

**Unit Title:** General Skills For Independent Living  
**Unit Level:** Entry 3  
**Unit Credit Value:** 4  
**GLH:** 40  
**LASER Unit Code:** WJC565  
**Ofqual Unit Code:** L/506/0561

This unit has 6 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand the responsibilities of caring for their accommodation.	1.1	Identify the responsibilities involved in caring for living accommodation.
		1.2	State why it is important to keep the following clean: a) Kitchen b) Bathroom / Toilet c) Bedroom d) Lounge / Eating area.
2.	Understand the importance of personal hygiene and of having clean clothes.	2.1	State reasons why it is important to have clean clothes.
		2.2	Give reasons why personal hygiene and clean living are necessary.
3.	Understand the importance of a balanced diet and planned meals.	3.1	State reasons why it is important to have a balanced diet and planned meals.
		3.2	List foods that provide a balanced diet.
4.	Understand the care required to look after different age-groups of people.	4.1	Outline the basic care needs for each of the following: babies, toddlers, young children, adolescents and old people.
5.	Understand the importance of budgeting.	5.1	Identify the items that need to be budgeted for.
		5.2	Make out a basic budget sheet and list headings.
6.	Know the importance of leisure time and suitable activities.	6.1	State why it is important to have some leisure time.
		6.2	Identify a range of leisure activities.
		6.3	Select a leisure activity outside the home and comment on why he/she takes part in it.

**Assessment Guidance:**

NA

**Additional Information:**

NA