Learner’s Evidence

Tracking Log

**NCFE CACHE Level 2 Certificate in the Principles of Care Planning (601/7566/7)**

**Statement of authenticity**

Learner name:

Centre number:

Centre name:

**Signatures**

Learner: Date:

Tutor/Assessor: Date:

**Unit 01 Understanding person-centred thinking and planning (R/507/7569)**

**You will:**

Understand the principles and practice of person-centred thinking, planning and reviews

**You can:**

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| **1.1 Identify the beliefs and values on which person-centred thinking and planning is based** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.2 Define the following terms:** * **person-centred thinking**
* **person-centred planning**
* **person-centred reviews**
 |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.3 Describe the difference that person-centred thinking can make to individuals and their families** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.4 Describe examples of person-centred thinking tools** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 01 Understanding person-centred thinking and planning (R/507/7569) (cont’d)**

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| **1.5 Explain what a ‘one-page profile’ is** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.6 Describe the person-centred review process** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand the context within which person-centred thinking and planning takes place

**You can:**

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| **2.1 Outline current legislation, policy and guidance underpinning person-centred thinking and planning** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.2 Describe the relationship between person-centred planning and personalised services** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 01 Understanding person-centred thinking and planning (R/507/7569) (cont’d)**

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| **2.3 Identify ways that person-centred thinking can be used:** * **with individuals**
* **in teams.**
 |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand own role in person-centred planning, thinking and reviews

**You can:**

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| **3.1 Describe own role in person-centred thinking, planning and reviews when supporting individuals** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.2 Identify challenges that may be faced in implementing person-centred thinking, planning and reviews in own work** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.3 Describe how these challenges might be overcome** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 02 Care planning for the care worker (J/507/7570)**

**You will:**

Understand the care planning process

**You can:**

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| **1.1** **Describe the care planning process** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.2** **Explain how the person-centred care planning process differs from other forms of planning and assessment within the care planning process** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.3 Identify who should be involved in the care planning process and the person-centred care planning process** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.4 Describe the role of each person involved in the care planning process** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 02 Care planning for the care worker (J/507/7570) (cont’d)**

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| **1.5** **Describe how personal beliefs and preferences might influence the care planning process and the person-centred care planning processes** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.6 Explain the role of the individual in care planning and person-centred processes** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.7 Explain how the individual could be supported in these processes** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand the assessment process

**You can:**

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| **2.1 Explain the assessment process** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 02 Care planning for the care worker (J/507/7570) (cont’d)**

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| **2.2 Describe the role of:*** **the key worker in individual assessment**
* **the team leader in individual assessment.**
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| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.3 Outline the rights of individuals and their carers in relation to assessment** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.4 Identify the information that may be needed for the assessment process and how this might be gathered** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.5 Outline different assessment tools that can be used in the assessment process** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.6 Describe conflicts that may arise during the assessment process** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 02 Care planning for the care worker (J/507/7570) (cont’d)**

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| **2.7 Explain the role of observation** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.8 Explain how information gathered will be put together** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.9 Describe how the process might differ for a person who has diverse ways of communicating** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand the role of risk assessment in the care planning process

**You can:**

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| **3.1 Outline the process of risk assessment** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 02 Care planning for the care worker (J/507/7570) (cont’d)**

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| **3.2 Describe a range of risk assessments that may be incorporated into the care planning process** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.3 Explain how risk assessment can be used to support person-centred care** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Know how to participate in planning the delivery of care

**You can:**

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| **4.1 Describe the roles of the following in organising a care planning meeting*** **care worker**
* **key worker**
* **team leader**
* **advocate.**
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| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.2 Explain how care is planned to meet identified needs and preferences** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 02 Care planning for the care worker (J/507/7570) (cont’d)**

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| **4.3 Explain how unmet needs are identified and acted upon** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.4 Outline the individual’s role in agreeing outcomes** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand the implementation of care plans

**You can:**

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| **5.1 Explain the roles of the care worker and team leader when implementing care** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **5.2 Describe how the care plan will be put to the care team** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **5.3 Describe the role of an individual’s family and significant others in delivering care** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 02 Care planning for the care worker (J/507/7570) (cont’d)**

