Unit 4222-223 Support individuals to meet personal care needs (HSC 2015)

Level: **2**
Credit value: **2**
UAN: **F/601/8060**

Unit aim
This unit is aimed at those working in a wide range of settings. It provides the knowledge and skills needed to support individuals to meet personal care needs.

It covers support the individual to use toilet facilities, maintain personal hygiene and manage their personal appearance.

Learning outcomes
There are **six** learning outcomes to this unit. The learner will:
1. Be able to work with individuals to identify their needs and preferences in relation to personal care
2. Be able to provide support for personal care safely
3. Be able to support individuals to use the toilet
4. Be able to support individuals to maintain personal hygiene
5. Be able to support individuals to manage their personal appearance
6. Be able to monitor and report on support for personal care

Guided learning hours
It is recommended that **16** hours should be allocated for this unit, although patterns of delivery are likely to vary.

Details of the relationship between the unit and relevant national standards
This unit is linked to HSC 218.

Support of the unit by a sector or other appropriate body
This unit is endorsed by Skills for Care and Development.

Assessment
Unit must be assessed in accordance with the Skills for Care and Development's QCF Assessment Principles

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Assessment Criteria

Outcome 1 Be able to work with individuals to identify their needs and preferences in relation to personal care

The learner can:

1. encourage an individual to communicate their needs, preferences and personal beliefs affecting their personal care
2. establish the level and type of support and individual needs for personal care
3. agree with the individual how privacy will be maintained during personal care.

Outcome 2 Be able to provide support for personal care safely

The learner can:

1. Support the individual to understand the reasons for hygiene and safety precautions
2. use protective equipment, protective clothing and hygiene techniques to minimise the risk of infection
3. explain how to report concerns about the safety and hygiene of equipment or facilities used for personal care
4. describe ways to ensure the individual can summon help when alone during personal care
5. ensure safe disposal of waste materials.

Outcome 3 Be able to support individuals to use the toilet

The learner can:

1. provide support for the individual to use toilet facilities in ways that respect dignity
2. support individual to make themselves clean and tidy after using toilet facilities.

Outcome 4 Be able to support individuals to maintain personal hygiene

The learner can:

1. ensure room and water temperatures meet individual needs and preferences for washing, bathing and mouth care
2. ensure toiletries, materials and equipment are within reach of the individual
3. provide support to carry out personal hygiene activities in ways that maintain comfort, respect dignity and promote active participation.

Outcome 5 Be able to support individuals to manage their personal appearance

The learner can:

1. provide support to enable individual to manage their personal appearance in ways that respect dignity and promote active participation
2. encourage the individual to keep their clothing and personal care items clean, safe and secure.

Outcome 6 Be able to monitor and report on support for personal care

The learner can:

1. seek feedback from the individual and others on how well support for personal care meets the individual's needs and preferences
2. monitor personal care functions and activities in agreed ways
3. record and report on an individual's personal care in agreed ways.

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Additional guidance

- **Personal care** in this unit refers to using toilet facilities, maintaining personal hygiene and attending to personal appearance.
- An **individual** is someone requiring care or support.
- **Toilet facilities** may include:
  - Toilet
  - Commode
  - Bedpan
  - Urinal.
- **Active participation** is a way of working that recognises an individual's right to participate in the activities and relationships of everyday life as independently as possible; the individual is regarded as an active partner in their own care or support, rather than a passive recipient.
- Activities an individual may use to **manage their personal appearance** may include:
  - Hair care
  - Nail care
  - Shaving
  - Skin care
  - Use of cosmetics
  - Use of prostheses & orthoses
- **Others** may include:
  - family
  - friends
  - advocates
  - specialists
  - health care professionals
  - others who are important to the individuals well being