

**Student** 118966 - Jaspreet Kaur  
**Intake** 2021 VIC CA C4AS MASTER - VIC 2021\_Certificate IV in Ageing Support  
**Assessment** CHCCCS023 - 2; Assessment Workbook - Support Independence and Well Being  
**Revision** 3  
**Attempt #** 2

**Status** Submitted

**Assessed By**

Information

## GENERAL INFORMATION ABOUT THIS ASSESSMENT WORKBOOK

Please review the attached Document

 [1\\_-Information-Regarding-this-Assessment-Tool-V1\\_0-Mar20.pdf](#)

## INSTRUCTIONS TO STUDENTS – HOW TO USE THIS TOOL

Please review the attached Document

 [2\\_-Instructions-to-Students-\\_-How-to-use-this-Tool-V1\\_0-Mar20.pdf](#)

### STUDENTS PLEASE NOTE:

- Your suitability for this program has been determined at your Pre Training Review and again at Enrolment. If at any point you feel that this program is not suitable you are able to withdraw at any time. If this is the case please notify your trainer.
- A zero tolerance to cheating and plagiarism is taken with InterCare Training.
- If you the student are found to have cheated on any forms of assessment, including plagiarism of another's work, you will be required to re-sit an alternative assessment under the supervision of an assessor to confirm competence in this unit.
- You must satisfy the requirements for competency within this Assessment Workbook to achieve a competency outcome.

**It is highly recommend that you keep a copy of all assessment work that you submit.**

**Evidence provided by you is retained for our records and not returned to you.**

## INDIVIDUAL ASSESSMENT MODES

The attached documentation provides information relating to the assessment.

Please review the attached Document

 [3\\_-Individual-Assessment-Modes-V1\\_0-Mar20.pdf](#)

## LEARNING GUIDES

Primary resource, Please review the attached document

 [02\\_CHCCCS023-Support-independence-and-wellbeing-\\_-Resource-\\_-InterCare.pdf](#)

## POWERPOINT PRESENTATION

 [01\\_CHCCCS023-Support-independence-and-wellbeing-\\_-PowerPoint-Presentation.pdf](#)

## STUDENT ASSESSMENT DECLARATION

- ☒ I have undertaken sufficient activities within this unit of competency and I am ready to attempt the assessment required to demonstrate competency.
- ☒ I understand the assessment framework and requirements that will be used by an Assessor to make a formal judgement of my competency
- ☒ The work that I have submitted in this Assessment Workbook is my own.
- ☒ I understand that it is my responsibility to make a copy of my Assessment Workbook and any additional assessment evidence for my own records prior to submitting to my Assessor for marking.
- ☒ I understand the re-assessment process that will be followed if I am unsuccessful in gaining a satisfactory result in the required Assessment Modes.

### Student Declaration

Please tick the box below to confirm all of the information above

- ☒ I confirm all of the above

### Student Signature

If able please sign below:



## ASSESSMENT MODE ONE

### Assessment Mode Instructions:

Carefully read the assessment task requirements detailed below and complete as instructed. Completed Project and the required work sample evidence will need to be attached in the required section of this assessment.

Please ask your Assessor to clarify if needed.

The following Assessment tasks are individual assessment and **no group work is permitted**.

Assessment extensions can **only** be authorised by your Trainer.

Upon completion of this Assessment Mode's requirements, the Assessor must complete and sign the Assessment Mode Record of Result.

Student is also required to sign to confirmation feedback and understanding of Assessment outcome.

### Assessment Task 1:

#### Support services resource file



1.

Using the internet research and create a local community contact resource list. Record at least two (2) different services for each category listed in the table below.

***The required response is two (2) examples for each of the programs listed***

Programs	Services available in the community
Social activities	Our 60's friendship group, 40 club
Cultural activities	Food lover tools, cultural tool, culture heritage, emotional well being services
Emotional Wellbeing	Meditation and mindfulness for seniors
Exercise Lifestyle Programs	Fun exercise community centre for seniors
Learning opportunities	Internet and computer skills for seniors

### Evidence Upload

Alternatively you are able to upload your completed local community contact resource list here, if required.

