

# Demonstrate knowledge of the ageing process and its effects on individual support needs

Trainee assessment portfolio

23387 V1 Level 3 Credits 7

Trainee name \_\_\_\_\_

NZQA number

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## Important information for trainees

People assessed as competent in this unit standard are able to:

- Outline the ageing process and its impact on an individual's physical wellbeing.
- Illustrate how the ageing process has affected an individual within a care setting.

## Special notes

- 1 In this sector, support given to a person should be given in a manner that maximises the independence of that person. Support must be appropriate to the needs of the person and utilise existing strengths and, wherever possible, optimise the use of the local community. Performance of the elements of this unit standard must fit within these broad parameters.
- 2 Definition:
  - a **Consumer** in the context of this unit standard means someone accessing services in a health or disability setting in a residential care facility or in a private home – their own or a friend's, group or family member's.

## References

- Careerforce workbook – 23387 V1 Demonstrate knowledge of the ageing process and its effects on individual support needs.
- Organisation's policies and procedures.

## This trainee assessment portfolio contains

- Important information.
- Assessment tasks.
- Feedback form.
- Assessment record sheet.

## Instructions

- Attach all written material to this trainee assessment portfolio.
- Read through the checklists for the workplace verification tasks; if you can confidently tick all the boxes then you are ready to be assessed.
- Your performance of the activities needs to be completed in a professional manner which shows the assessor/verifier that you have a full understanding of all that is involved. The assessor/verifier may require you to perform the tasks on more than one occasion to ensure that you have demonstrated sufficiency of performance.
- Please give this trainee assessment portfolio to your assessor so feedback and comments can be provided.
- On completion the results will be processed and sent to Careerforce for registering on the National Qualifications Framework.
- Should you require assistance with any aspect of the assessment, please discuss this with your assessor.

## Overview of assessment

Activity	Description	Unit Standard
Assessment Tasks Task One (Blue)	Outlining the ageing process and its impact on an individual's physical wellbeing, and showing how the ageing process has affected an individual within a care setting	Element 1 Element 2

# Assessment tasks

Task One – Outlining the ageing process and its impact on an individual’s physical wellbeing, and showing how the ageing process has affected an individual within a care setting.

## 1 Outlining how the ageing process impacts on the body’s systems (1.1)

For each of the following body systems outline what you consider to be the key impacts of the ageing process on the individual’s physical wellbeing.

Two examples are required for each system.

Musculo-skeletal system	1
	2
Urinary system	1
	2
Gastro-intestinal system	1
	2

Cardiovascular system	1
	2
Nervous system	1
	2
Reproductive system	1
	2
Endocrine system	1
	2

Respiratory system	1
	2
Integumentary system (skin)	1
	2
Sensory system	1
	2
Immune system	1
	2

## 2 Outlining how the ageing process impacts on an individual's personal routines (1.2)

Outline how the ageing process impacts on a person's routines in all of the named areas following. Complete all of the boxes.

What effect does ageing have on:	How might the ageing process affect the personal routines in these areas?
Nutrition needs?	
Hydration needs?	
Mobility needs?	
Reduced dexterity needs?	

What effect does ageing have on:	How might the ageing process affect the personal routines in these areas?
Ability to perform personal cares?	
Hearing loss?	
Vision changes?	
Elimination patterns?	
Sleeping patterns?	

### 3 Outlining health conditions which impact on an individual during the ageing process (1.3)

From the following list select five health conditions and outline what you consider to be the two key points of the ageing process on each of those five conditions on the performance of everyday activities.

- Osteoporosis
- Arthritis
- Stroke
- Parkinson's disease
- Heart failure
- Diabetes
- Chronic obstructive pulmonary disease
- Urinary tract infection
- Constipation
- Skin ulcers

“Outlining” is interpreted as providing a list (bullet points) to record the two key points for each condition.

You are not required to write a detailed description, but you do need to include sufficient content to show your assessor that you have the required knowledge and understanding associated with the body systems.

