Trainee Assessment

Wellbeing and quality of life

<table>
<thead>
<tr>
<th>Unit standard</th>
<th>Version</th>
<th>Level</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>28548 Support a person's wellbeing and quality of life in a health or wellbeing setting</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

Your name: 

Your workplace: 

Your date of birth: 

National Student Number (NSN), if you know it: 

Declaration

- I was told about and understand the assessment requirements and appeals process.
- I have prepared my answers myself.
- Any evidence I have provided as my own, I produced myself.
- I understand that this assessment may be used for moderation and quality control purposes.
- I understand that when I achieve this unit standard my result will be registered with the New Zealand Qualifications Authority.

I confirm the above declaration:  Yes [ ]  No [ ]  Date: [ ]
Assessment summary (completed by assessor)

Trainee's performance summary

<table>
<thead>
<tr>
<th>Assessment tasks</th>
<th>Assessor signature</th>
<th>Date achieved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Task 1: Factors that impact on quality of life</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Task 2: Support someone's interests and activities</td>
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<td></td>
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</tbody>
</table>

Unit standard results

I have assessed the trainee and confirm the requirements have been met to demonstrate competency in:

<table>
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Assessor name: 
Assessor number: 
Signature: 
Date:
Trainee information

Before you start

- The assessor/verifier will meet with you and talk about what you need to do.
- Read through the Careerforce Qualification and Assessment Guide if you need more information about the assessment process.

As you go

- Follow instructions for each task.
- Answer all questions.

When you finish

- Make sure you have completed any parts where the assessor/verifier has said you need more work.

Appeals

If you wish to appeal against the assessment result or process, talk to your assessor. If you are still not satisfied, you can appeal to Careerforce by completing the assessment result appeal form that can be found online at www.careerforce.org.nz/contact/forms

Feedback

Careerforce regularly reviews our assessment and learning resources. As a user, we would appreciate feedback on how you found it. Feedback can be provided to Careerforce via:

- our online feedback form at www.careerforce.org.nz/contact/resource-assessment-feedback
- email to info@careerforce.org.nz
Task 1: Factors that impact on quality of life

1. What are two holistic needs of a person you support? Use their personal plan as a reference.

First holistic need: *For example, being able to go out independently.*

Second holistic need:

2. Identify factors that impact on quality of life and wellbeing.

The diagram below shows factors that can impact on someone's quality of life and wellbeing. Circle four that impact on the person’s holistic needs you identified above.
Describe how two of the factors you circled in the diagram affect the person’s holistic needs and their ability to carry out daily activities. What effect does each factor have on their quality of life and wellbeing?

An example has been done for you.

<table>
<thead>
<tr>
<th>Holistic need</th>
<th>Factor</th>
<th>Effect on their quality of life and wellbeing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: Being able to go out independently.</td>
<td>Health status</td>
<td>Because of her bad hip, Joan can’t go out shopping on her own anymore. It’s something she really enjoyed and it makes her frustrated and sad that she can’t do it.</td>
</tr>
</tbody>
</table>

**Task 1: Assessor feedback to trainee**

When the assessor agrees you have completed this task successfully, they will sign it off on the assessment summary page at the front of this assessment.
Task 2: Support someone's interests and activities

In this task, you will support a person to participate in interests and activities that are important to them.

1. Write down interests and activities that are important to a person you support.

You will find this information on the person's personal plan.

2. Identify opportunities for the person to participate in activities that they are interested in and able to do according to the information in their personal plan. Briefly describe how you have supported the person to participate in them.

*For example, Mr Barker enjoys playing indoor bowls at the local bowling club but is no longer able to drive by himself. I have arranged for Mr Barker to be picked up from his home after lunch on Tuesdays and dropped off at 5 pm so he can enjoy playing bowls with his friends without worrying how to get there and back.*
Note to verifier:
You have been asked to complete this verification as the supervisor/manager of the trainee who has investigated and promoted opportunities for a person they support to pursue interests and activities.

You need to be confident that the information they have provided is correct and that the trainee supported and promoted the interests of the person being supported.

If you agree that the trainee meets these standards, tick the boxes below. If you do not agree, discuss the requirements with the trainee. Please comment on the trainee’s performance. You may ask the trainee questions as they work to clarify their understanding of the tasks they undertake. The assessor may wish to contact you to discuss this verification.

I confirm that the trainee has supported a person to pursue interests and activities. The trainee:

<table>
<thead>
<tr>
<th></th>
<th>Please tick if you agree</th>
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<tbody>
<tr>
<td>recognised the person’s freedom of choice and abilities.</td>
<td>[ ]</td>
</tr>
<tr>
<td>listened carefully to the person and showed respect for their interests.</td>
<td>[ ]</td>
</tr>
<tr>
<td>demonstrated values and attitudes that supported the person to achieve or enhance their quality of life.</td>
<td>[ ]</td>
</tr>
<tr>
<td>used verbal and non-verbal communication when interacting with the person in a way that was appropriate to the situation or occasion and their relationship.</td>
<td>[ ]</td>
</tr>
<tr>
<td>worked in accordance with person’s personal plan and their organisation’s policies and procedures.</td>
<td>[ ]</td>
</tr>
</tbody>
</table>

Briefly describe what the trainee did to encourage a person they support to pursue an interest or activity.
Other comments:

Verifier name:  
Signature:  
Contact phone number or email:  
Designation:  
Date:  

Task 2: Assessor feedback to trainee

When the assessor agrees you have completed this task successfully, they will sign it off on the assessment summary page at the front of this assessment.