

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Personal Wellbeing in Adult Care

Unit Reference Number: A/652/0806

Level: Three (3)

Credit Value: Three (3)

Minimum Guided Learning Hours: 22

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand own wellbeing	1.1 Explain what is meant by ' personal wellbeing ', ' self-care ' and ' resilience '
	1.2 Identify factors that positively and negatively influence own wellbeing.
	1.3 Describe indicators of own wellbeing and wellbeing deterioration.
2. Understand the importance of maintaining and improving own wellbeing	2.1 Explain how own wellbeing impacts role and behaviour.
	2.2 Explain how own wellbeing impacts others .
3. Know how to maintain and improve own wellbeing	3.1 Identify strategies to maintain and improve own wellbeing.
	3.2 Describe a range of wellbeing support offers available and how to access them.
	3.3 Describe how to access professional help if needed.
4. Know how to manage own stress and anxiety	4.1 Explain what is meant by stress and anxiety.
	4.2 Recognise indicators of stress and anxiety in oneself.
	4.3 Identify factors that can trigger stress and anxiety in oneself.

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| 4.4 | Explain how stress and anxiety may affect own reactions and behaviours towards others. |
| 4.5 | Describe strategies for managing own stress and anxiety. |
| 4.6 | Describe how to access a range of support offers . |

Assessment Requirements

This unit must be assessed in accordance with Skills for Care & Development assessment principles guidance.

This is a knowledge only based unit.

Knowledge evidence may be generated outside of the work environment, but the final assessment and decision must show application of knowledge within the real work environment.

Indicative Content

LO1

AC1.1

Own wellbeing: in this context, wellbeing refers to that of the learner. Wellbeing is a broad concept referring to a person's quality of life considering health, happiness and comfort. It may include aspects of social, emotional, cultural, spiritual, intellectual, economic, physical and mental well-being.

Personal wellbeing: refers to overall physical, mental, emotional and social health and covers area such as:

- physical health (rest, nutrition, exercise, diet)
- mental health (managing anxiety and coping with demands)
- social connections (relationships, support networks)
- work life balance and job satisfaction.

Self-care: means taking active steps to prevent, protect and improve one's own wellbeing to ensure focus needed to deliver quality care: this could include setting health boundaries at work and in own personal life:

- getting enough sleep and eating a balanced diet
- asking for help when needed
- taking regular breaks and utilising annual leave
- reflecting on own emotional needs.

Resilience: is the ability to cope with pressure, recover from setbacks and adapt to change and covers area such as:

- positive thinking and self-reflection
- using support networks
- taking part in training and personal development
- practicing self-care routinely.

AC1.2

Factors: these should be specific to the learner. The learner should show consideration of environmental, physical, social and psychological factors

	inside and outside the workplace.
LO2	<p>AC2.2 Others: may include team members, other colleagues, individuals accessing care and support services, families, carers, and other professionals. Learners may also wish to consider their personal relationships.</p>
LO3	<p>AC3.1 Strategies: these should be specific to the learner. Strategies should include those that enable the learner to maintain their wellbeing as well as strategies to implement if indicators of deterioration are recognised.</p> <p>AC3.2 Support offers: accessing support offers reduces stress, prevents burnout and maintains a healthy work life balance. It also supports a learner’s personal and professional development – one of the key goals within the Care Workforce Pathway. Learners should consider offers they use as well as those they currently choose not to:</p> <ul style="list-style-type: none"> • workplace support: supervision and appraisal, employer assistance programmes (EAPs), occupational health services • professional support: unions and professional bodies • external wellbeing services • peer support and networks: team meetings, buddy systems, reflective practice groups.
LO4	<p>Stress: is a natural response to pressure or challenging situations and can have positive as well as negative effects on a person. In this context we refer to the negative impacts of stress. Examples of impact could include:</p> <ul style="list-style-type: none"> • physical impact – headaches, fatigue, sleep problems weakened immune system. • emotional and mental health impact – anxiety, low mood, feeling overwhelmed, loss of motivation. • behavioural impact – withdrawing from others and work situations, poor time management and risk of full burnout. • impact on work performance – poor communications, making mistakes and missing key details. • impact on professional standards – increased risk of breaching policies and procedures. <p>Anxiety: is a feeling of worry or fear that can become overwhelming and can affect your thoughts, emotions and ability to focus. In this context, we refer to the negative impacts.</p>