stages – a chronological classification of people from birth to old age into a range of age groups, for the purposes of determining the defining features, capabilities, and developmental changes (psychological, physical, emotional, cognitive, psychosocial) associated with each age group. For the purposes of this unit standard, infant means a person aged between 0 and 23 months; child means a person aged between 2 and 12 years; adolescent means a person aged between 13 and 19 years, adult means a person aged between 20 and 64 years; and older person means a person aged over 65 years.

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.

Wellness – a dynamic process whereby a person becomes aware of, and makes conscious choices towards achieving, a balanced and healthy lifestyle. This process includes learning new life skills that address both the positive and negative aspects of human existence.

3 References

Claiborne, L. & Drewery, W. (2011). *Human development in Aotearoa: A journey through life* (2nd ed.). McGraw-Hill Education, Europe.

Thies, K. M. & Travers, J. F. (2009). *Growth and development through the lifespan* (2nd ed.). Sudbury, Mass: Jones and Bartlett Publishers.

Outcomes and performance criteria

Outcome 1

Describe indicators of wellness, interventions, care, and support for people at different lifespan stages.

Range lifespan stages may include – infant, child, adolescent, adult, older person.

Performance criteria

1.1 Indicators of wellness for people at lifespan stages are described in terms of the references.

Range evidence is required of two indicators for three lifespan stages.

1.2 Interventions, care, and support for people at lifespan stages are described in terms of the references.

Range evidence is required of one example of intervention, care, and support for three lifespan stages.

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.