

# Ascentis Entry 1, 2 and 3 Award and Certificate in Independent Living Overview Specification



<b>Ofqual Numbers:</b>	<b>See page 2</b>
<b>Award and Certificate</b>	
Ofqual Start Date:	01/08/2018
Ofqual Review Date:	31/07/2027
Ofqual Certification Review Date:	31/07/2028

# Qualification Overview

The Ascentis suite of qualifications in Independent Living has been designed to address the needs of Entry Level learners, and in particular those with learning difficulties and disabilities. The flexibility of the qualifications ensures that all Entry Level learners are given opportunities to access appropriate and relevant education and improve their life chances.

There are several features of these qualifications that make them very appropriate for their target learners:

- Unit certification is available for each of the units
- Verification and certification can be offered throughout the year, allowing maximum flexibility for centres
- Can be delivered either as classroom-based courses or as a blended learning programme
- Evidence can be generated within a wide range of organisational contexts, allowing the qualification to meet the specific occupational requirements of the learners

## Aims

The aims of the qualifications are to enable learners to gain skills which help them to live more independently, such as personal care, accessing community facilities and household skills.

## Target Group

These qualifications are aimed at those learners who may need help and support to develop various life skills in order for them to live an independent lifestyle.

## Regulation Codes

Qualification Accreditation Numbers (Ofqual)

- Ascentis Entry Level Award in Independent Living (Entry 1): 603/3469/1
- Ascentis Entry Level Award in Independent Living (Entry 2): 603/3470/8
- Ascentis Entry Level Award in Independent Living (Entry 3): 603/3471/X
- Ascentis Entry Level Certificate in Independent Living (Entry 1): 603/3473/3
- Ascentis Entry Level Certificate in Independent Living (Entry 2): 603/3474/5
- Ascentis Entry Level Certificate in Independent Living (Entry 3): 603/3475/7

## Assessment Method

All units are internally assessed through the learner building up a portfolio of evidence that covers the relevant assessment criteria, internally assessed and verified by the centre and then externally verified by Ascentis.

## Resources to support the Delivery of the Qualification

Many Ascentis units include suggested content to support wider learning opportunities across three priority areas:

- Digital
- Well-being
- Sustainability.

They are not compulsory and do not form part of the assessment. They are suggestions for tutors who may wish to link the unit content into these areas to further support learner progression in education, training and work.

# Rules of Combination

## Entry 1 Rationale for Rules of Combination

### Ascentis Entry 1 Award in Independent Living

Learners must achieve 6 credits in total. The 1 credit Mandatory unit must be achieved from Group A and the final 5 credits must be achieved from the remaining unit groups. At least 3 credits must be at Entry 1.

Units with the same title at different levels are barred.

### Ascentis Entry 1 Certificate in Independent Living

Learners must achieve 15 credits in total. The 1 credit Mandatory unit must be achieved from Group A and the final 14 credits must be achieved from the remaining unit groups. At least 8 credits must be at Entry 1.

Units with the same title at different levels are barred.

Ascentis Entry 1 in Independent Living				
Unit Group A (Mandatory): Learners must achieve the 1 credit unit				
Title	Level	Credit Value	GLH	Unit reference
Independent Living	Entry 1	1	10	M/600/6146
Unit Group B (Household Skills)				
Title	Level	Credit Value	GLH	Unit reference
Basic Cooking Techniques	Entry 1	3	30	J/600/6198
Everyday Food and Drink Preparation	Entry 1	3	30	L/600/6204
Food Safety and Storage	Entry 1	3	30	K/600/6209
Household Cleaning	Entry 1	3	30	K/600/6212
Household Expenses	Entry 1	3	30	A/600/6215
Household Shopping	Entry 1	3	30	L/600/6218
Kitchen Hygiene	Entry 1	1	10	A/600/6201
Make a Simple Meal	Entry 1	3	30	R/600/6222
Recycling, Managing Waste	Entry 1	2	20	H/600/6225
Unit Group C (Personal Care)				
Title	Level	Credit Value	GLH	Unit reference
Choosing Clothing and Footwear	Entry 1	2	20	J/600/6251
Drug and Alcohol Awareness	Entry 1	2	20	T/600/6259
Eating a Balanced Diet	Entry 1	3	30	T/600/6262
Health and Fitness	Entry 1	3	30	Y/600/6268
Looking after Clothes	Entry 1	3	30	R/600/6270
Personal Care and Hygiene	Entry 1	3	30	M/600/6289
Personal Health	Entry 1	3	30	A/600/6294
Personal Presentation	Entry 1	3	30	M/600/6308
Personal Safety	Entry 1	3	30	Y/600/6304

