

Unit 61: Support Individuals in Undertaking Their Chosen Activities

Level:	3
Unit type:	Optional
Credit value:	4
Guided learning hours:	24

Unit Aim

This unit aims to develop the learner's ability to work with the individual and/or significant other to identify chosen activities to enhance well-being. Research on the ability of the individual to achieve the activities is required as well as the provision of support to carry out the activities.

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 3 and 4 must come from real work activities.

Learning outcomes The learner will:	Assessment criteria The learner can:
1 Understand current legislation, national guidelines, policies, protocols and good practice when supporting individuals to undertake chosen activities	1.1 Summarise current legislation, national guidelines, policies, protocols and good practice guidelines which inform own practice in supporting individuals to undertake their chosen activities
2 Understand concepts for supporting individuals to undertake chosen activities, services or facilities	2.1 Explain factors which motivate an individual to change behaviour and/or lifestyle
	2.2 Explain benefits to the individual's : <ul style="list-style-type: none">• sense of well-being• personal development

Learning outcomes The learner will:	Assessment criteria The learner can:
	2.3 Describe how to identify the physical, psychological and social demands of an individual's chosen activities within scope of own role 2.4 Explain the use of SMART goals
3 Be able to make plans with individuals to undertake chosen activities	3.1 Interpret any previous assessment of the individual's needs to inform future requirements 3.2 Actively listen to the individual or relevant others to establish an understanding of their needs, interests, values and beliefs 3.3 Identify the physical, social, safety and psychological demands of the chosen activity within the scope of own role 3.4 Agree the steps the individual must follow to develop their ability to undertake chosen activities 3.5 Identify a range of local services and facilities 3.6 Select the local services and facilities based on the: <ul style="list-style-type: none"> • availability • relevance 3.7 Agree with the individual and relevant others any information, resources, adaptations and assistance required to access and use chosen services and facilities
4 Be able to support individuals to undertake chosen activities	4.1 Organise any required resources, adaptations and assistance to enable the individual to access chosen activities 4.2 Support an individual to access their chosen activities in line with scope of own role and national/local policy 4.3 Describe coping strategies that an individual may require to fulfil their chosen activities

Learning outcomes The learner will:	Assessment criteria The learner can:
	4.4 Evaluate the effectiveness of the activities in line with national/local policy within scope of own role
	4.5 Maintain clear records in accordance with national/local policy
	4.6 Report outcomes in accordance with national/local policy

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. Individuals may be neonates, infants, children, young people or adults.

Well-being: Well-being is broad concept referring to a person's quality of life taking into account health, happiness, and comfort. Well-being may include aspects that are:

- social
- emotional
- cultural
- spiritual
- intellectual
- economic
- physical
- mental well-being.

SMART - comprehensive definition for goal setting:

- S - specific
- M - measurable
- A - achievable
- R - realistic
- T - time-bound.

Others: may include:

- Team members
- 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,
- Line manager,
- Other professionals,
- Others who are important to the individuals well-being.