

Unit Title: General Skills For Independent Living
Unit Level: Entry 3
Unit Credit Value: 3
GLH: 30
LASER Unit Code: WJD325
Ofqual Unit Code: A/504/8521

This unit has 6 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know the responsibilities of caring for their accommodation.	1.1	Identify the responsibilities involved in caring for living accommodation.
		1.2	State why it is important to keep the following clean: <ul style="list-style-type: none"> • kitchen • bathroom/toilet • bedroom • lounge/eating area.
2.	Know the importance of personal hygiene and having clean clothes.	2.1	State reasons why it is important to have clean clothes.
		2.2	State reasons why personal hygiene and clean living are necessary.
3.	Understand the importance of a balanced diet and planned meals.	3.1	State reasons why it is important to have a balanced diet and planned meals.
		3.2	List foods that provide a balanced diet.
4.	Be able to recognise the care required to look after people.	4.1	Outline the basic care needs for each of the following: <ul style="list-style-type: none"> • babies • toddlers • young children • adolescents • old people.
5.	Understand the importance of budgeting.	5.1	Identify the areas needed to budget for.
		5.2	Make out a basic budget sheet and list headings.
6.	Understand the importance of leisure time and suitable activities.	6.1	State why it is important to have some leisure time.
		6.2	Identify a range of leisure activities.
		6.3	Select a leisure activity outside the home and comment on reason for taking part.

Assessment Guidance:

NA

Additional Information:

NA