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| **Standard 5: Work in a person centred way**  |
| **Outcome –** **The learner is able to:**  | **Assessment – The learner must:**  |
|  **5.1** **Understand person** **centred values**  | 5.1a Describe how to put **person-centred values** into practice in their day-to-day work  5.1b Describe why it is important to work in a way that promotes person centred values when providing support to **individuals**  5.1c Identify ways to promote dignity in their day-to-day work  |
|  **5.2** **Understand working in a** **person** **centred way**  | 5.2a Describe the importance of finding out the history, preferences, wishes and **needs** of **the individual**  5.2b Explain why the changing **needs** of **an individual** must be reflected in their care and/or support plan  5.2c Explain the importance of supporting **individuals** to plan for their future **wellbeing** and fulfilment, including end-of-life care  |
|  **5.3** **Demonstrate awareness of** **the individuals immediate** **environment and make** **changes to address** **factors that** **may be causing** **discomfort or distress**  | 5.3a Take appropriate steps to remove or minimise the environmental factors causing the discomfort or distress. This could include:  * Lighting
* Noise
* Temperature
* Unpleasant odours

 5.3b **Report** any concerns they have to the relevant person. This could include:  * Senior member of staff
* Carer
* Family member
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|  **5.4 Make others aware of any actions they may be undertaking** **that are causing discomfort or distress to individuals**  | 5.4a Raise any concerns directly with **the individual** concerned  5.4b Raise any concern with their supervisor/ manager  5.4c Raise any concerns via other channels or systems e.g. at team meetings  |

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|  **5.5 Support individuals to minimise pain or discomfort**  | 5.5a Ensure that where **individuals** have restricted movement or mobility that they are comfortable.  5.5b Recognise the signs that **an individual** is in pain or discomfort. This could include:  * Verbal **reporting** from **the individual**
* Non-verbal **communication**
* Changes in behaviour

 5.5c Take appropriate action where there is pain or discomfort. This could include:  * Re-positioning
* **Reporting** to a more senior member of staff
* Giving prescribed pain relief medication
* Ensure equipment or medical devices are working properly or in the correct position e.g. wheelchairs, prosthetics, catheter tubes

 5.5d Remove or minimise any environmental factors causing pain or discomfort. These could include:  * Wet or soiled clothing or bed linen
* Poorly positioned lighting
* Noise
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|  **5.6 Support the individual to maintain their identity** **and self- esteem**  | 5.6a Explain how **individual** identity and self-esteem are linked to emotional and spiritual **wellbeing**  5.6b Demonstrate that their own attitudes and behaviours promote emotional and spiritual **wellbeing**  5.6c Support and encourage **individuals** own sense of identity and self-esteem  5.6d **Report** any concerns about **the individual’s** emotional and spiritual **wellbeing** to the appropriate person. This could include:  * Senior member of staff
* Carer
* Family member
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|  **5.7 Support the individual using person centred values**  | 5.7a Demonstrate that their actions promote person centred values including:  * individuality
* independence
* privacy
* partnership
* choice  dignity
* respect
* rights
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