

Overview

This standard outlines the requirements when promoting the spiritual wellbeing of individuals. It involves recognising, respecting and promoting the individual's sense of purpose and meaning, including their morals and values. This may include religious faith, personal beliefs and values, a connection with nature or engaging in self-care practices that promote spiritual wellbeing.

Performance criteria

You must be able to:

1. establish consent and access information about the spiritual wellbeing of individuals
2. promote an inclusive environment that enables individuals to express their spiritual preferences and needs
3. work in partnership with individuals and others to explore what spiritual wellbeing means for them and the impact it has on their life
4. support individuals to identify how their spiritual needs can be met and morals and values that matter to them
5. work in partnership with individuals and others to develop care or support plans which recognise and meet individual's spiritual beliefs, practices, morals and values
6. use care or support plans to promote the spiritual beliefs and practices of individuals to others
7. empower individuals to connect, access and build on connections with environments, communities and services for their spiritual practices
8. promote and support the engagement and independence of individuals with their spiritual practices
9. support individuals and others to feedback on how their spiritual preferences and needs are being met
10. work in partnership with individual's and others to agree any changes and update care or support plans promoting their spiritual wellbeing
11. complete records and reports required for the spiritual wellbeing of individuals
12. reflect on how you carried out your roles and responsibilities when promoting the spiritual wellbeing of individuals

Knowledge and understanding

You need to know and understand:

1. what is meant by and can be included in the term spiritual wellbeing
2. the range of beliefs and practices that can contribute to spiritual wellbeing
3. how culture and background may influence the spiritual practices of individuals
4. types of environments, communities and services which can support spiritual wellbeing and the importance of these
5. how to access and build connections with environments, communities and services for individuals spiritual wellbeing
6. the importance of dignity, kindness and compassion in promoting the spiritual wellbeing of individuals
7. how to access information on the spiritual preferences and needs of individuals
8. how to promote spiritual wellbeing in care or support plans
9. the overall role spiritual wellbeing can have on the life of individuals
10. methods to promote an inclusive respectful environment to support spiritual preferences and needs
11. circumstances, conditions or transitions that might affect spiritual wellbeing
12. ways to support individuals when they have or are experiencing challenges with their spiritual wellbeing
13. how to support emotional regulation when promoting spiritual wellbeing
14. the importance of supporting individuals to communicate their unique perspective and experience of spiritual wellbeing
15. the influence of neurodivergence and additional needs on spiritual preferences and needs
16. role of relationships and social networks in promoting the spiritual wellbeing of individuals
17. how to apply trauma informed principles to promote the spiritual wellbeing of individuals
18. how digital tools and devices can be used to support spiritual practices
19. how to review care or support plans to meet individual's spiritual preferences and needs
20. the records and reports required for promoting the spiritual wellbeing of individuals
21. theories relevant to spiritual wellbeing of individuals
22. the relevant legal requirements, standards of practice, frameworks and

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guidance for promoting the spiritual wellbeing of individuals

23. the workplace requirements of equality, diversity, inclusion, and rights when promoting the spiritual wellbeing of individuals

24. how to work in partnership with others to promote the spiritual wellbeing of individuals

25. how your personal experiences and unconscious bias may impact when promoting the spiritual wellbeing of individuals, and how to address this

26. the role of supervision, reflective practice and learning and development when promoting the spiritual 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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