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## SELF-ASSESSMENT GUIDE

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