

Engage in personal development in health



**ASSIGN
BUSTER**

Engage in personal development in health, social care or children's and young people's settings (SSH 32) Outcome 1 1 _ Wealth my role as a support worker It is my duty to support an individual to complete everyday tasks. This can be activities such as food shopping, house chores, preparing food and drinks, making and attending appointments, attending college or day centre facilities, or participating in clubs for people with special needs.

I have a responsibility to ensure the activity is achievable for the client and that I am providing the right support to achieve this. 2. As a support worker I have a duty to adhere to the codes of practice set out by my employers and also to ensure I adhere to the regulations set out by law. National occupational standards (NOS) ensure I give the appropriate support and care to an individual. Outcome 2 1 . Reflective practice means thinking about and evaluating what I do and discussing any changes which could be made.

Thinking about how I could have done something differently, what I did well and what I could have done better. It also means reflecting our own values, beliefs and experiences which shape our thoughts and ideas. By continuously evaluating my performance I am able to ensure I am providing the expected level of service set out within the company's guidelines. 3.

Everyone has different values, beliefs and experiences. We are more likely to be friendly and welcoming to people that share the same values and beliefs as us and less friendly to those that do not.

However within my role it is expected that I provide the same level of care to every individual. Identifying your own beliefs and values will enable you to be aware of your reactions to others and enable them not to impact on the

way you work. This is an important part of personal and professional development. Outcome 3 1 . Codes of practice are put in place to enable you to understand your role and your responsibilities. Care plans are in place for each individual and the support I am required to provide is person-centered.

I have a duty to ensure I am aware of each individual's needs and to highlight any areas believed to need refocusing. Training ensure I adhere to regulations set out by law and the policies and procedures in place adhere to the current NOSE guidelines. Outcome 4 1 . Planning and reviewing my development usually takes place during planned supervision with my manager and my yearly appraisal. However I can approach either of my team leaders if I believe I require further training that is relevant to my role, they will speak with management on my behalf.

Outside sources of support such as care managers, learning disabilities team or ICQ may also highlight areas they feel further training is required if it is relevant to an individual I am to provide support too. Outcome 5 1 .

Attending training courses has enabled me to provide a level of care that is specific to the needs of the individual I am providing support too. During team meetings we may discuss service users and their needs. If a colleague has found something that works for them they will highlight it and it may be something I can use when working with that individual.