
Overview

This standard is for those who aim to address and improve the well-being of learners, working to identify issues which may affect their well-being and encouraging them to take reasonable care and responsibility for ensuring their own well-being.

Within this standard 'well-being' includes personal, physical and emotional health.

Performance criteria

You must be able to:

1. agree with learners the typical factors that could impact their health and well-being
2. establish key criteria to be used by learners to define their state of health and well-being, including risks
3. assist learners to assess their well-being using the agreed criteria
4. discuss the outcome of the assessment and assist people to develop criteria for strategies to enhance their health and well-being
5. support learners to reflect upon their behaviour and determine the causes and consequences of their actions
6. encourage learners to check upon their progress, recognise achievements and address any setbacks
7. provide relevant and up to date information, advice and guidance, in line with your own competence and responsibility
8. maintain confidentiality and records as appropriate in line with legislative and organisational requirements
9. meet the values and principles in relation to the requirements of this standard

Knowledge and understanding

You need to know and understand:

1. the principal agencies and referral routes available to support people regarding their health and well-being, and the routes for accessing these
2. the importance of maintaining people's right to make their own choices
3. local and national socio-economic issues and their impact upon well-being
4. risk factors affecting the well-being of people within the local community, including the digital community
5. why it is important for the people to control the progress and content of discussions, how to make suggestions and when to provide up to date information
6. why it is important to be non-judgemental about the ways that people choose to live and the choices they have made
7. why it is important to help people consider the causes and effects of their choices and behaviour on themselves and others and methods of doing this
8. how culture, beliefs and preferences can affect people's willingness to discuss issues and the strategies which may be used to encourage this
9. strategies for encouraging open and honest discussion, how to respect and acknowledge other's priorities in relation to their well-being and their right to refuse suggestions and information
10. your role and responsibilities and from whom assistance and advice and support should be sought when necessary
11. legal and organisational requirements, including the local, social and political context, impacting upon the provision of information, guidance and support
12. legislative and organisational requirements relevant to the storage, retention and maintenance of information
13. your organisation's policy and procedures regarding confidentiality of information and the disclosure of information to third parties, and the specific circumstances under which disclosure may be made
14. the values and principles underpinning in relation to the requirements of this standard

CLDAL14

Assist learners to assess risk and make informed choices in the management of their health and wellbeing



Glossary

CLDAL14

Assist learners to assess risk and make informed choices in the management of their health and wellbeing



Developed by CLD Standards Council Scotland

Version Number 1

Date Approved 30 Mar 2023

Indicative Review Date 30 Mar 2028

Validity Current

Status Original

Originating Organisation N/A

Original URN N/A

Relevant Occupations Adult Learning Worker

Suite Adult Learning

Keywords adult learning