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**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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**Assessment Task 2:**

**Recognise and support individual differences**



**1.**

Describe five (5) individual differences, how these may be interrelated and the impact they can have on support provided?

***The required response five (5) examples and approximately 15 – 30 words or 1 – 3 detailed bullet points for each***

Language barrier, Cultural differences, Spiritual and religion differences, social differences. All these differences play a great role in a good

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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**2.**

Why is it important to recognise and respect a person's social, cultural and spiritual differences?

***The suggested response for the following is approximately 15 - 30 words or 1 - 3 detailed bullet points***

If people can celebrate their differences, they can work together to move forward and develop. They can recognise alternative beliefs and accept them. It is a right of everyone to be treated with respect.

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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3.

What client considerations must you make when engaging in support activities?

**The suggested response for the following is approximately 20 - 40 words or 2 - 3 detailed bullet points**

1. Client capabilities - It is important to know the strength level of the client before engaging them in any support activities and it can be done by daily observation and by talking to client.
2. Need to consider Age and mental state - It is important to check these factors because at a certain age people are not able to engage in some activities which can hurt them physically and will be beyond their strength. Also, it is hard for a person to do any activities if they have any mental issues which can also cause any risk to their overall health.

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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4.

How can you support the client to express their own identity and preferences?

**The suggested response for the following is approximately 20 - 40 words or 2 - 3 detailed bullet points**

1. Ask them - if they want to share anything or something is in their heart.
2. Listen carefully - If client is sharing something with you listen to it carefully and make them feel that you are interested in talk.
3. Respect their choices - everyone has different choices which may we not like but always make sure to respect their choices and make them feel good.

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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Assessment Task 3:

**Promote independence**



1.

List six (6) types of services that people may access, either in their own home or in residential aged care. These may be services that meet any current or future needs.

**The required response is six (6) detailed examples**

1. NDIS
2. Personal care services
3. Housekeeping
4. Cleaning
5. Meals on Wheels
6. Personal Safety Alarms

**Assessors Comments (\* if applicable)**

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None

✓ Satisfactory

✗ Not Satisfactory

2.

Explain how you could make the person feel safe, secure and comfortable in their own home or in residential aged care.

**The required response for the following is three (3) examples and approximately 15 – 30 words for each**

1. Knock the door when coming in - It is important to make the clients feel secure by alerting them that you want to enter into their room. Take their permission before entering so that they feel that their privacy is not impacted.
2. Take Permission - Before doing anything for your client or in their room, always take their permission.
3. Personalising room - Always encourage your clients to make changes in their room as per their choice so that they know that their choices are not sacrificed.

**Assessors Comments (\* if applicable)**

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None

✓ Satisfactory

✗ Not Satisfactory

3.

List six (6) aids that a person may need to assist them to maintain independence.

**The required response for the following is six (6) detailed examples**

1. Walking stick
2. Walking Frame
3. Hearing aid
4. Glasses
5. Heat Protector
6. Dentures

**Assessors Comments (\* if applicable)**

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None

✓ Satisfactory

✗ Not Satisfactory

4.

How can these aids be accessed?

**The suggested response for the following is approximately 20 - 40 words or 2 - 3 detailed bullet points**

The previous mentioned aids can be accessed from a large clinics, pharmacies, can buy from a independent Australia, Hearing aids Australia, Dentures from dental clinic, glasses from optmist.

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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5.

How could you effectively communicate and consult with the people you are working with?

**The suggested response for the following is approximately 20 - 40 words or 2 - 3 detailed bullet points**

Be patient, Be a good listener, trustworthy person, always get their consent before doing anything related to them.

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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Assessment Task 4:



Mr Gippetti is an affluent 69 year old Italian man who recently lost his wife due to a heart attack.

Mr Gippetti had been living in his own home with his wife, who had been attending to most of the household duties and assisting him with his activities of daily living as needed.

Mr Gippetti is no longer able to care for himself independently and is grieving for his wife.

The Gippetti's had no children and have no living relatives in Australia, however there were very involved with the Italian community.

1.

Briefly describe three (3) processes that need to be followed up to access the services Mr Gippetti needs to provide him with the assistance he requires.

