

Overview

This standard identifies the requirements for supporting individuals to manage their daily living activities, safely and independently and continue to live at home. It includes helping individuals regain, maintain, and develop skills and confidence, setting and tracking goals, and adjusting support as needed.

Performance criteria

You must be able to:

1. support individuals to identify their preferences and outcomes for managing their daily lives at home
2. work in partnership with individuals and others to assess their abilities, safety and independence at home
3. support individuals and others to identify and plan how to regain, maintain and develop their skills
4. work with individuals and others to agree on achievable goals and measurable outcomes
5. work in partnership with individuals and others to identify and access support and resources needed
6. agree with individuals and others on how goals and outcomes will be monitored and reviewed
7. empower individuals to carry out activities in ways that promote their safety, independence and confidence
8. observe individuals carrying out their daily activities and monitor progress
9. identify and encourage the progress and achievements of individuals
10. work in partnership with individuals to monitor risks and changes and review their goals and outcomes
11. work with individuals and others to agree on changes to support and resources
12. complete records and reports required for promoting daily living at home
13. reflect on how you carried out your roles and responsibilities to promote daily living at home

Knowledge and understanding

You need to know and understand:

1. how to find out about the preferences of individuals and outcomes for daily living at home
2. how to support individuals to identify their abilities, safety and independence
3. the importance of working in partnership with individuals to plan the development of skills
4. the influence of neurodivergence and additional needs on the support individuals require to manage their daily living
5. the range of available resources, services and facilities which can support individuals to manage their daily lives
6. how to access information and advice about domestic, personal, social and financial affairs
7. how to use digital tools and devices to support the individual to manage their daily living
8. how to establish clear, measurable criteria to assess progress towards outcomes
9. how to apply trauma informed principles to support individuals to manage their daily living at home
10. principles of risk assessment and risk management
11. the role of relationships and support networks in promoting the wellbeing and independence of individuals
12. the influence of culture, background and spirituality on daily living
13. how to support, encourage and motivate individuals to use and develop their skills to manage daily living
14. the importance of positively reinforcing strengths and progress
15. the importance of dignity, kindness and compassion in supporting individuals to manage their daily living
16. how to support emotional regulation during daily living
17. the principles of re-enablement
18. methods to track progress, collate evidence and give feedback to inform evaluation outcomes
19. how to work in partnership with individuals and others to evaluate support, resources and outcomes
20. the records and reports required for promoting daily living at home
21. theories relevant to promoting daily living at home

22. the relevant legal requirements, standards of practice, frameworks and guidance for promoting daily living at home
23. the workplace requirements on equality, diversity, inclusion, and rights when supporting individuals to manage their daily living
24. how to work in partnership with others to promote daily living at home
25. how your personal experiences and unconscious bias may impact when promoting daily living at home, and how to address this
26. the role of supervision, reflective practice and learning and development when promoting daily living at home

Glossary

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

HSCCLD314



Promote daily living at home

Developed by	Skills for Care & Development
Version Number	1
Date Approved	31 Jan 2026
Indicative Review Date	31 Jan 2031
Validity	Current
Status	Original
Originating Organisation	Skills for Care & Development
Original URN	HSCCLD314
Relevant Occupations	Social Care and Childrens Care
Suite	Health and Social Care & Childcare Learning and Development
Keywords	Daily living at home, Health and Social Care & Children's Care Learning and Development