	Effect on the individual's health and ability to perform everyday activities.
1 Diabetes	<p><b>Health:</b></p>          <p><b>Everyday activities:</b></p>          
2 Constipation	<p><b>Health:</b></p>          <p><b>Everyday activities:</b></p>          

Effect on the individual's health and ability to perform everyday activities.

3  
Urinary tract  
infection

**Health:**

**Everyday activities:**

4  
Skin ulcers

**Health:**

**Everyday activities:**

5  
Arthritis

**Health:**

**Everyday activities:**

#### 4 A simple case study to show how the ageing process has affected an individual (2.1, 2.2)

Think of an individual who is ageing.

Consider how the ageing process has affected the person living in his/her own care setting.

You must cover the range: housing, work, income, recreation, relationships, family/whānau, learning and memory, anxiety and depression.

Think about the changes to that individual's situation in terms of the support he/she needs and how the individual has adapted to these changes.

Living situation	Changes in situation	How has the person adapted to the changes in his/her situation in terms of support required?
Housing		
Work		
Income		

Living situation	Changes in situation	How has the person adapted to the changes in his/her situation in terms of support required?
Recreation		
Relationships		
Family/whānau		
Learning		
Memory		

Living situation	Changes in situation	How has the person adapted to the changes in his/her situation in terms of support required?
Anxiety		
Depression		

Trainee performance (completed by your assessor)			
Task One	Date	<input type="checkbox"/> No credit	<input type="checkbox"/> Credit
Reassessment	Date	<input type="checkbox"/> No credit	<input type="checkbox"/> Credit
Comments			

## Assessor confirmation form

I confirm that \_\_\_\_\_  
 (the trainee) has met the requirements to achieve competency for:  
 Task One – Outlining the ageing process and its impact on an individual’s physical wellbeing, and showing how the ageing process has affected an individual within a care setting.

Assessor Name	Assessor Number
Signature	Date

# 23387 V1 – Demonstrate knowledge of the ageing process and its effects on individual support needs

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## Assessment record sheet

Trainee information			
Name			
Employer			
NZQA/NSI number (ROL)		Date of birth	

Trainee statement of authenticity			
I hereby state that the evidence submitted for assessment is my own work.			
Signature		Date	

Trainee performance summary (completed by assessor)			
<b>Assessment tasks</b>			
Task One	<input type="checkbox"/> No credit	<input type="checkbox"/> Credit	
Reassessment	<input type="checkbox"/> No credit	<input type="checkbox"/> Credit	

Comments/feedback to trainee			

Assessment result (completed by assessor)			
I have assessed the trainee and confirm:			
<input type="checkbox"/> The requirements have been met to demonstrate competency in 23387 V1.			
<input type="checkbox"/> Further evidence is required to demonstrate competency.			
Name		Assessor number	
Signed		Date	

On completion of the unit standard one copy of this assessment record sheet must be given to the trainee for his/her records and another copy sent to Careerforce so the credit can be registered on the NQF.

Quality Assurance Manager  
Careerforce Ltd  
PO Box 25 255  
Christchurch 8144

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## Feedback form

**Please help us to improve our trainee assessment portfolio.**

Careerforce is always keen to review its materials to improve the quality of the learning experience. You can help us by telling us what you think of this assessment portfolio and by offering suggestions on ways it can be improved.

When you have answered the questions, please send this page to:

Quality Assurance Manager  
Careerforce Ltd.  
www.cssito.org.nz  
PO Box 25 255  
Christchurch  
Fax (03) 371 9285

What I liked most about the portfolio and why?

What I liked least about the portfolio and why?

Please give your rating of the following topics by ticking the relevant yes, no, or maybe boxes.

Topics or aspects of the content of this document	Yes	Maybe	No
Assessment record sheet is useful.			
Assessment questions are easy to understand.			
Verification tasks are appropriate.			
The assessment portfolio is well laid out and easy to follow.			

Additional comments

Contact details (optional)

Name	Organisation
Telephone	Email

Quality Assurance Manager  
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