

Reference No.																		
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SELF-ASSESSMENT GUIDE

Qualification	CAREGIVING (Grade schooler to Adolescent) NC II																	
Certificate of Competency (COC 2)	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																		
• 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) *																		
PROMOTE DEVELOPMENT TASKS FOR ADOLESCENT																		
• 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 *																		
RESPOND TO EMERGENCY FOR ADOLESCENT																		
• 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																		

<ul style="list-style-type: none"> • Perform first aid, basic life support or appropriate emergency procedures to ensure safety of adolescent, based on established standards and procedures * 		
<ul style="list-style-type: none"> • Calm, reassure and comfort adolescents 		
<ul style="list-style-type: none"> • Give information on emergency situation according to established policies 		
<ul style="list-style-type: none"> • Remove adolescents from threat or danger, or vice versa * 		
<ul style="list-style-type: none"> • Assess danger level and reports to appropriate person 		
<p>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.</p>		
Candidate's Name and Signature		Date