Unit Group D (Accessing Community Facilities)				
Title	Level	Credit Value	GLH	Unit reference
Accessing Commercial Services	Entry 1	3	30	F/600/6510
Accessing Financial services	Entry 1	3	30	D/600/6515
Accessing Health Services	Entry 1	3	30	A/600/6523
Accessing Helping Services	Entry 1	3	30	R/600/6530
Accessing Leisure Services	Entry 1	3	30	K/600/6534
Getting about Safely	Entry 1	3	30	A/600/6540
Knowing Your Local Area	Entry 1	3	30	M/600/6549
Living in the Community	Entry 1	1	10	A/600/6151
Using Public Transport – Buses and Trains	Entry 1	3	30	D/600/6546
Using Public Transport – Taxis	Entry 1	2	20	R/600/6527
Unit Group E (Personal Development)				
Title	Level	Credit Value	GLH	Unit reference
Developing Assertiveness	Entry 1	2	20	J/600/6475
Making Choices	Entry 1	1	10	M/600/6485
Personal Awareness	Entry 1	2	20	A/600/6490
Self-Advocacy	Entry 1	3	30	Y/600/6495
Understanding Relationships	Entry 1	2	20	D/600/6501
Understanding Well-being	Entry 1	1	10	A/650/7767
Unit Group F (Leisure Activities)				
Title	Level	Credit Value	GLH	Unit reference
Accessing the Countryside	Entry 1	3	30	A/600/6313
Computer Games	Entry 1	1	10	L/600/6316
Eating Out	Entry 1	3	30	D/600/6319
Exploring Art	Entry 1	3	30	M/600/6423
Exploring Dance	Entry 1	3	30	L/600/6428
Exploring Music	Entry 1	3	30	R/600/6432
Exploring Performance	Entry 1	3	30	T/600/6438
Gardening for Pleasure	Entry 1	3	30	T/600/6441
Hobbies	Entry 1	2	20	J/600/6444
Observing and Encouraging Birds	Entry 1	3	30	Y/600/6447
Outdoor Pursuits	Entry 1	3	30	Y/600/6450
Participation in Team Activities	Entry 1	3	30	K/600/6453
Pet Care	Entry 1	3	30	F/600/6457
Unit Group G (Rights and Responsibilities)				
Title	Level	Credit Value	GLH	Unit reference
Environmental Issues	Entry 1	2	20	R/600/6477
Law and Order	Entry 1	2	20	F/600/6488
Living in a Diverse Society	Entry 1	2	20	R/600/6494
Sustainable Living	Entry 1	1	8	K/650/7770
Understanding Rights and Responsibilities	Entry 1	3	30	H/600/6502
Volunteering	Entry 1	2	20	H/600/6516

