

Title	Undertake self-care to maintain and enhance personal wellness in a health or wellbeing setting		
Level	4	Credits	5

Purpose	People credited with this unit standard are able to undertake self-care to maintain and enhance personal wellness in a health or wellbeing setting.
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Classification	Health, Disability, and Aged Support > Whānau Ora and Community Support
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Available grade	Achieved
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Explanatory notes Guidance Information

1 Definitions

Adverse personal and/or professional factors may include relationship issues, family/whānau or household issues, education-related issues, changes to physical or mental abilities, physical and mental illness, grief and loss, employment-related issues, financial-related issues, housing changes.

Characteristics and needs includes the physical, spiritual, and mental characteristics and needs of the candidate. *Characteristics and needs* may include but are not limited to: their age and stage of development, coping strategies, culture, disabilities, experience and knowledge, family or whānau history, gender, health status, personal history, language, sexual orientation, socio-economic situation; and needs for physical comfort, safety, and privacy.

Health or wellbeing settings may include but are not limited to – the acute care, aged care, community support, disability, mental health, social services and youth development sectors.

Personal wellness is a holistic concept, and means more than the absence of disease. *Wellness* implies emotional, physical, mental, and spiritual wellbeing, within the cultural context of the person.

Self-care refers to strategies and/or activities undertaken in support of personal wellness in relation to nutrition, exercise, rest, management of anger and stress, education, training, career development, conflict resolution, mental, physical, or spiritual healing, grief resolution, and changes to the balance of lifestyle between family/whānau, friends, leisure, recreation, and work.

Outcomes and ~~evidence requirements~~performance criteria

Outcome 1

Undertake self-care to maintain and enhance personal wellness in a health or wellbeing setting.

~~Evidence requirements~~Performance criteria

1.1 Self-care is undertaken which minimises the impact of adverse personal and/or professional factors on personal wellness in accordance with own characteristics and needs.

1.2 Personal wellness is maintained and enhanced through the identification, implementation and evaluation of self-care strategies that match own characteristics and needs.

Planned review date	31 December 202 <u>34</u>
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	19 March 2015	31 December 2017
Review	2	16 June 2016	N/A
<u>Revision and Rollover</u>	<u>3</u>	<u>MM 2021</u>	<u>N/A</u>

Consent and Moderation Requirements (CMR) reference	0024
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Please note

~~Providers must be granted consent to assess against standards (accredited) by NZQA, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.~~

~~Industry Training Organisations must be granted consent to assess against standards by NZQA before they can register credits from assessment against unit standards.~~

~~Providers and Industry Training Organisations, which have been granted consent and which are assessing against unit standards must engage with the moderation system that applies to those standards.~~

~~Requirements for consent to assess and an outline of the moderation system that applies to this standard are outlined in the Consent and Moderation Requirements (CMRs). The CMR also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.~~

Comments on this unit standard

Please contact ~~the Community Support Services ITO Limited~~[Careerforce info@careerforce.org.nz](mailto:info@careerforce.org.nz) if you wish to suggest changes to the content of this unit standard.