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| Unit Title: Understand the factors affecting older people | | |
| URN: D/504/2243 |  |  |
| Credit Value: 2 |  |  |
| Level: 3 |  |  |

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|  | **Assessment Method** | **Evidence Ref.**  **Page number, Method** | **Assessor Decision**  **Sign and Date** |
| **You must be able to:** | | | |
| **1 Understand the impact of the ageing process on older people.** | | | |
| 1.1 Describe changes that may come with ageing. |  |  |  |
| 1.2 Explain how the experience of the ageing process is unique to each individual. |  |  |  |
| 1.3 Analyse the potential impact of factors associated with ageing on older people to include  •Physical  •Emotional  •Social  •Cognitive  •Environmental  •Financial /Economic. |  |  |  |
| 1.4 Describe how a positive approach to ageing can contribute to the health & wellbeing of an individual. |  |  |  |
| **2 Understand attitudes of society to older people.** | | | |
| 2.1 Describe the contributions to society made by older people. |  |  |  |
| 2.2 Explain what is meant by age discrimination. |  |  |  |
| 2.3 Explain how societal attitudes and beliefs impact on older people. |  |  |  |
| 2.4Describe strategies that can be used to challenge stereotypes and discriminatory attitudes towards older people. |  |  |  |

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| **3 Understand the importance of using person centred approaches with older people.** | | | |
| 3.1 Describe how the effects of ageing can affect the day to day life of older people. |  |  |  |
| 3.2 Describe ways of using a person centred approach to support older people to maintain health and well being in day to day life. |  |  |  |
| 3.3 Explain the importance of social inclusion for older people. |  |  |  |
| 3.4 Outline barriers to social inclusion for older people. |  |  |  |
| 3.5 Describe ways of using a person centred approach to enable older people to make positive contributions to their community. |  |  |  |
| **4 Understand the importance of independence for older people.** | | | |
| 4.1 Explain how independence can contribute to the well being of older people. |  |  |  |
| 4.2 Describe how to support older people to maintain independence. |  |  |  |
| 4.3 Describe how older people can be in control of decision making about their care and support needs. |  |  |  |
| 4.4Explain how to encourage older people to take positive risks. |  |  |  |

**Learner declaration of authenticity:**

I declare that the work presented for this unit is entirely my own work.

Learner signature: Date:

**Assessor sign off of completed unit:**

I confirm that the learner has met the requirements for all assessment criteria demonstrating knowledge and skills for this unit.

Assessor name:

Signature: Date: