**Unit 9 Importance of Health and Wellbeing L/650/2306**

**Activity 131**

Describe the relationship between identity, self-image and self-esteem and the impact this can have on an individual’s well-being.

|  |
| --- |
|  |

*Assessment Criteria 1.1*

**Activity 132**

Outline factors that positive and negatively influence the individuals’ wellbeing.

|  |
| --- |
|  |

*Assessment Criteria 1.2*

**Activity 133**

Explain the range of services and resources available to support individuals’ wellbeing and how to access this.

|  |
| --- |
|  |

*Assessment Criteria 1.3*

**Activity 134**

Explain how an individuals’ wellbeing may affect their behaviours and relationships.

|  |
| --- |
|  |

*Assessment Criteria 1.4*

**Activity 135**

Describe how to engage and involve individuals in monitoring their own health and well-being.

|  |
| --- |
|  |

*Assessment Criteria 2.1*

**Activity 136**

Explain the early indicators of physical and mental health deterioration.

|  |
| --- |
|  |

*Assessment Criteria 2.2*

**Activity 137**

Describe how to escalate concerns about an individual’s health deterioration, and to whom.

|  |
| --- |
|  |

*Assessment Criteria 2.3*

**Activity 138**

Engage and involve individuals in understanding and monitoring their health and well-being.

***See Witness Testimony for Unit 9***

*Assessment Criteria 3.1*

**Activity 139**

Demonstrate the use of appropriate tools to monitor and report changes in health and well-being.

***See Witness Testimony for Unit 9***

*Assessment Criteria 3.2*

**Activity 140**

Record observations of health and well-being and take appropriate action.

***See Witness Testimony for Unit 9***

*Assessment Criteria 3.3*

**Activity 141**

Support an individual in a way that promotes their sense of identity, self-image, and self-esteem.

***See Witness Testimony for Unit 9***

*Assessment Criteria 4.1*

**Activity 142**

Demonstrate ways to contribute to an environment that promotes wellbeing.

***See Witness Testimony for Unit 9***

*Assessment Criteria 4.2*

**Activity 143**

Demonstrate a person-centred approach to working with individuals and others to improve individuals’ health and wellbeing.

***See Witness Testimony for Unit 9***

*Assessment Criteria 4.3*

**Reference list / bibliography**

Please list your sources of information in the box below. This includes anywhere you have accessed to gain the information required to answer the questions. At level 3 and above, it is expected that you read widely, and we would recommend that you include at least 3 references. These can be any books you have read, websites you have accessed or the NCC materials. Please try to reference according to Harvard. For help with this, please visit the following website:

[**https://www.ncchomelearning.co.uk/referencing**](https://www.ncchomelearning.co.uk/referencing)

If you have gained information from other sources, please ensure that this has been referenced and written in your own words. Plagiarised work will not be accepted, and your work could be checked at any point throughout the course. If in doubt, please check your work using a plagiarism checker.

|  |
| --- |
|  |