**The required response for the following is three (3) detailed examples**

1. Age care assessment - It is required to know what kind of assistance client needs.
2. Environmental assessment - It is required to know if his own home is safe for him.
3. Financial assessment - Income and assets assessments is important to know if he is eligible to get any assistance such as accommodation.

**Assessors Comments (\* if applicable)**

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None

✓ Satisfactory

✗ Not Satisfactory

2.

How might you assist and support Mr Gippetti's social and cultural needs?

**The suggested response for the following is approximately 30 - 50 words or 2 - 3 detailed bullet points**

Help him to get involved in the activities by encouraging to go out. Talk to him about his culture and what he likes to do such as any activities if he loves to do which can make him happy. Encourage him to join the cultural functions so that he can feel good and start enjoying the life again.

**Assessors Comments (\* if applicable)**

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None

✓ Satisfactory

✗ Not Satisfactory

3.

Considering Mr Gippetti's emotional state, what are some of the things you will need to consider when discussing a plan of care for Mr Gippetti?

**The suggested response for the following is approximately 20 - 40 words or 2 - 3 detailed bullet points**

1. Grieving - While making care plan it is important to consider that he is still going through the pain of loss of his wife.
2. Loneliness - As he has no family and relatives here it is really very important to consider that he feels alone, include anything in his plan which can help him not to feel lonely.
3. Mental state - It is the critical factor to consider because it is important to make him feel good and not to hurt his feelings by making him feel alone.
4. Language barrier - Not everyone has same language so try to know more about his language to make him feel connected.

**Assessors Comments (\* if applicable)**

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None

✓ Satisfactory

✗ Not Satisfactory

4.

If the provider no longer met Mr Gippetti's needs, what options may they need to consider?

**The suggested response for the following is approximately 20 - 40 words or 1 - 3 detailed bullet points**

If he is not happy with his current provider and they are not able to satisfy his needs then help him to find a new provider for him where he can feel good. It can be done by re-assessing his needs and documenting what are his needs.



**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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5.

When providing information to another service provider, how do you ensure Mr Gippetti's privacy and confidentiality is maintained?

***The suggested response for the following is approximately 20 - 40 words***

It is important to get his consent so that he will not feel insecure and if he agrees to share his information then only provide information to the appropriate person.

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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6.

List two (2) support services that Mr Gippetti can access to assist with his grief?

***The required response for the following is two (2) detailed examples***

1. Counselling
2. Lifeline
3. Australian center for grief and bereavement

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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7.

Briefly outline your duty of care in terms of privacy and confidentiality when assisting Mr Gippetti.

***The suggested response for the following is approximately 20 - 40 words or 2 - 3 detailed bullet points***

As a worker it is my duty of care to not gossip about any client with other co-workers. If I am assisting any client I should make sure that I will not share any client's personal information with any one without their consent and if not required to share.

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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8.

What aids and / or support can be used to assist older people undertake activities of living independently?

**The suggested response for the following is approximately 20 - 40 words or 2 - 4 detailed bullet points**

Mobility aids such as Wheel chair to go out, walking frames to support them while walking, shower chair for help in bath. All these aids can assist them and make them feel that they are still independent and can undertake some of the daily activities.

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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9.

What is required to encourage Mr Gippetto to build, strengthen and maintain his independence?

**The suggested response for the following is approximately 10 - 30 words or 1 - 3 detailed bullet points**

1. Communication is very important with him to know what he feels.
2. He needs encouragement to do activities which he was used to enjoy and it can be done by knowing what he likes and then start involving him slowly in those activities.
3. Encourage him to participate in social life by taking him out to any functions and cultural events.

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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Assessment Task 5:

### Support Physical Wellbeing



Mrs Roberts, 82 years old, lives with her pet cat in a three bedroom home. There are stairs to the front and back of the house and a large yard and garden area. She has lived in the same area for 60 years, is widowed and has no family in the immediate area.

Mrs Roberts has:

- Arthritis in her hands and knees
- Is diabetic – diet controlled
- Has some vision impairment

1.

How would you encourage and support Mrs Roberts to maintain a healthy lifestyle?

**The suggested response for the following is approximately 30 - 50 words or 3 - 5 detailed bullet points**

I would encourage her to go out from the home with the help of wheelchair or a stand to walk if she is not confident to walk due to pain as a result of arthritis. I would also try to engage her in the local community clubs so that she can not feel lonely and not feel depressed.

