

## Overview

This standard identifies the requirements when supporting individuals in their daily living. This includes working with individuals to identify the support they require for daily living and then assisting them with activities to promote their well-being and independence. The standard includes working with individuals to access any further support required.

## Performance criteria

### *You must be able to:*

1. identify and agree the roles and responsibilities of yourself and others to support individuals in their daily living
2. support individuals and others to describe their daily life and what they would like to achieve
3. work in partnership with individuals and others to identify what individuals can do for themselves and what they require support with
4. work in partnership to agree how support will be carried out in line with the preferences and risk assessments of individuals
5. support individuals to identify and access support and resources they need for daily living
6. carry out the agreed support for daily living
7. encourage and support the independence of individuals with daily living activities
8. support individuals and others to feedback on how daily living support met their preferences and agreed outcomes
9. provide your feedback on how daily living support met the preferences and the agreed outcomes of individuals
10. work in partnership with individuals and others to agree any changes to daily living support
11. contribute to records and reports required to support individuals in their daily living
12. reflect on how you carried out your roles and responsibilities to support individuals in their daily living, with feedback from others

## Knowledge and understanding

### *You need to know and understand:*

1. how to access, review, and evaluate information about individuals and their daily living
2. the influence of individual's culture, background and spirituality on their daily living
3. how to access and follow risk assessments used for daily living
4. how to encourage and support the independence of individuals with daily living
5. the importance of dignity, kindness and compassion when supporting individuals with their daily living
6. how to support emotional regulation during daily living
7. the influence of neurodivergence and additional needs on support required in daily living
8. types of additional resources and support that may assist individuals in their daily living and how to access them, including sustainable practices
9. types of digital tools and devices that can support individuals in their daily living
10. how to work in partnership with individuals and others to review and feedback on the daily living support
11. how changes to individual preferences, conditions and circumstances can impact on the daily living support required
12. how to apply trauma informed principles to support individuals in their daily living
13. the records and reports required for supporting individuals in their daily living
14. the relevant legal requirements, standards of practice, frameworks and guidance for supporting individuals in their daily living
15. the workplace requirements on equality, diversity, inclusion, and rights when supporting individuals with their daily living
16. how to work in partnership with others to support individuals in their daily living
17. how to respond to issues and concerns that may occur when supporting individuals in their daily living
18. how your personal experiences and unconscious bias may impact when supporting individuals in their daily living, and how to address this
19. the role of supervision, reflective practice and learning and development in supporting individuals in their daily living

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## Glossary

The glossary for this National Occupational Standard is available on the Skills for Care and Development website.

HSCCLD29

Support individuals in their daily living



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