

Overview

This standard identifies the requirements when working with individuals to design personalised options for managing their own health and social wellbeing. This includes supporting individuals to identify changes to their lives and environment that can promote their health and social wellbeing, supporting them to set their desired outcomes, make beneficial changes, and review the effectiveness of these changes.

Performance criteria

You must be able to:

1. support individuals to express what is important to them about their health and social wellbeing
2. work in partnership with individuals to identify outcomes that are important for their health and social wellbeing
3. encourage individuals to identify their strengths when managing their own health and social wellbeing
4. promote the independence of individuals to examine aspects of their life and environment that impacts their health and social wellbeing
5. identify sources of information and support relevant to the health and social wellbeing of individuals
6. ensure information and support is accessible to individuals
7. encourage individuals to identify and manage risks to their health and social wellbeing
8. support individuals to identify which aspects they can change
9. work in partnership with individuals to identify and agree ways to manage aspects that cannot be changed
10. empower individuals to identify changes in their life and environment that would help achieve their outcomes
11. support individuals to identify methods to manage emotional regulation
12. support individuals and others to communicate their views about risks associated with preferred options
13. work in partnership to carry out risk assessments with individuals to support positive risk taking
14. work in partnership with individuals and others to identify ways to build on their strengths
15. plan short and medium term goals, priorities and resources with individuals and others to meet outcomes
16. identify and agree the roles and responsibilities of yourself, individuals and others to promote health and social wellbeing
17. support individuals and others to monitor, evaluate and make changes to outcomes
18. complete records and reports required to promote health and social wellbeing of individuals

19. reflect on how you carried out your roles and responsibilities to promote health and social wellbeing of individuals

Knowledge and understanding

You need to know and understand:

1. how to access information on the health and social wellbeing of individuals
2. the inter-relationship between socio-economic factors and personal factors and health and social wellbeing
3. social and psychological factors that can affect the ability to promote own health and social wellbeing
4. factors that might enhance and inhibit the motivation of individuals to change and promote their own health and social wellbeing
5. how to create safe spaces for individuals to explore their thoughts and feelings
6. the importance of dignity, kindness and compassion in developing health and social wellbeing
7. how to support emotional regulation when promoting health and social wellbeing
8. the importance of understanding the unique perspective and experience of own health and social wellbeing
9. the influence of neurodivergence and additional needs on the health and social wellbeing of individuals
10. the influence of culture, background and spirituality on health and social wellbeing
11. how to work in partnership with individuals to understand and promote their own health and social wellbeing
12. ways to promote the strengths of individuals when managing their own health and social wellbeing
13. how to apply trauma informed principles to promote the health and social wellbeing of individuals
14. how to use digital tools and devices to support individuals with their health and social wellbeing
15. management of change in relation to the conditions, needs and circumstances of individuals
16. methods of planning and implementing change with individuals and the potential impact on others
17. the role of relationships in building resilience and strengths
18. the range of support groups and services that are available to support health and social wellbeing of individuals and how to access these
19. methods of working in partnership to plan, monitor, review and evaluate

methods

20. how to establish clear and measurable criteria to assess progress towards outcomes

21. ways to positively reinforce progress towards outcomes and increased self-reliance

22. how to collate evidence and feedback to inform the evaluation outcomes

23. how to work in partnership with others to promote health and social wellbeing of individuals

24. the records and reports required for health and social wellbeing of individuals

25. theories relevant to promoting health and social wellbeing of individuals

26. the relevant legal requirements, standards of practice, frameworks and guidance for promoting health and social wellbeing of individuals

27. the workplace requirements on equality, diversity, inclusion, and rights when promoting health and social wellbeing of individuals

28. how your personal experiences and unconscious bias may impact when promoting health and social wellbeing of individuals, and how to address this

29. the role of supervision, reflective practice and learning and development when promoting health and social wellbeing of individuals

Glossary

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

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Promote health and social wellbeing of individuals

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