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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2.

Identify and list the potential hazards / risks for Mrs Roberts.

**The suggested response for the following is approximately 30 - 50 words or 3 - 5 detailed bullet points**

1. Risk of fall due to low vision.
2. Risk due to diabetes.
3. Risk of fall from stairs.
4. Risk of taking the wrong medication.

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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On your recent visit to Mrs Roberts, you found her physical condition to be impacted by a recent fall. During the visit she was quiet and withdrawn, she had lost a lot of weight and her home was quite messy. When talking with Mrs Roberts she mentioned she was having considerable difficulty using the stairs in and out of her home and she did not get up and show you around the garden as per usual.

3.

Considering this change in Mrs Roberts, what action/s would you need to take?

**The suggested response for the following is approximately 20 - 40 words or 2 - 3 detailed bullet points**

After observing continuous changes in her, as a worker I will document all the changes and then report it to the supervisor to get a possible solution.

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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4.

If the situation was beyond the scope of your role who would you report to?

**The suggested response for the following is approximately 10 - 30 words or 1 - 3 detailed bullet points**

Case manager, Supervisor, report to the person in charge, team leader.

### Assessors Comments (\* if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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Assessment Task 6:

### Support social, emotional and psychological wellbeing



1.

How do you promote a client's self-esteem and confidence?

***The suggested response for the following is approximately 30 - 50 words or 3 - 5 detailed bullet points***

To increase their self-esteem and confidence it is important to encourage them to do the things which they can still do and praise them for every activity. Always encourage them to participate in the activities if they want to do but avoiding because of low confidence.

### Assessors Comments (\* if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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2.

What factors contribute to a client's sense of security?

***The suggested response for the following is approximately 30 - 50 words or 2 - 5 detailed bullet points***

1. Same environment - To make client feel secure it is required to provide them with a similar environment if they are not at home.
2. Same routine - If client is able to do any daily routine activities then allow them to do to make them feel that they are not missing anything.
3. Be friendly with them - Try to talk to your clients and know their choices.
4. Respect their privacy - Always make sure that you are not breaching their privacy in anyway.

### Assessors Comments (\* if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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3.

How do you encourage and facilitate a client's participation in social, cultural and spiritual activities?

**The suggested response for the following is approximately 20 - 50 words or 2 - 5 detailed bullet points**

In order to encourage client to involve in any kind of activities talk to them about what they like, talk more about their cultural and spiritual activities and then start involving them in the occasions which they like.

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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4.

Identify and list three (3) aspects of supporting a person's wellbeing outside the general role of a PCA and how you would access appropriate support.

**The required response for the following is three (3) examples and approximately 15 – 30 words per response**

1. Research their interests according to their culture.
2. Involve them in community to make friends.
3. Find out if they like to do the practice of worship, sometimes spiritual belief is important for some people.

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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5.

Upon your initial visit with a new client you are extremely concerned with the interactions with her daughter, who is her full time carer. She appears to be quite verbally abusive and your client cowers when her daughter approaches her. You have not had to deal with this situation before, what should you do?

**The suggested response for the following is approximately 20 - 50 words or 2 - 5 detailed bullet points**

1. Observe - I will observe the whole situation before making any judgement.
2. Monitor - I will find out how and when she not behaves good.
3. Documents - Once I find out what is going on then I will document everything.
4. Report - To help the client I will provide all this information to my supervisor or team leader.

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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6.

What are the legal and ethical requirements in this situation and how are these applied in an organisation?

**The suggested response for the following is approximately 20 - 50 words or 2 - 5 detailed bullet points**

As a worker I am not authorised to take any direct action so I need to follow the legal guidelines. I will make sure to observe the actions of the carer and the response of the client. I have to document it properly and note down everything and will report to the right person such as my supervisor, manager or a nurse in charge in organisation so that they can take further action to make the client safe.

### Assessors Comments (\* if applicable)

please correct the part of your answer on not being able to verbally report this - you must report your concerns - to who?

