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| Title | Describe self-care strategies, support, and teamwork to enhance carer wellbeing | | |
| Level | 3 | Credits | 3 |

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| Purpose | <p>This unit standard is intended for people whose activities bring them into contact with children or young people, or who work with children or young people in care.</p> <p>A person credited with this standard can:</p> <ul style="list-style-type: none"> • describe self-care strategies to reduce potentially harmful impacts of being a carer on own wellbeing; • explain the responsibilities and support offered by own organisation for a carer; • identify community support services when caring for a child or young person; and • describe how working as part of a team, with professionals and/or support organisations, will enhance carer wellbeing. |
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| Classification | Social Services > Care of Children and Young Persons |
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| Available grade | Achieved |
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Guidance Information

1 Range

Care contexts may include – whānau, kin, and foster care; respite care; residential care.

2 Definitions

Approved agency is an agency approved under the Oranga Tamariki Act 1989 s396(8).

Carer is a person who is a custodial carer providing care for a child or young person from their own whānau or family, or a person who provides foster, respite, or residential care for a child or young person placed with them by an approved agency or the Ministry of Justice. In the context of this unit standard, carers do not include adoptive parents or birth parents.

Child means a person under the age of 14 years.

Organisational policies and procedures are 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.

Young person means a person of or over the age of 14 years but under 18 years and has an extended meaning that includes some young adults for certain purposes under the Oranga Tamariki Act 1989 s386AAA.

- 3 Legislation relevant to this standard may include but is not limited to:
- Care of Children Act 2004;
 - Children’s Act 2014;
 - Crimes Act 1961;
 - Family Proceedings Act 1980;
 - Family Violence Act 2018;
 - Human Rights Act 1993;
 - Oranga Tamariki Act 1989;
 - Oranga Tamariki (National Care Standards and Related Matters) Regulations 2018;
 - Privacy Act 2020;
 - Te Tiriti o Waitangi/Treaty of Waitangi.

4 References

Pawson, M. (2010). *Youth and the law 2010: A comprehensive guide to the law relating to youth, from birth to adulthood*. Wellington: Educational Resources for Legal Resources Trust.

New Zealand. Ministry of Health/Manatū Hauora. (2020). *Te Whare Tapa Whā: Māori health model*. Available at <https://www.health.govt.nz/our-work/populations/maori-health/maori-health-models/maori-health-models-te-whare-tapa-wha>.

New Zealand. Ministry of Health/Manatū Hauora. (2020). *Treaty of Waitangi principles*. Available at <https://www.health.govt.nz/our-work/populations/maori-health/he-korowai-oranga/strengthening-he-korowai-oranga/treaty-waitangi-principles>.

New Zealand. Ministry of Social Development/Manatū Whakakiato Ora. (2020). *United Nations Convention on the Rights of the Child*. Available at: <https://www.msd.govt.nz/about-msd-and-our-work/publications-resources/monitoring/uncroc/>.

Outcomes and performance criteria

Outcome 1

Describe self-care strategies to reduce potentially harmful impacts of being a carer on own wellbeing.

Range aspects of wellbeing must include but are not limited to – Taha Wairua (spiritual wellbeing), Taha Hinengaro (emotional wellbeing), Taha Tinana (physical wellbeing), Taha whānau (family relationships and identity).

Performance criteria

- 1.1 Actions that can be taken by self to maintain wellbeing are described in accordance with the Te Whare Tapa Whā health model.

Outcome 2

Explain the responsibilities and support offered by own organisation for a carer.

Range evidence must include six examples of support for carer and carer's rights.

Performance criteria

- 2.1 The responsibilities and support to enhance carer wellbeing and support care placements, offered to the carer by own organisation, are explained in accordance with legislation, organisational policies and procedures and Oranga Tamariki National Care Standards.

Outcome 3

Identify community support services when caring for a child or young person.

Performance criteria

- 3.1 Evidence links support required by child or young person to the published purpose of community support services available.

Range evidence is required of three community support services that may be required by a child or young person: one each of health support and/or resource; education support and/or resource; community service.

- 3.2 Evidence links support required by carer to the published purpose of community support services available.

Range evidence is required of three community supports that may be required by a carer; one each of – health support and/or resource, education support and/or resource, community service.

Outcome 4

Describe how working as part of a team, with professionals and/or support organisations, will enhance carer wellbeing.

Range must include four of the following factors that contribute to a good team member – reliability, offering constructive communication, actively listening, actively participating, openly sharing information, cooperating with others, showing flexibility, showing commitment, seeking help and/or supervision when required, engaging in continued learning, valuing and treating other with respect.

Performance criteria

- 4.1 Ways in which the carer contributes to a team approach to caring for the child or young person are described in accordance with organisational policies and procedures and Oranga Tamariki National Care Standards.

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| Planned review date | 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 | 1 November 2018 | N/A |
| Revision | 2 | 27 May 2021 | N/A |

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| 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.