

Title	Support <u>a person with a disability to develop a personal lifestyle plan</u> personal planning to enhance individual lifestyles with a person with a disability		
Level	3	Credits	5

Purpose	<p>People credited with this unit standard are able to enhance the lifestyle of a person with a disability by contributing to the preparation, implementation, and review of a personal plan. This unit standard is for people providing services in a health or wellbeing setting.</p> <p>People credited with this unit standard are able to: <u>support a person with a disability in the planning process of developing a personal lifestyle plan to enhance their life;</u> <u>support a person to carry out their personal lifestyle plan to enhance their life;</u> <u>support a person in reviewing their personal lifestyle plan to enhance their life;</u> participate in the planning process; participate in the implementation and evaluation of the plan, with a person with a disability, to enhance individual lifestyle, in a health or wellbeing setting.</p>
----------------	--

Classification	Health, Disability, and Aged Support > Supporting People with Disabilities
-----------------------	--

Available grade	Achieved
------------------------	----------

Guidance Information

- 1 Legislation and Codes relevant to this unit standard include but are not limited to:
 - ~~—~~ Health and Disability Commissioner (Code of Health and Disability Services Consumers' Rights) Regulations 1996 (the Code of Rights);
 - ~~—~~ Health and Disability Services (Safety) Act 2001;
 - ~~—~~ Health and Safety at Work Act 2015;
 - ~~—~~ Human Rights Act 1993;
 - ~~—~~ Privacy Act 1993;
 - all available at <http://www.legislation.govt.nz/>.
 - ~~—~~
- 2 New Zealand Standards relevant to this unit standard ~~include but are not limited to:~~
 - ~~—~~ NZS 8134.0:2008 ~~Health and Disability services Standards—Health and disability services (general) Standard;~~
 - ~~—~~ NZS 8134.1:2008 ~~Health and Disability services Standards—Health and disability services (core) Standards;~~

- ~~—NZS 8158:2012 Home and Community support sector Standard;~~ available at <https://www.standards.co.nz/>.

~~3 In the context of this unit standard, support should aim to maintain, improve, or restore a person's independence and/or interdependence by utilising the person's existing strengths and appropriate resources; but may include providing assistance to enable a person's health and wellbeing needs to be met.~~

~~3.4.3.4~~ Definitions:

- ~~—Health or wellbeing setting includes but is not limited to: the aged care, acute care, community support, disability, mental health, rehabilitation, social services and youth development sectors.~~ Health or wellbeing setting includes but is not limited to the aged care, acute care, community support, disability, mental health, and social services sectors.
- ~~Individual lifestyle may include but is not limited to the following areas—social, physical, educational, vocational, cultural, spiritual.~~ Individual lifestyle may include but is not limited to the following areas—social, physical, educational, vocational, cultural, spiritual.
- Organisational policies and procedures – policies, procedures and methodologies of an organisation. They include legislative and regulatory requirements which may apply across a company or an organisation, a specific site, or a workplace. Requirements are documented in the company's organisational health and safety plans, contract work programmes, quality assurance programmes, policies and procedural documents such as job descriptors and employment contracts.
- A personal lifestyle plan is a written document, created in consultation with the person being supported, family and whānau and other support workers or via an advocate. Its aim is to enable a good life and it outlines the ways in which an organisation will support a person's health and wellbeing.
- ~~—Person – a person accessing services. Other terms used for 'the person' may include client, consumer, customer, patient, individual, resident, service user, tūroro or tangata whai ora.~~
- Lifestyle areas may include but are not limited to – social, physical, educational, vocational, cultural, spiritual.
- Preparation for personal planning may refer to ascertaining communication methods, scene setting, sourcing an advocate, involving family/whānau and building relationship with the person being supported.
- Principles of personal planning refers to the person being central to the plan, commitment to inclusion and equality, facilitation, plan being led by aspirations and having a positive focus.
- Support should aim to maintain, improve, or restore a person's independence and/or interdependence by utilising the person's existing strengths and appropriate resources; but may include providing assistance to enable a person's health and wellbeing needs to be met.

