
Overview

This standard identifies the requirements when supporting children and young people with additional needs to meet their personal care needs for hygiene, nutrition and mobility. This includes working with children and young people to develop plans to meet their personal care needs and supporting them to implement these plans. It also includes contributing to evaluation of how effective the plans and provision have been in meeting their personal care needs.

Performance criteria

You must be able to:

1. establish consent and access information on the personal care needs of children or young people
2. seek information and identify different ways to meet the personal care needs of children or young people
3. ensure plans respect the privacy, dignity, independence and inclusion of children or young people
4. identify and agree the roles and responsibilities of yourself and others to evaluate the effectiveness of provision for care needs
5. work in partnership with children or young people to identify their views and preferences about their personal care needs
6. support children or young people to identify how their own skills and knowledge can meet their needs
7. assist children or young people in meeting their personal care needs while managing risks
8. encourage and support the independence of children or young people in activities that support their personal care needs
9. support children or young people to emotionally regulate and understand frustrations
10. support children or young people and others to feedback on the effectiveness of the provision
11. provide your feedback on the effectiveness of the provision
12. identify and address changes needed to support the personal care needs of children or young people
13. work in partnership to action changes to the personal plan, the reasons these were made and how they will be resourced
14. complete records and reports required for personal care needs of children or young people with additional needs
15. reflect on how you carried out your roles and responsibilities when promoting the personal care needs of children or young people with additional needs

Knowledge and understanding

You need to know and understand:

1. the transitions children and young people experience and the impact of change on their personal care needs
2. the various personal care needs that children and young people may have for hygiene, nutrition, and mobility
3. how to develop and implement personalised plans that address the specific needs of children and young people
4. how to identify and manage risks associated with personal care activities
5. how to apply trauma informed principles to promote the personal care, learning and development of children and young people with additional needs
6. techniques for effectively communicating with children and young people about their personal care needs and preferences
7. how to ensure that personal care activities are conducted in a manner that respects the privacy and dignity of children and young people
8. how to provide emotional support to children and young people during personal care activities
9. the importance of dignity, kindness and compassion in supporting the personal care of children and young people with additional needs
10. how to support emotional regulation during personal care activities
11. the appropriate use of specialist terminology to support understanding of children and young people's personal care needs
12. specialist support available for children and young people, families and others in relation to personal care
13. the importance of families in supporting the personal care needs of children and young people with additional needs
14. how to plan personalised approaches that meet the personal care requirements of children and young people
15. the influence of neurodivergence and additional needs on personal care needs and preferences
16. the influence of culture and background on personal care needs and preferences
17. how to adapt practice to meet the personal care needs of children and young people
18. how to evaluate effectiveness of provision for personal care needs

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19. range of digital tools and devices, aids and equipment and their safe use in personal care
 20. the records and reports required for promoting the personal care needs of children and young people with additional needs
 21. theories relevant to promoting the personal care needs of children and young people with additional needs
 22. the relevant legal requirements, standards of practice, frameworks and guidance for promoting the personal care needs of children and young people with additional needs
 23. the workplace requirements on equality, diversity, inclusion and rights when promoting the personal care of children and young people with additional needs
 24. how to work in partnership with others when promoting the personal care needs of children and young people with additional needs
 25. how your personal experiences and unconscious bias may impact when promoting the personal care needs of children and young people with additional needs, and how to address this
 26. the role of supervision, reflective practice and learning and development in promoting the personal care needs of children and young people with additional needs

HSCCLD363

Promote the personal care needs of children and young people with additional needs



Glossary

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

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