

**Unit Title:** Looking After Yourself And Your Home  
**Unit Level:** Entry 3  
**Unit Credit Value:** 1  
**GLH:** 10  
**LASER Unit Code:** CAK987  
**Ofqual Unit Code:** D/600/6157

This unit has 1 learning outcome.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
<b>The learner will:</b>		<b>The learner can:</b>	
1.	Review progress towards looking after themselves and their home.	1.1	Identify the main areas of looking after him/herself and his/her home.
		1.2	Identify confident and less confident areas.
		1.3	Identify areas they wish to become more confident in.
		1.4	Identify where to get ongoing guidance and advice to achieve this.

**Assessment Guidance:**

As an E3 level unit it is expected that the learner for the majority of the assessment will be acting independently with any support being minimal. Practical tasks should normally be in a real environment.

**Additional Information:**

NA