

Unit Title: Looking After Yourself And Your Home
Unit Level: Entry 1
Unit Credit Value: 1
GLH: 10
LASER Unit Code: CAK985
Ofqual Unit Code: Y/600/6156

This unit has 1 learning outcome.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Review progress towards looking after themselves and their home.	1.1	Identify an area of looking after him/herself and his/her home s/he is confident in.
		1.2	Identify an area of looking after him/herself and his/her home s/he is less confident in.
		1.3	Identify where to get ongoing guidance and advice.

Assessment Guidance:

As an E1 unit it is expected that the learner may require some support and prompting when doing the assessment but will be able to provide meaningful and appropriate responses to the tasks. The unit is only assessed at the application stage of the continuum.

Additional Information:

NA