

<b>Title</b>	<b>Describe and implement health and wellbeing strategies for a person in an aged care, health, or disability context</b>		
<b>Level</b>	<b>5</b>	<b>Credits</b>	<b>10</b>

<b>Purpose</b>	<p>People credited with this unit standard are able to, in an aged care, health, or disability context:</p> <ul style="list-style-type: none"> <li>• describe lifestyle choices that can enhance the health and wellbeing of a person;</li> <li>• identify and select strategies to support positive health and wellbeing outcomes for a person;</li> <li>• implement strategies to support positive health and wellbeing outcomes for a person;</li> <li>• evaluate and report on strategies that support positive health and wellbeing outcomes for a person.</li> </ul>
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<b>Classification</b>	Health, Disability, and Aged Support > Health and Disability Principles in Practice
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<b>Available grade</b>	Achieved
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**Guidance Information**

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

This unit standard cannot be assessed against in a simulated environment.

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 Range  
 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*;
- NZ standards can be retrieved from <http://www.standards.co.nz/>.

### 3 References

- National Advisory Committee on Health and Disability. (1998). *The social, cultural and economic determinants of health in New Zealand: Action to improve health – A report from the National Advisory Committee on Health and Disability (National Health Committee)*. Retrieved from <https://tinyurl.com/y5p6wf4d>.
- World Health Organization. (1986). *Ottawa charter for health promotion: First International Conference on Health Promotion, Ottawa, 21 November 1986*. Retrieved from <https://tinyurl.com/y5rfqsfe>.
- World Health Organization. (1997). *Jakarta declaration on leading health promotion into the 21st Century*. Retrieved November 24, 2020 from <https://tinyurl.com/y2yjgz57>.

### 4 Definitions

*Duty of care* means the obligations that a health and disability provider has to provide services of a nature and standard that will: protect a person's safety; minimise risk and the possibility of injury and harm; provide therapeutic benefits; and promote optimum health and wellbeing.

*Health and wellbeing* refers to a holistic concept of a person's mental, emotional, physical, spiritual, and social wellbeing.

*Key determinants* refer to the principal factors that promote a person's optimum levels of health and wellbeing, including – a supportive social environment, self-management; a safe physical environment, absence of physical, emotional, sexual, or financial abuse; personal health-related practices, accessible health services.

*Lifestyle choices* refer to possibilities, practices, habits, circumstances or changes that a person is able to enact or influence in terms of daily living. Lifestyle choices will affect a person's overall levels of health and wellbeing on a continuum ranging from positive, productive, and healthy ways of living to negative, unproductive, and unhealthy ways of living.

*Organisational policies and procedures* are policies, procedures, and methodologies of 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.

A *person-centred approach* is an approach which 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.

*Strategies* refer to purposeful, targeted plans and interventions within a broad service delivery model or approach applied over a period of time, that aim to give people increased control over the key determinants of health and wellbeing, and thereby improve their health status. The Ottawa Charter identifies three basic strategies to promote the health and wellbeing of people: advocacy for health to create the

essential conditions for optimum health and wellbeing; enabling all people to achieve their full health potential; and mediating between the different interests in society in the pursuit of health and wellbeing.

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## Outcomes and performance criteria

### Outcome 1

Describe lifestyle choices that can enhance the health and wellbeing of a person in an aged care, health, or disability context.

Range evidence is required of two lifestyle choices for each of two different persons.

#### Performance criteria

- 1.1 Lifestyle choices that can enhance a person's health and wellbeing key determinants are described.
- 1.2 Potential consequences of lifestyle choices, both positive and negative, are described in terms of their effect on health and wellbeing outcomes.

### Outcome 2

Identify and select strategies to support positive health and wellbeing outcomes for a person in an aged care, health, or disability context.

Range each strategy must include actions that – promote a supportive social environment, promote a safe physical environment, encourage positive personal health-related practices, promote access to health services; evidence is required of two strategies for each of two different persons.

#### Performance criteria

- 2.1 Strategies are identified and selected in accordance with a person-centred approach.
- 2.2 Strategies are identified and selected in accordance with the provisions of the Code of Rights and duty of care.
- 2.3 Strategies are identified and selected in accordance with organisational policies and procedures.

### Outcome 3

Implement strategies to support positive health and wellbeing outcomes for a person in an aged care, health, or disability context.

Range each strategy must include actions that – promote a supportive social environment, promote a safe physical environment, encourage positive personal health-related practices, promote access to health services; evidence is required of two strategies for each of two different persons.

**Performance criteria**

- 3.1 Strategies are implemented in accordance with a person-centred approach.
- 3.2 Strategies are implemented in accordance with the provisions of the Code of Rights and duty of care.
- 3.3 Strategies are implemented in accordance with organisational policies and procedures.

**Outcome 4**

Evaluate and report on strategies that support positive health and wellbeing outcomes for a person in an aged care, health, or disability context.

Range evidence is required of two strategies for each of two different persons.

**Performance criteria**

- 4.1 Following implementation, strategies are evaluated with the person and their family and whānau.
- 4.2 The evaluation measures actual outcomes against desired outcomes and recommends any amendments required to improve strategies.
- 4.3 Strategy evaluation outcomes are reported in accordance with organisational policies and procedures.

<b>Planned review date</b>	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	17 June 2011	31 December 2022
Review	2	MM 2021	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	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](mailto:info@careerforce.org.nz) if you wish to suggest changes to the content of this unit standard.