

Title	Prepare and implement a self-care plan for social service work		
Level	5	Credits	6

Purpose	People credited with this unit standard are able to: demonstrate knowledge of personal health; identify and examine the current state of own personal health; and prepare and implement a self-care plan for social service work.
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Classification	Social Services > Professional Development of Social Service Workers
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Available grade	Achieved
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Guidance Information

- 1 Legislation relevant to this unit standard includes but is not limited to:
 - Official Information Act 1982;
 - Privacy Act 2020.
- 2 Definitions:
 - *Personal health* is a holistic concept and means more than the absence of disease. Health connotes emotional, physical, mental, and spiritual wellbeing, within the cultural context of the person.
 - *Service user* is used as a generic term to denote the people from user groups of the social services who are involved in working relationships with the person awarded this unit standard. They may be referred to by various descriptive terms in the range of social service settings. Service users may be individuals, couples, families or whānau.
 - *Unmet needs* may include but are not limited to – cultural, economic, educational, emotional, psychological, physical, spiritual, social, political.
- 3 People awarded credit in this unit standard must be able to explain the application of Te Tiriti o Waitangi in the social services and apply this competence to the context of assessment for this unit standard.
- 4 People awarded credit in this unit standard show that their actions are guided and supported by valid theory for social service practice. Evidence is required of social service theory that is derived from authoritative sources, which may include but are not limited to: body of knowledge related to social service work; cultural theory; practice research.
- 5 This unit standard requires particular depth of disclosure of personal information. All communications with and between people preparing for award of this unit standard are treated confidentially by assessors and others involved in preparation for assessment. The scope and limits of confidentiality are defined through negotiation,

informed consent, and criteria established by legislation, ethical practice, and service provider guidelines. Sources of criteria established by legislation, ethical practice, and service provider guidelines include but are not limited to – Official Information Act 1982, Privacy Act 2020, service provider codes of conduct, codes of practice issued by the Privacy Commissioner, social service codes of ethics, and service provider guidelines, protocols, staff manuals, strategic plans, kawa, or tikanga.

- 6 Recommended skills and knowledge for entry– Unit 7926, *Demonstrate knowledge of Te Tiriti o Waitangi for social service purposes.*

Outcomes and performance criteria

Outcome 1

Demonstrate knowledge of personal health.

Performance criteria

- 1.1 Personal health is explained in holistic terms.
- 1.2 Elements that enhance personal health are identified and explained.
- Range elements may include but are not limited to – nutrition; exercise; rest; creativity; personal and professional self-esteem; management of anger and stress; job satisfaction and security; personal and professional relationships; balanced lifestyle between family or whānau, friends, leisure, recreation, and work; professional supervision; spirituality; evidence is required of four elements.
- 1.3 The potential impact of major life events on personal health are identified and explained.
- Range major life events may include but are not limited to – relationship issues; family or whānau or household issues; education-related issues; loss of physical or mental abilities; physical and mental illness; employment-related issues; income-related issues; housing changes; evidence is required of four major life events.

Outcome 2

Identify and examine the current state of own personal health.

Performance criteria

2.1 Elements that enhance own personal health are identified and examined.

Range elements may include but are not limited to – nutrition; exercise; rest; creativity; personal and professional self-esteem; management of anger and stress; job satisfaction and security; personal and professional relationships; balanced lifestyle between family or whānau, friends, leisure, recreation, and work; professional supervision; spirituality; evidence is required of four elements.

2.2 Impacts from own major life events are identified and examined.

Range major life events may include but are not limited to – relationship issues; family or whānau or household issues; education-related issues; loss of physical or mental abilities; physical and mental illness; employment-related issues; income-related issues; housing changes; unmet needs identified in the analysis of personal health; evidence is required of four impacts.

2.3 Levels of functioning in own relationships with others are identified and examined.

Range relationships with others may include but are not limited to – family or whānau; friends; service users in the social services; colleagues.

2.4 Impacts of own personal health on the quality of work performance are identified and examined.

Outcome 3

Prepare and implement a self-care plan for social service work.

Performance criteria

3.1 A plan to manage self-care in social service work is prepared.

Range management of self-care may include but is not limited to – maintain current state of health, enhance current state of health; address.

3.2 Self-care plan strategies are identified and chosen in accordance with the personal health analysis findings.

Range self-care strategies may include but are not limited to – nutrition; exercise; rest; management of anger and stress; education; training; career development; conflict resolution; mental, physical, or spiritual healing; grief resolution; changes to the balance of lifestyle between family or whānau, friends, leisure, recreation, and work; professional supervision; evidence is required of six strategies.

3.3 The self-care plan is implemented using strategies included in the plan.

3.4 The self-care plan is evaluated in terms of changes to personal health.

Planned review date	31 December 2025
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	7 November 1996	31 December 2022
Revision	2	10 August 1998	31 December 2022
Revision	3	6 January 2000	31 December 2022
Review	4	26 June 2002	31 December 2022
Review	5	25 February 2021	N/A

Consent and Moderation Requirements (CMR) reference	0024
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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.