Working as a Volunteer	Entry 1	3	30	A/600/6506
<b>Unit Group H (Entry 2 Units)</b> Learners can take a maximum of 2 credits within the Award Learners can take a maximum of 7 credits within the Certificate				
Title	Level	Credit Value	GLH	Unit reference
Accessing Commercial Services	Entry 2	3	30	L/600/6512
Accessing Financial services	Entry 2	3	30	T/600/6519
Accessing Health Services	Entry 2	3	30	J/600/6525
Accessing Helping Services	Entry 2	3	30	D/600/6532
Accessing Leisure Services	Entry 2	3	30	T/600/6536
Accessing the Countryside	Entry 2	3	30	F/600/6314
Basic Cooking Techniques	Entry 2	3	30	L/600/6199
Choosing Clothing and Footwear	Entry 2	2	20	L/600/6252
Developing Assertiveness	Entry 2	2	20	Y/600/6478
Drug and Alcohol Awareness	Entry 2	2	20	K/600/6260
Eating a Balanced Diet	Entry 2	3	30	A/600/6263
Eating Out	Entry 2	3	30	R/600/6320
Environmental Issues	Entry 2	2	20	D/600/6482
Everyday Food and Drink Preparation	Entry 2	3	30	R/600/6205
Exploring Art	Entry 2	3	30	A/600/6425
Exploring Dance	Entry 2	3	30	J/600/6430
Exploring Music	Entry 2	3	30	Y/600/6433
Exploring Performance	Entry 2	3	30	A/600/6439
Food Safety and Storage	Entry 2	3	30	D/600/6210
Gardening for Pleasure	Entry 2	3	30	A/600/6442
Getting about Safely	Entry 2	3	30	L/600/6543
Health and Fitness	Entry 2	3	30	R/600/6267
Hobbies	Entry 2	2	20	L/600/6445
Household Cleaning	Entry 2	3	30	M/600/6213
Household Expenses	Entry 2	3	30	F/600/6216
Household Shopping	Entry 2	3	30	R/600/6219
Kitchen Hygiene	Entry 2	1	10	F/600/6202
Knowing Your Local Area	Entry 2	3	30	H/600/6550
Law and Order	Entry 2	2	20	J/600/6489
Living in a Diverse Society	Entry 2	2	20	D/600/6496
Living in the Community	Entry 2	1	10	F/600/6152
Looking after Clothes	Entry 2	3	30	D/600/6272
Make a Simple Meal	Entry 2	3	30	Y/600/6223
Making Choices	Entry 2	1	10	T/600/6486
Observing and Encouraging Birds	Entry 2	3	30	D/600/6448
Outdoor Pursuits	Entry 2	3	30	D/600/6451
Participation in Team Activities	Entry 2	3	30	M/600/6454
Personal Awareness	Entry 2	2	20	F/600/6491
Personal Care and Hygiene	Entry 2	3	30	H/600/6290
Personal Health	Entry 2	3	30	F/600/6295

Personal Presentation	Entry 2	3	30	T/600/6309
Personal Safety	Entry 2	3	30	D/600/6305
Pet Care	Entry 2	3	30	J/600/6458
Recycling, Managing Waste	Entry 2	2	20	K/600/6226
Self-Advocacy	Entry 2	3	30	H/600/6497
Sustainable Living	Entry 2	2	20	L/650/7771
Understanding Relationships	Entry 2	2	20	K/600/6503
Understanding Rights and Responsibilities	Entry 2	3	30	M/600/6504
Understanding Well-being	Entry 2	1	10	D/650/7768
Using Domestic Appliances	Entry 2	2	20	T/600/6228
Using Public Transport – Buses and Trains	Entry 2	3	30	K/600/6548
Using Public Transport – Taxis	Entry 2	2	20	J/600/6539
Volunteering	Entry 2	2	20	M/600/6518
Working as a Volunteer	Entry 2	3	30	F/600/6507

## Entry 2 Rationale for Rules of Combination

### Ascentis Entry 2 Award in Independent Living

Learners must achieve 6 credits in total. The 1 credit Mandatory unit must be achieved from Group A and the final 5 credits must be achieved from the remaining unit groups. At least 3 credits must be at Entry 2.

Units with the same title at different levels are barred.

### Ascentis Entry 2 Certificate in Independent Living

Learners must achieve 15 credits in total. The 1 credit Mandatory unit must be achieved from Group A and the final 14 credits must be achieved from the remaining unit groups. At least 8 credits must be at Entry 2.

Units with the same title at different levels are barred.

