

**Unit Title:** Looking After Yourself And Your Home  
**Unit Level:** Entry 2  
**Unit Credit Value:** 1  
**GLH:** 10  
**LASER Unit Code:** CAK986  
**Ofqual Unit Code:** H/600/6208

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 two important areas of looking after him/herself and two areas of looking after his/her home.
		1.2	Identify confident and less confident areas.
		1.3	Identify where to get ongoing guidance and advice.

**Assessment Guidance:**

As an E2 unit it is expected that the learner may require some assistance in the form of prompts for the assessment. Practical tasks may be in a simulated environment.

**Additional Information:**

NA