4 Demonstration of knowledge and skills must be in accordance with relevant workplace policies and procedures and within the boundaries of the support worker's role.

545 Evidence for the practical components of this unit standard must be gathered in a health or wellbeing setting and with a person with disability. ~~with a person with disability.~~

Outcomes and performance criteria

Outcome 1

Participate in the planning process with a person with a disability to enhance individual lifestyle in a health or wellbeing setting. Contribute to preparing a personal plan to enhance the lifestyle of a person with disability.

Range ~~individual lifestyle may include but is not limited to the following areas—social, physical, educational, vocational, cultural, spiritual;~~
evidence is required for three lifestyle areas.

Performance criteria

- 1.1 Preparation for personal planning is undertaken in accordance with organisational policies and procedures.
- 1.2 Planning methods ~~Support given~~ enables the person ~~with a disability~~ to describe and prioritise their personal goals, wishes, aspirations, and abilities.
- 1.3 Personal goals, wishes, aspirations, and abilities are established and documented in accordance with organisational policies and procedures.
- 1.4 Support networks are explored in terms of their availability and ability to support the person with a disability to meet their identified personal goals, wishes, aspirations, and abilities. Available support networks are identified in accordance with the person's goals, wishes, aspirations and abilities.
- 1.5 The established plan is controlled and approved ~~Established plan is approved and controlled~~ by the person ~~with a disability~~, either directly or via their advocate in accordance with organisational policies and procedures.

Outcome 2

Participate in the implementation of the plan with a person with a disability, to enhance individual lifestyle in a health or wellbeing setting. Contribute to implementing a personal plan to enhance the lifestyle of a person with disability.

Performance criteria

- 2.1 The support worker's Role ~~role~~ and function of ~~the support worker~~ in the implementation of the plan is identified in terms of how it supports the personal goals, wishes, aspirations, and abilities of the person with the disability.
- 2.2 Involvement in ~~the implementation of~~ ing the personal plan is in accordance with the support worker's role and function in the plan.

Outcome 3

~~Participate in the evaluation reviewing of their personal lifestyle plan with a person with a disability, to enhance individual lifestyle, their life. Contribute to reviewing a personal plan to enhance the lifestyle of a person with disability.~~

~~Range cContribution is in accordance with the personal’s goals, wishes, aspirations, and abilities, the nature and level of support required, with the support worker’s role and function in the plan, and actual outcomes versus desired outcomes.~~

Performance criteria

~~3.1 Personal plan is reviewed.~~

~~Range in accordance with the personal goals, wishes, aspirations, and abilities, the nature and level of support required, with the support worker’s role and function in the plan~~

~~3.2 Personal plan is amended if appropriate.~~

~~3.3 The reviewed personal plan is controlled and approved by the person, either directly or via their advocate.~~

~~3.1 Involvement in the evaluation review of the plan meets the personal goals, wishes, aspirations, and abilities of the person with the disability and the nature of the plan, and level of support required.~~

~~3.2 Involvement in the evaluation review of the plan is in accordance with the support worker’s role and function in the plan, and organisational policies and procedures.~~

~~3.3 Involvement in the evaluation review of the plan is in accordance with principles of personal planning.~~

~~3.4 Plan is evaluated, reviewed, and and amended if appropriate with the person with a disability against the actual outcomes and identified desired outcomes of the plan.~~

~~3.5 Reviewed plan is approved and controlled by the person with a disability, either directly or via their advocate, in accordance with organisational policies and procedures.~~

Planned review date	31 December 202 <u>5</u> 4
----------------------------	---------------------------------------

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	20 March 2008	31 December 2017
Review	2	16 April 2015	<u>31 December 2022</u> N/A
Rollover and Revision	3	24 October 2019	<u>31 December 2022</u> N/A

Process	Version	Date	Last Date for Assessment
<u>Review</u>	<u>4</u>	<u>MM 2020</u>	

Consent and Moderation Requirements (CMR) reference

0024

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 if you wish to suggest changes to the content of this unit standard.