

Support Physical Wellbeing (Level 4)



Work-based learning supported by **online** learning resources and assessments

Micro-credential

10 credits

Expected duration:
2 months

Ideal for:

- Mental Health and/or Addiction Support Workers
- Residential Support Workers
- Healthcare Assistants
- Disability Support Workers.

Programme overview

This micro-credential is designed to recognise the skills and knowledge required to identify early physical health problems in people with mental health challenges or addiction issues and support them to access primary care and/or navigate life choices.

A support worker who completes this micro-credential will be able to recognise signs of physical problems and carry out specific tasks within the support worker role while supporting a person with an existing or co-existing mental health challenge or addiction issue.

Careerforce Micro-credentials

Micro-credentials are short, NZQA recognised training programmes that have fewer credits than a qualification (between 1 and 40) and either lead into a qualification or focus on specialised skills and knowledge that top up a full qualification certificate or apprenticeship programme. They can also be coherent standalone programmes of specialised skills or professional development.

Careerforce micro-credentials are designed to credentialise the achievement of a coherent set of skills and knowledge, and are specified by a statement of purpose and learning outcomes.

How the learning is delivered and assessed

This programme is delivered in the workplace, with the support of the employer and Careerforce.

Online learning and assessment can be completed through Aka Toi, Careerforce's online learning platform which includes interactive learning activities, theory content and assessment.

Workplace and learner requirements

Workplace: The employer is responsible for coordinating the learner's on-job training activities and support in the workplace. Employers are encouraged to work alongside Careerforce to support staff to remain motivated and successful in their learning journey.

Learner: Learners are encouraged to manage their work and training commitments as best they can and complete them within the timeframe agreed between themselves, their assessor and their employer.

Grants and funding available

Several grants and funding options are available to help meet the costs of attaining Careerforce qualifications. You can view these options at careerforce.org.nz/fees-funding

Learning outcomes:

- Understanding NZ statistics for physical health inequities.
- Being able to identify physical health inequities for Māori, other ethnicities, rainbow, disabled, older people, and rural people.
- Understanding impacts and barriers arising from factors which contribute to physical health inequities.
- Recognising diagnostic overshadowing in NZ.
- Being able to identify characteristics, symptoms, indicators requiring a response for common physical health conditions.
- Understanding barriers and options to support a person.
- Identifying the scope of responsibility for the support worker role.
- Knowing when and how to escalate or obtain extra input when outside of role scope.
- Developing and using a wellbeing plan.
- Having the tools and strategies to support someone's physical health issues for people experiencing mental health challenges or addiction issues.
- Supporting a person to develop and implement a wellbeing plan.

Prerequisites

Learners need to be working in a relevant sector. Learners are also required to have reasonable computer literacy as micro-credential assessments are only offered online (via Aka Toi).

How to get started

Workplaces can enrol learners at any time, but first:

- The employer and learner must agree to the suitability of the programme to complete.
- Contact the Careerforce Workplace Advisor for your region at careerforce.org.nz/cwa

Scan the QR code to find out more:

See the fees, entry criteria and other information about this programme on our website