None	✓ Satisfactory	✗ Not Satisfactory
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### Assessment Task 7:



James is an 80 year old gay man who has recently entered aged care due to a stroke. His long term partner Gary visits every second day. James has limited speech and movement and is extremely withdrawn, however when Gary arrives and cuddles him, his face lights up and tears roll down his face. James insists on wearing the colour pink and becomes extremely agitated if anyone dresses him in anything else.

James has become a topic of discussion around the facility amongst other clients.

1.

What considerations are required when caring for James?

**The suggested response for the following is approximately 20 - 50 words or 2 - 5 detailed bullet points**

We should respect his choices and will allow him to wear what he likes. We have no right to decide what he can wear or no. We have to make sure that he is getting the respect which is his right and no one can treat or bully him because of his personality.

### Assessors Comments (\* if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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2.

Describe how you would communicate with James considering his limited speech.

**The suggested response for the following is approximately 20 - 50 words or 2 - 5 detailed bullet points**

I would try to use hand gestures and facial expression to communicate with him and make him feel more connected. He can listen but by using gestures he can feel good and will be able to share what he feels. I can also use drawings if he is not able to understand gestures. I will use closed questions, will be more patient with him, will use kind voice and can use eye contact as well. At the end, I will make sure to adapt the method which can make him feel connected and he can share whatever he wants.

### Assessors Comments (\* if applicable)

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None

✓ Satisfactory

✗ Not Satisfactory

3.

How would you facilitate James's participation in activities?

**The suggested response for the following is approximately 20 - 40 words or 2 - 3 detailed bullet points**

As he is not able to move properly I will encourage him to use a wheelchair and will take him out in the balcony or in garden so that he can feel fresh and communicate with the other residents. I will talk to him about the activities which he likes to do and will involve him in the activities.

**Assessors Comments (\* if applicable)**

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None

✓ Satisfactory

✗ Not Satisfactory

4.

What is required to encourage James to build, strengthen and maintain his independence?

**The suggested response for the following is approximately 20 - 40 words or 2 - 3 detailed bullet points**

It is very important to make him feel that he is a good person and everyone respects his choices and personality. If he feels safe around the other people then he will automatically feel good and stay happy. This will also encourage his strength as he will be more open to talk about his feelings to the people.

**Assessors Comments (\* if applicable)**

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None

✓ Satisfactory

✗ Not Satisfactory

5.

Why is it important to encourage James to interact with other residents?

**The suggested response for the following is approximately 20 - 40 words or 2 - 3 detailed bullet points**

If he disconnects with everyone then he will start feeling lonely which can lead to a depression and anxiety. At his age, it is really very important that he will not feel alone otherwise it will put a bad impact on his mental well being and physical health as well.

**Assessors Comments (\* if applicable)**

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None

✓ Satisfactory

✗ Not Satisfactory

6.

How would you contribute to James's sense of security?

**The suggested response for the following is approximately 20 - 40 words or 2 - 3 detailed bullet points**

I will make sure that his privacy and confidentiality will be respected. I will accomplish him for his choices and will encourage him to wear what he wants. I will ask him before entering his room and before doing anything for him so that he can feel that he is secure.

**Assessors Comments (\* if applicable)**

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None

✓ Satisfactory

✗ Not Satisfactory

7.

What are the issues surrounding James's sexuality and sexual expression?

**The suggested response for the following is approximately 20 - 40 words or 2 - 3 detailed bullet points**

Due to his unique personality some resident or staff can make him feel alone or bad which is not a right thing as a human being. He can be abused by judgements and discriminated. Some people can ignore him or make fun of him due to his personality.

**Assessors Comments (\* if applicable)**

It is not really 'his personality' that they are discriminating and making fun of - it is likely that it is his sexuality.

None

✓ Satisfactory

✗ Not Satisfactory

8.

What impact does this have on community values and attitudes?

**The suggested response for the following is approximately 20 - 40 words or 2 - 3 detailed bullet points**

He has a full right to live life of his own choices and no one can impose their wishes on him. If he is not harming anyone and disrespecting anyone he will not be putting any bad impact on community values and attitudes. So people should respect him.

**Assessors Comments (\* if applicable)**

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None

✓ Satisfactory

✗ Not Satisfactory

9.

How do these issues impact on James's health and well being?

