

Unit Title: Support Individuals in Undertaking their Chosen Activities	
Level:	Three
Credit Value:	4
GLH:	24
OCNLR Unit Code:	PA1/3/LQ/083
Ofqual Unit Reference Number:	A/508/4032

This unit has 4 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand current legislation, national guidelines, policies, protocols and good practice when supporting individuals to undertake chosen activities.	1.1. Summarise the current legislation, national guidelines, policies, protocols and good practice guidelines which inform own practice in supporting individuals to undertake their chosen activities.
2. Understand concepts for supporting individuals to undertake chosen activities.	2.1. Explain factors which could motivate an individual to change behaviour and/or lifestyle. 2.2. Explain the benefits to the individual's sense of well-being and personal development which can be gained when accessing services and facilities. 2.3. Describe how to identify the physical, psychological and social demands of an individual's chosen activities. 2.4. Describe how to set the individual SMART goals.

<p>3. Be able to make plans with individuals to undertake chosen activities.</p>	<p>3.1. Maintain the individual's privacy and dignity at all times.</p> <p>3.2. Access and interpret any previous assessment of the individual's needs to inform future requirements.</p> <p>3.3. Communicate sensitively and actively listen to the individual or relevant other to establish an understanding of their needs, interests, values and beliefs.</p> <p>3.4. Identify the physical, social, safety and psychological demands of the chosen activities.</p> <p>3.5. Agree with the individual, steps to develop their ability to undertake their chosen activities.</p> <p>3.6. Identify the range of local services and facilities available.</p> <p>3.7. Check availability and evaluate the relevance with the individual.</p> <p>3.8. Identify and agree with the individual any information, resources, adaptations and assistance required to access and use chosen services and facilities.</p>
<p>4. Be able to support individuals to undertake chosen activities.</p>	<p>4.1. Organise any required resources, adaptations and assistance to enable the individual to access chosen activities.</p> <p>4.2. Support and motivate an individual to access and undertake their chosen activities in line with own sphere of competence and national/local policy.</p> <p>4.3. Describe coping strategies that an individual may require to fulfil their chosen activities.</p> <p>4.4. Evaluate and review the effectiveness of the activities in line with national/local policy.</p> <p>4.5. Maintain clear records of advice and support given to the individual and any agreed actions in accordance with national/ local policy.</p>

Assessment

The grid below gives details of the assessment activities to be used with the unit attached. Please refer to the OCN London Assessment Definitions document for definitions of each activity and the expectations for assessment practice and evidence for verification.

P = Prescribed This assessment method *must* be used to assess all or part of the unit.

O = Optional This assessment method *could* be used to assess all or part of the unit.

Case Study	O	Project	
Written question & answer/test/exam	O	Role play/simulation	
Essay	O	Practical demonstration	P
Report		Group discussion	
Oral question and answer	O	Performance/exhibition	
Written description	O	Production of artefact	
Reflective log/diary		Practice file	