

Level 2 Certificate in

Principles of Care Planning

This qualification aims to improve your understanding of your role in supporting the preferences and needs of individuals in relation to their care and support. It will also enhance your knowledge of nutrition and health in health and social care settings, as well as how to support an individual to maintain their personal hygiene.

Unit 1: Understanding person-centred thinking and planning

In this unit you will develop your knowledge and understanding of the principles, processes and practice of person-centred thinking, planning and reviews. You will consider the impact person-centred thinking can have on an individual and their families.

This unit also outlines current legislation, policy and guidance that underpins person-centred thinking and planning.

Unit 2: Care planning for the care worker

Within this unit you will learn about the care planning process in relation to your role and how to implement a care plan. You will also discover how personal beliefs and preferences might influence the care planning process.

Unit 3: Understanding nutrition and hydration in health and social care settings

In this unit you will learn how to promote health and well-being through nutrition and hydration. This unit covers the principles of a balanced diet, the importance of special dietary requirements and how to prevent malnutrition in health and social care settings.

Unit 4: Principles of supporting an individual to maintain personal hygiene

Within this unit you will learn how to address personal hygiene issues in a sensitive manner without imposing your own values and how to maintain the dignity of an individual when supporting them with personal hygiene.

Unit 5: Understanding continence care

This unit will develop your understanding of the body's waste functions and the possible reasons for incontinence. This unit will equip you with the knowledge to promote continence and understand an individual's choices including the various facilities and aids which can be provided.

Unit 6: Principles of supporting sleep

Within this unit you will learn to enhance your understanding of the importance of sleep and how sleep contributes to an individual's well-being. You will discover how to assist an individual to sleep and ensure conditions are suitable.