**The suggested response for the following is approximately 20 - 40 words or 1 - 3 detailed bullet points**

James can start spending more time in his room due to sense of fear and he may start feeling that people do not like him due to which he can isolate himself. He will avoid to communicate with anyone for his feelings and which will lead to a depression, suicidal thoughts, weight loss and other health issues due to his old age.

**Assessors Comments (\* if applicable)**

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None

✓ Satisfactory

✗ Not Satisfactory

10.

What support strategies, resources and networks could assist James?

**The suggested response for the following is approximately 20 - 40 words or 2 - 3 detailed bullet points**

LGBT Community Online, Blue Organisations, Stroke Foundations, Australian Psychological Society.



**Assessors Comments (\* if applicable)**

\*beyond blue (not blue organisation)

None	✓ Satisfactory	✗ Not Satisfactory
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Assessment Task 8:

**Skills and knowledge**



1.

List the five (5) basic human needs.

***The required response for the following is five (5) responses***

1. Physiological
2. Safety
3. Love/Belonging
4. Esteem
5. Self - actualisation

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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2.

What is the concept of self-actualisation?

***The suggested response for the following is approximately 20 - 50 words***

Morality, Creativity, Spontaneity, Problem Solving, Lack of prejudice, acceptance of facts.

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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3.

Briefly detail the human development across the lifespan.

**The suggested response for the following is 8 stages**

1. Trust vs mistrust (Infant)
2. Autonomy vs shame and doubt (toddler)
3. Initiative vs guilt (early childhood)
4. Industry vs Inferiority (middle childhood)
5. Identify vs confusion (adolescence)
6. Intimacy vs Isolation (young adulthood)
7. Generativity vs stagnation (middle age)
8. Integrity vs disappear (old age)

**Assessors Comments (\* if applicable)**

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None

✓ Satisfactory

✗ Not Satisfactory

4.

What does a person's well being incorporate? List seven (7) aspects.

**The required response for the following is seven (7) detailed examples**

1. Spiritual - Finding meaning and purpose in life.
2. Emotional - how we feel about ourselves
3. Cultural - our sense of belonging
4. Religious - our faith and beliefs
5. Social - our relationships
6. Physical - leading an active life
7. Mental - realising our potential and ability to contribute to society.

**Assessors Comments (\* if applicable)**

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None

✓ Satisfactory

✗ Not Satisfactory

5.

List four (4) issues that can impact on an aged person's health and wellbeing.

**The required response for the following is four (4) detailed examples**

1. Less mobility
2. Isolation
3. Emotional Stress
4. Lack of Sleep
5. Hearing and visioning

**Assessors Comments (\* if applicable)**

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None

✓ Satisfactory

✗ Not Satisfactory

6.

What do the basic requirements for a person's good health include? List six (6).

**The required response for the following is six (6) detailed examples**

1. Good diet
2. Physical activities
3. Good Hygiene
4. Good Sleep
5. Maintaining a healthy weight
6. Good mental health

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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7.

List four (4) mental health issues and the risks they present and protective factors required.

**The required response for the following is four (4) detailed examples with approximately 15 – 30 words for each**

1. Anxiety disorder - Pounding heart, difficulty breathing, upset stomach, muscle tension.
2. Depression -
3. OCD
4. Personality disorder

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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8.

What are the indicators of neglect or abuse? List four (4).

**The required response for the following is four (4) detailed examples**

1. Torn, stained or bloody underclothing.
2. Being left dirty or unbathed.
3. Threatening, belittling, or controlling caregiver behaviour.
4. Unexplained signs of injury, such as bruises, welts or scars.

**Assessors Comments (\* if applicable)**

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None	✓ Satisfactory	✗ Not Satisfactory
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9.

Explain the reporting requirements in these instances.

**The suggested response for the following is approximately 20 - 50 words**

1. Observe - I will observe the whole situation before making any judgement.
2. Monitor - I will find out how and when she not behaves good.
3. Documents - Once I find out what is going on then I will document everything.
4. Report - To help the client I will provide all this information to my supervisor or team leader.

**Assessors Comments (\* if applicable)**

.

-

None

✓ Satisfactory

✗ Not Satisfactory

10.

Briefly detail the service delivery models and standards and the relevant funding models.