**You will:**

Know how to evaluate plans and processes

**You can:**

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| **6.1 Describe the roles of the following in monitoring and evaluating the effectiveness of care plans and processes:** * **care worker**
* **key worker**
* **team leader.**
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| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **6.2 Explain the importance of evaluating care against agreed outcomes** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **6.3 Describe how the care plan might be reviewed following evaluation** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **6.4 Explain the possible implications of care plans not being adhered to** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 02 Care planning for the care worker (J/507/7570) (cont’d)**

**You will:**

Understand the issues around the storage and sharing of information

**You can:**

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| **7.1 Describe how information can be stored** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **7.2 Outline aspects of the legal framework that govern the storage and sharing of information** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 03 Understanding nutrition and hydration in health and social care settings (L/507/7571)**

**You will:**

Know the principles of a balanced diet

**You can:**

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| **1.1 Outline current government nutritional guidelines for a balanced diet** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.2 List the main food groups** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.3 Identify sources of essential nutrients** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.4 Explain the importance of a balanced diet** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 03 Understanding nutrition and hydration in health and social care settings (L/507/7571) (cont’d)**

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| **1.5 Explain the impact of poor diet on health and well-being** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Know the importance of special dietary requirements in health and social care settings

**You can:**

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| **2.1 Identify instances where individuals have special dietary requirements** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.2 Outline special diets** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.3 Outline the potential risks of not following a special diet** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 03 Understanding nutrition and hydration in health and social care settings (L/507/7571) (cont’d)**

**You will:**

Understand how to plan and promote a balanced diet in health and social care settings

**You can:**

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| **3.1 Outline the factors that may affect nutritional intake in individuals** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.2 Describe how a healthy diet can be adapted for different groups** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.3 Explain why it is important to incorporate the individual’s own dietary needs and preferences** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.4 Outline ways that others can be supported to understand a healthy diet for individuals** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 03 Understanding nutrition and hydration in health and social care settings (L/507/7571) (cont’d)**

**You will:**

Understand the principles of hydration

**You can:**

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| **4.1 Explain the importance of hydration** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.2 Outline the signs of dehydration** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.3 Explain the impact of dehydration on health and well-being** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand the importance of hydration in health and social care settings

**You can:**

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| **5.1 Outline the factors that may affect hydration** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 03 Understanding nutrition and hydration in health and social care settings (L/507/7571) (cont’d)**

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| **5.2 Describe how hydration can be promoted for different groups** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Know how to prevent malnutrition

**You can:**

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| **6.1 List the signs of malnutrition** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **6.2 Describe the risk factors that may lead to malnutrition** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **6.3 Outline ways of increasing nutritional density of foods and drinks through fortification** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 03 Understanding nutrition and hydration in health and social care settings (L/507/7571) (cont’d)**

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| **6.4 Outline appropriate use of nutritional supplements** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand the need to screen and monitor nutrition and hydration

**You can:**

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| **7.1 Outline own responsibilities in relation to screening and monitoring nutrition and hydration with the individual** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **7.2 Explain actions to take when there are concerns about the nutrition and hydration of individuals** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **7.3 Explain how a care plan is used to plan, monitor and record nutrition and hydration for an individual** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 04 Principles of supporting an individual to maintain personal hygiene (R/507/7572)**

**You will:**

Understand the importance of good personal hygiene

**You can:**

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| **1.1 Explain why personal hygiene is important** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.2 Describe the effects of poor personal hygiene on health and well-being** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Know how to encourage an individual to maintain personal hygiene

**You can:**

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| **2.1 Explain how to address personal hygiene issues with an individual in a sensitive manner without imposing own values** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.2 Describe how to support an individual to develop and improve personal hygiene routines** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 04 Principles of supporting an individual to maintain personal hygiene (R/507/7572) (cont’d)**

**You will:**

Know how to support an individual to maintain personal hygiene

**You can:**

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| **3.1 Identify factors that contribute to good personal hygiene** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.2 Explain how to support the preferences and needs of the individual while maintaining their independence** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.3 Describe how to maintain dignity of an individual when supporting intimate personal hygiene** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.4 Describe risks to own health in supporting personal hygiene routines** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 04 Principles of supporting an individual to maintain personal hygiene (R/507/7572) (cont’d)**

