

Reference No.																		
---------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

SELF-ASSESSMENT GUIDE

Qualification	CAREGIVING (Grade schooler to Adolescent) NC II		
Certificate of Competency (COC 2)	<ul style="list-style-type: none"> • Provide care and support to adolescent (13 to 19 years old) 		
Units of Competency Covered	<ul style="list-style-type: none"> • Foster physical growth and development of adolescent • Promote development tasks for adolescent • Respond to emergency for adolescent 		
Instruction: Read each question and check the appropriate column to indicate your answer.			
Can I?	YES	NO	
FOSTER PHYSICAL GROWTH AND DEVELOPMENT OF ADOLESCENT			
<ul style="list-style-type: none"> • Explain details of care plan with adolescent, family members or authorized persons 			
<ul style="list-style-type: none"> • Prepare support activities for adolescent according to care plan * 			
<ul style="list-style-type: none"> • Cultivate independence, rights and making informed decisions among adolescents * 			
<ul style="list-style-type: none"> • Interpret and clarify caregiver's own roles and responsibilities in adolescent's care according to approved individual care plan * 			
<ul style="list-style-type: none"> • Explain features that appear during puberty (secondary sex characteristics) to adolescent, including hormonal changes * 			
<ul style="list-style-type: none"> • Create opportunities/exercises/activities that will help develop physically and physical skills based on development needs * 			
<ul style="list-style-type: none"> • Stimulate critical thinking and cognitive maturity (developing realistic goals, sense of self-identity, etc) * 			
PROMOTE DEVELOPMENT TASKS FOR ADOLESCENT			
<ul style="list-style-type: none"> • Help clients to identify social peers and unhealthy/healthy relationships 			
<ul style="list-style-type: none"> • Create activities to nurtures mature and healthy social relationships with friends, family, relatives through use of communication strategies * 			
<ul style="list-style-type: none"> • Make clients aware of sexual/gender identity/orientation and teaches independence 			
<ul style="list-style-type: none"> • Make clients aware of body changes based on growth and development 			
<ul style="list-style-type: none"> • Recognize and prepare activities to manage anxiety and depression * 			
RESPOND TO EMERGENCY FOR ADOLESCENT			
<ul style="list-style-type: none"> • Practice infection control, hygiene and health principles based on established guidelines * 			
<ul style="list-style-type: none"> • Report signs of potential illness of adolescent and seeks medical assistance * 			

• Inform adolescent, parents and relatives of related policies and procedures		
• Perform first aid, basic life support or appropriate emergency procedures to ensure safety of adolescent, based on established standards and procedures *		
• Calm, reassure and comfort adolescents		
• Give information on emergency situation according to established policies		
• Remove adolescents from threat or danger, or vice versa *		
• Assess danger level and reports to appropriate person		
I agree to undertake assessment with the knowledge that information gathered will only be used for professional development purposes and can only be accessed by concerned assessment personnel and my manager/supervisor.		
Candidate's Name and Signature		Date