**The suggested response for the following is approximately 30 - 50 words and/or 3 – 5 detailed bullet points**

1. Personalised approaches to planning, design and implementations, with the person (and their family and carers ) at the centre of decision making.
2. Genuine choices and decision making by the people about the supports and services they use.
3. The option for people for using the services to determine the level of information and the control they have over resources and funding.

**Assessor Comments (\*if applicable)**

-

None

✓ Satisfactory

✗ Not Satisfactory

Assessment Complete

# Well Done!

**You have now completed  
all the Assessment Tasks  
in this workbook.**

**Your Trainer will advise  
you on the next step in  
completing your course.**

Please note that the following pages in this workbook are  
Work Sample Evidence, Reasonable Adjustment,  
Feedback on the Assessments and Overall Mode One  
Assessment Outcome, these are only to  
be completed if required.

**Please click below to save and  
submit this workbook.**

### Evidence Upload for Work Sample

Here you are able to upload evidence of your work sample, this can be photographs, video or audio evidence along with any file required.

-

### Work Sample Evidence

Please identify the evidence that you upload in the table below

Attachment Number	Attachment Description	Attached Yes	Attached No
1.	-	<input type="checkbox"/>	<input type="checkbox"/>
2.	-	<input type="checkbox"/>	<input type="checkbox"/>
3.	-	<input type="checkbox"/>	<input type="checkbox"/>
4.	-	<input type="checkbox"/>	<input type="checkbox"/>
5.	-	<input type="checkbox"/>	<input type="checkbox"/>

### Students Comments

-

### Assessors Comments (\* if applicable)

Excellent start to this unit Jaspreet - just one task to please correct and resubmit.

Reasonable Adjustment Information

### Reasonable Adjustment Information

Reasonable Adjustment details applied to this student

### Confirmation of verbal responses if required

☐ I declare that the student and I have verbally answered, clarified and provided the responses as listed above.

### Verbal Response Upload

A audio recording along with any support evidence if required can be uploaded to the training record here.

-

### What reasonable adjustment was made:

-

**Why this adjustment was made:**

-

**Assessor Declaration**

☐ I confirm that the reasonable adjusts have been made as listed above.

**Assessor Signature**

If able please sign below:



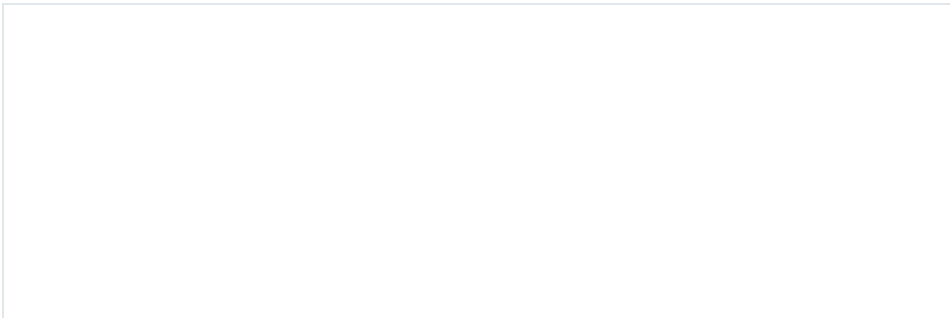


**Student Declaration**

☐ I agree with the reasonable adjustment made as listed above and I was consulted in the adjustments made to suit my individual needs.

**Student Signature**

If able please sign below:



**Feedback on the Assessments**

**Feedback Form Instructions:**

In an effort to continuously improve our Assessments, please feel free to document any feedback or suggestions you may have.

This feedback will be used by our programs and quality teams for further review and consideration.

**Feedback:**

-

**Overall Mode One Assessment Outcome**

Assessment Guide

Assessment Guide	
Satisfactory Outcome	The Assessor has reviewed the Assessment Workbook against the requirements of the Assessment Mode and is satisfied that all requirements have been met.
Not Satisfactory Outcome	The Assessor has reviewed the Assessment Workbook against the requirements of the Assessment Mode and is not satisfied that all requirements have been met.

Student Instructions

You are able to SAVE this assessment if required and this will allow you continue to make changes,  
Once complete please SUBMIT this assessment.

Overall Assessment Outcome

None