Unit 4222-355 Support young people to move towards independence and manage their lives (CYPOP 12)

Level: **3**
Credit value: **3**
UAN: **F/601/1349**

Unit aim

This unit provides learners with the understanding and competence to support young people to move towards independence. This should ideally be undertaken over a period of time so that young people are well prepared as they grow older and are ready to be independent adults. This unit is equally important whether young people are leaving care, foster care or family home.

Learning outcomes

There are **four** learning outcomes to this unit. The learner will:

1. Understand the way that young people move from dependence to independence
2. Be able to prepare young people for the practical challenges of independence
3. Be able to prepare young people for the emotional challenges of independence
4. Be able to prepare young people to assess personal risks and protect themselves.

Guided learning hours

It is recommended that **20** hours should be allocated for this unit, although patterns of delivery are likely to vary.

Details of the relationship between the unit and relevant national standards

This unit is linked to:

- HSC NOS Units 38 and 310

Support of the unit by a sector or other appropriate body

This unit is endorsed by Skills for Care and Development.

Assessment

Units need to be assessed in line with the Skills for Care and Development QCF Assessment Principles.

Learning outcomes 2, 3 and 4 must be assessed in a real work environment.

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Assessment Criteria

Outcome 1 Understand the way that young people move from dependence to independence

The learner can:

1. explain the reasons why some young people may find it difficult to move to independence
2. explain the concept that independence is relative to each individual young person's stage of development and level of understanding and ability
3. explain the reasons why independence is not always permanent and that some young people may go through transitions and move between dependence and independence at various times.

Outcome 2 Be able to prepare young people for the practical challenges of independence

The learner can:

1. demonstrate how to work with young people to ensure that they can shop, store and prepare food that will provide a healthy, balanced diet
2. prepare plans with young people that will assist them in maintaining their own health and well being
3. provide young people with information to prepare them to manage and maintain accommodation and to find advice if necessary
4. provide young people with information about how to manage personal finances
5. explain why practical support and advice for independence is a long term project.

Outcome 3 Be able to prepare young people for the emotional challenges of independence

The learner can:

1. demonstrate how to encourage young people to recognise the importance of society norms of acceptable behaviour and interaction
2. provide young people with information about where to find support if they feel isolated or lonely
3. explain how to support young people who may feel worried and ambivalent about becoming independent
4. demonstrate how to support young people to develop resilience in order to face challenges and disappointments
5. explain the importance of having somewhere that is 'home'.

Outcome 4 Be able to prepare young people to assess personal risks and protect themselves.

The learner can:

1. explain to young people how to assess risks in day to day situations
2. demonstrate how to prepare young people to minimise risks
3. provide young people with information and skills to protect themselves and know when to seek help.