

Unit 50: Support Individuals to Meet Personal Care Needs

Level:	2
Unit type:	Optional
Credit value:	2
Guided learning hours:	16

Unit Aim

This unit covers the skills required to support individuals with their personal care needs. It includes monitoring and reporting on the personal care of individuals

Assessment requirements

This unit must be assessed in line with *Skills for Health Assessment Principles for Qualifications that Assess Occupational Competence* document. Detailed information can be found in *Annexe A* of the qualification specification. Evidence for skills within learning outcomes 1-6 must come from real work activities.

Learning outcomes The learner will:	Assessment criteria The learner can:
1 Be able to work with individuals to identify their needs and preferences in relation to personal care	1.1 Enable an individual to communicate their needs, preferences and personal beliefs affecting their personal care
	1.2 Establish the level and type of support an individual needs for personal care
	1.3 Agree with the individual how privacy will be maintained during personal care
2 Be able to provide support for personal care	2.1 Obtain valid consent for activities
	2.2 Support the individual to understand the reasons for <ul style="list-style-type: none"> • Hygiene • safety precautions

Learning outcomes The learner will:	Assessment criteria The learner can:
	2.3 Use the following to minimize the risk of infection <ul style="list-style-type: none"> • protective equipment • protective clothing • hygiene techniques 2.4 Report concerns about the safety and hygiene of equipment or facilities used for personal care 2.5 Ensure the individuals understand how to summon help when alone during personal care 2.6 Dispose of waste materials safely
3 Be able to support individuals to use the toilet	3.1 Provide support for an individual to use toilet facilities in ways that respect dignity 3.2 Support an individual to make themselves clean and tidy after using toilet facilities 3.3 Support an individual to cleanse their hands after using the toilet
4 Be able to support individuals to maintain personal hygiene	4.1 Ensure room and water temperatures meet individual needs and preferences for washing, and bathing and mouth care 4.2 Ensure toiletries, materials and equipment are within reach of an individual 4.3 Support an individual to carry out personal hygiene activities in ways that maintain comfort, respecting dignity and promote active participation
5 Be able to support individuals to manage their personal appearance	5.1 Enable an individual to manage their personal appearance in ways that respect dignity and promote active participation 5.2 Encourage an individual to keep their clothing and personal care items clean and safe
6 Be able to monitor and report on support for personal care	6.1 Seek feedback from the individual and others on how well the support for personal care meets the individual's needs and preferences 6.2 Record and report on an individual's personal care in agreed ways 6.3 Report concerns about an individual's personal care activities

Additional information about the unit

Exemplification of terms used in assessment criteria:

Individual refers to someone requiring care or support; it will usually mean the person or people supported by the learner.

Preferences: preferences may be based on:

- Beliefs
- Values
- Culture
- Aspirations
- Wishes.

Valid consent: must be in line with agreed UK country definition. May include:

- The individual must have the mental capacity to make the decision
- The individual must have sufficient non-bias information to make an informed choice
- The individual must not be pressured into making a decision and must give consent freely.

Others may include:

- Team members
- Line Manager
- Other colleagues
- Those who use or commission their own health or social care services
- Families, carers and advocates
- Outside services and organisations
- Those with power of attorney
- Other professionals
- Others who are important to the individual's wellbeing.