



## Principles of Care Planning Level 2

The aim of this qualification is develop understanding of supporting the preferences and needs of individuals in relation to their care or support, the development and implementation of care plans and contributing to the review of these by observing, monitoring and reporting on the care activities they're responsible for.

### What knowledge will be gained?

This course offers an opportunity to increase your understanding and knowledge of the key principles and processes of person-centred thinking, planning and review, how to work with individuals to carry out activities specified in their care or support plan, including person-centred assessment, planning, implementation and review, the promotion of health and well-being through nutrition and hydration, supporting individuals to maintain personal hygiene, supporting individuals to manage continence and the use of continence equipment, supporting individuals with sleep.

### How is the course assessed?

You will receive an information pack and the resource to enable you to give written responses to questions in a work booklet, either handwritten or typed depending on your preference.

### What are the benefits?

- \*Achieve a nationally recognised Level 2 qualification
- \* Further your personal and professional development
- \*Increase your knowledge and awareness
- \* Learn at a time that suits you without the need to attend college

### What will be studied?

The course is split into 6 units:

**Unit 1: Understanding person-centred thinking and planning**

**Unit 2: Care planning for the care worker**

**Unit 3: Understanding nutrition and hydration in health and social care settings**

**Unit 4: Principles of supporting an individual to maintain personal hygiene**

**Unit 5: Understanding continence care**

**Unit 6: Principles of supporting sleep**

### Who can apply?

Courses are funded for people who are aged 19 years or over, have lived in England for the past 3 years and who are not currently accessing any other government funded training.

This course would be ideal for anyone working in any health and social care role or anyone that is involved in the care planning process whether professionally or personally.

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