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| **3.5 Describe how to reduce risks to own health** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.6 Identify others that may be involved in supporting an individual to maintain personal hygiene** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.7 Describe potential adverse reactions to personal hygiene activities and how these should be dealt with and reported** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand when poor hygiene may be an indicator of other underlying personal issues

**You can:**

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| **4.1 Identify underlying personal issues that may be a cause of poor personal hygiene** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 04 Principles of supporting an individual to maintain personal hygiene (R/507/7572) (cont’d)**

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| **4.2 Describe how underlying personal issues might be addressed** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 05 Understanding continence care (D/507/7574)**

**You will:**

Know the body’s waste functions

**You can:**

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| **1.1 Identify the excretory systems** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.2 Describe normal body wastes and how they are eliminated** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand the reasons for incontinence

**You can:**

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| **2.1 Describe possible reasons for incontinence** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.2 Describe the different types of urinary and faecal incontinence** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 05 Understanding continence care (D/507/7574) (cont’d)**

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| **2.3 Explain the importance of knowing an individual’s normal pattern of urinary and bowel movements** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Know ways of promoting continence

**You can:**

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| **3.1 Explain good practice in promoting continence** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.2 Describe the role of diet and fluids on continence** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.3 Explain the role of exercise and activity on continence** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 05 Understanding continence care (D/507/7574) (cont’d)**

**You will:**

Understand how an individual’s choices and preferences affect continence care

**You can:**

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| **4.1 Explain the importance of getting an individual’s agreement on the levels of assistance required and the expressions to be used** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.2 Explain how personal beliefs and preferences may have an effect on cleansing and toileting care** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.3 Give reasons for dealing with continence in a sensitive manner** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.4 Explain why individuals should be as self-managing as possible and how this should be recorded in the plan of care** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 05 Understanding continence care (D/507/7574) (cont’d)**

**You will:**

Understand the use of various facilities and aids for continence care

**You can:**

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| **5.1 List the facilities and aids that can be provided for individuals** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **5.2 Describe the range of assistance that might be required and why these might differ** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **5.3 Explain why an individual should be left with a means of summoning help** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **5.4 Identify any limitations that may need to be considered** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **5.5 Explain why facilities should be kept clean and comfortable** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 05 Understanding continence care (D/507/7574) (cont’d)**

**You will:**

Know how to deal with body wastes and the abnormalities that might need reporting

**You can:**

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| **6.1 Explain why it is important to monitor, report and record abnormal patterns of body waste** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **6.2 Describe appropriate methods for disposing of body waste** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **6.3 Explain why changes in body wastes should be monitored, reported and recorded** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Know infection control requirements related to dealing with body waste

**You can:**

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| **7.1 Describe appropriate methods of dealing with spills of body waste** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 05 Understanding continence care (D/507/7574) (cont’d)**

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| **7.2 Describe infection control issues when dealing with body waste** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **7.3 Describe how materials contaminated by body waste should be dealt with** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 06 Principles of supporting sleep (H/507/7575)**

**You will:**

Understand the importance of sleep

**You can:**

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| **1.1 Explain how sleep contributes to an individual’s well-being** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.2 Identify reasons why an individual may find it hard to sleep** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.3 Describe the possible short-term and long-term effects on an individual who is unable to sleep well** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |

**You will:**

2 Know how to establish conditions suitable for sleep

**You can:**

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| **2.1 Describe conditions likely to be suitable for sleep** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 06 Principles of supporting sleep (H/507/7575) (cont’d)**

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| **2.2 Give examples of how to minimise aspects of the environment likely to make sleep difficult for an individual** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.3 Describe actions to take if the behaviour or movement of self or others hinders an individual’s ability to sleep** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Know how to assist an individual to sleep

**You can:**

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| **3.1 Explain the importance of a holistic approach to assisting sleep** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.2 Describe ways to assist an individual to find a position for sleep consistent with their plan of care** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 06 Principles of supporting sleep (H/507/7575) (cont’d)**

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| **3.3 Identify aids to support sleep** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.4 Explain how observations relating to the individual’s sleep and the assistance given can be recorded** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Know how to access information and advice about difficulties with sleep

**You can:**

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| **4.1 Describe situations in which additional information or assistance about sleep would be needed** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.2 Explain how to access additional information and assistance to support sleep** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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