| Title | Contribute to and apply a personal plan for a frail person in a health or wellbeing setting | | |
|-------|--------------------------------------------------------------------------------------|---|---|
| Level | 4 | Credits | 5 |

| Purpose | People credited with this unit standard are able to, for a frail person in a health or wellbeing setting: <br> • demonstrate knowledge of and contribute to the development of a personal plan; <br> • apply a personal plan; <br> • evaluate own contribution to a personal plan. |
|---------|----------------------------------------------------------------------------------------------------------|

| Classification | Health, Disability, and Aged Support > Health and Disability Principles in Practice |
|----------------|-----------------------------------------------------------------------------------|

| Available grade | Achieved |
|-----------------|----------|

## Guidance Information

1   Assessment conditions
    Evidence for the practical components of this unit standard must be generated in a
    health or wellbeing setting.

    People awarded credit for this unit standard must work under the guidance and
    delegation of a health professional in accordance with own role and responsibilities,
    and organisational policies and procedures.

2   Assessment notes
    Evidence generated for assessment against this standard must reflect workplace
    requirements specified in:
    • documented organisational policies, procedures, and methodologies;
    • applicable health and safety plans, contract work programmes, and quality
      assurance programmes.

    Evidence generated for assessment against this standard must reflect the values,
    processes, and protocols required to work with Māori, Pasifika, and people from
    diverse cultures.

    Evidence generated for assessment against this standard must reflect the best
    practice guidelines and principles specified in:
    • 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 http://www.standards.co.nz/.

3       Definitions
        *Frailty* is characterised by diminished strength, endurance, and physiologic function.
        *Functional status* is a person's ability to perform everyday physical activities.
        Examples include mobility, meeting basic needs, independence, and maintaining
        health and wellbeing.
        *Health or wellbeing setting* may include but is not limited to the aged care, acute
        care, community support, disability, mental health, rehabilitation, social service and
        youth development sectors.
        *Organisational policies and procedures* are the policies, procedures, and
        methodologies used in 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 the individual accessing services.  Other terms used for the person may
        include client, consumer, customer, patient, individual, resident, or service user.
        *Person-centred approach* places the person being supported at the centre by
        encouraging participation and choice, and viewing them as an individual with unique
        qualities, abilities, interests, preferences and needs.
        *Personal plan* is an individual plan developed for a frail person 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       Reference
        Health Quality & Safety Commission New Zealand. (2019). *Frailty care guides: Ngā
        aratohu maimoa hauwarea*. Retrieved from
        https://www.hqsc.govt.nz/assets/ARC/PR/Frailty_care_guides/Frailty-care-guide-
        master-update-Feb-2021.pdf.

## Outcomes and performance criteria

### Outcome 1

Demonstrate knowledge of and contribute to the development of a personal plan for a frail
person in a health or wellbeing setting.

### Performance criteria

1.1       The nature and impact of frailty on a person is established.

1.2       Personal care techniques that match the person's frailty needs are described.

          Range      three techniques;
                     may include but are not limited to – medication, bladder cares,
                     bowel cares, catheter cares, nutrition, , personal hygiene, skin
                     conditions, skin tears.

1.3 Support strategies that match the person's frailty needs are described.

Range four strategies;
may include but are not limited to – assessment, cultural support, socialisation, planning, goal setting, risk management and review, monitoring, person-centred approach, moving and handling, specialist equipment or technology, challenging or reducing stigma and discrimination, information provision, psychosocial.

1.4 A personal plan is developed in accordance with personal care techniques and support strategies.

## Outcome 2

Apply a personal plan for a frail person in a health or wellbeing setting.

## Performance criteria

2.1 Personal care techniques are applied in accordance with the personal plan.

Range three techniques.

2.2 Support strategies are applied in accordance with the personal plan.

Range four strategies.

2.3 The person's health, wellbeing, functional status, and changes are reported and recorded in accordance with organisational policies and procedures.

2.4 Recommendations for improvements to the personal plan that address changes in the person's condition are included in the report.

## Outcome 3

Evaluate own contribution to a personal plan for a frail person in a health or wellbeing setting.

## Performance criteria

3.1 The contribution to the personal plan is evaluated for compliance with organisational policies and procedures.

3.2 Areas of success and areas where improvements to own contribution can be made are identified.

| **Planned review date** | 31 December 2026 |
| --- | --- |

**Status information and last date for assessment for superseded versions**

| Process | Version | Date | Last Date for Assessment |
|---|---|---|---|
| Registration | 1 | 27 May 2021 | N/A |

| Consent and Moderation Requirements (CMR) reference | 0024 |
|---|---|

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.