

<b>Title</b>	<b>Undertake self-care to maintain and enhance personal wellness in a health or wellbeing setting</b>		
<b>Level</b>	<b>4</b>	<b>Credits</b>	<b>5</b>

<b>Purpose</b>	People credited with this unit standard are able to undertake self-care to maintain and enhance personal wellness in a health or wellbeing setting.
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<b>Classification</b>	Health, Disability, and Aged Support > Whānau Ora and Community Support
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<b>Available grade</b>	Achieved
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## Guidance Information

### Definitions

*Adverse personal and/or professional factors* may include relationship issues, family/whānau or household issues, education-related issues, changes to physical or mental abilities, physical and mental illness, grief and loss, employment-related issues, financial-related issues, housing changes.

*Characteristics and needs* include the physical, spiritual, and mental characteristics and needs of the candidate. Characteristics and needs may include but are not limited to: their age and stage of development, coping strategies, culture, disabilities, experience and knowledge, family or whānau history, gender, health status, personal history, language, sexual orientation, socio-economic situation; and needs for physical comfort, safety, and privacy.

*Health or wellbeing settings* may include but are not limited to – the acute care, aged care, community support, disability, mental health, social services and youth development sectors.

*Personal wellness* is a holistic concept, and means more than the absence of disease. Wellness implies emotional, physical, mental, and spiritual wellbeing, within the cultural context of the person.

*Self-care* refers to strategies and/or activities undertaken in support of personal wellness in relation to nutrition, exercise, rest, management of anger and stress, education, training, career development, conflict resolution, mental, physical, or spiritual healing, grief resolution, and changes to the balance of lifestyle between family/whānau, friends, leisure, recreation, and work.

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## Outcomes and performance criteria

### Outcome 1

Undertake self-care to maintain and enhance personal wellness in a health or wellbeing setting.

## Performance criteria

- 1.1 Self-care is undertaken which minimises the impact of adverse personal and/or professional factors on personal wellness in accordance with own characteristics and needs.
- 1.2 Personal wellness is maintained and enhanced through the identification, implementation and evaluation of self-care strategies that match own characteristics and needs.

<b>Planned review date</b>	31 December 2023
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## Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	19 March 2015	31 December 2017
Review	2	16 June 2016	N/A
Revision and Rollover	3	25 November 2021	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	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 Toitū te Waiora Community, Health, Education and Social Services Workforce Development Council [www.toitutewaiora.nz](http://www.toitutewaiora.nz) if you wish to suggest changes to the content of this unit standard.