Ascentis Entry 2 in Independent Living				
Unit Group A (Mandatory): Learners must achieve the 1 credit unit				
Title	Level	Credit Value	GLH	Unit reference
Independent Living	Entry 2	1	10	T/600/6147
Unit Group B (Household Skills) Units with the same title at different levels are barred				
Title	Level	Credit Value	GLH	Unit reference
Basic Cooking Techniques	Entry 2	3	30	L/600/6199
Everyday Food and Drink Preparation	Entry 2	3	30	R/600/6205
Food Safety and Storage	Entry 2	3	30	D/600/6210
Household Cleaning	Entry 2	3	30	M/600/6213
Household Expenses	Entry 2	3	30	F/600/6216
Household Shopping	Entry 2	3	30	R/600/6219
Kitchen Hygiene	Entry 2	1	10	F/600/6202
Make a Simple Meal	Entry 2	3	30	Y/600/6223
Recycling, Managing Waste	Entry 2	2	20	K/600/6226
Using Domestic Appliances	Entry 2	2	20	T/600/6228
Unit Group C (Personal Care)				
Title	Level	Credit Value	GLH	Unit reference
Choosing Clothing and Footwear	Entry 2	2	20	L/600/6252
Drug and Alcohol Awareness	Entry 2	2	20	K/600/6260
Eating a Balanced Diet	Entry 2	3	30	A/600/6263
Health and Fitness	Entry 2	3	30	R/600/6267
Looking after Clothes	Entry 2	3	30	D/600/6272
Personal Care and Hygiene	Entry 2	3	30	H/600/6290
Personal Health	Entry 2	3	30	F/600/6295
Personal Presentation	Entry 2	3	30	T/600/6309
Personal Safety	Entry 2	3	30	D/600/6305



Unit Group D (Accessing Community Facilities)				
Title	Level	Credit Value	GLH	Unit reference
Accessing Commercial Services	Entry 2	3	30	L/600/6512
Accessing Financial Services	Entry 2	3	30	T/600/6519
Accessing Health Services	Entry 2	3	30	J/600/6525
Accessing Helping Services	Entry 2	3	30	D/600/6532
Accessing Leisure Services	Entry 2	3	30	T/600/6536
Getting about Safely	Entry 2	3	30	L/600/6543
Knowing Your Local Area	Entry 2	3	30	H/600/6550
Living in the Community	Entry 2	1	10	F/600/6152
Using Public Transport – Buses and Trains	Entry 2	3	30	K/600/6548
Using Public Transport – Taxis	Entry 2	2	20	J/600/6539
Unit Group E (Personal Development)				
Title	Level	Credit Value	GLH	Unit reference
Developing Assertiveness	Entry 2	2	20	Y/600/6478
Making Choices	Entry 2	1	10	T/600/6486
Personal Awareness	Entry 2	2	20	F/600/6491
Self-Advocacy	Entry 2	3	30	H/600/6497
Understanding Relationships	Entry 2	2	20	K/600/6503
Understanding Well-being	Entry 2	1	10	D/650/7768
Unit Group F (Leisure Activities)				
Title	Level	Credit Value	GLH	Unit reference
Accessing the Countryside	Entry 2	3	30	F/600/6314
Computer Games	Entry 2	1	10	R/600/6317
Eating Out	Entry 2	3	30	R/600/6320
Exploring Art	Entry 2	3	30	A/600/6425
Exploring Dance	Entry 2	3	30	J/600/6430
Exploring Music	Entry 2	3	30	Y/600/6433
Exploring Performance	Entry 2	3	30	A/600/6439
Gardening for Pleasure	Entry 2	3	30	A/600/6442
Hobbies	Entry 2	2	20	L/600/6445
Observing and Encouraging Birds	Entry 2	3	30	D/600/6448
Outdoor Pursuits	Entry 2	3	30	D/600/6451
Participation in Team Activities	Entry 2	3	30	M/600/6454
Pet Care	Entry 2	3	30	J/600/6458

Unit Group G (Rights and Responsibilities)				
Title	Level	Credit Value	GLH	Unit reference
Environmental Issues	Entry 2	2	20	D/600/6482
Law and Order	Entry 2	2	20	J/600/6489
Living in a Diverse Society	Entry 2	2	20	D/600/6496
Sustainable Living	Entry 2	2	20	L/650/7771
Understanding Rights and Responsibilities	Entry 2	3	30	M/600/6504
Volunteering	Entry 2	2	20	M/600/6518
Working as a Volunteer	Entry 2	3	30	F/600/6507
Unit Group H (Entry 1 Units)				
Learners can take a maximum of 2 credits within the Award				
Learners can take a maximum of 7 credits within the Certificate				
Title	Level	Credit Value	GLH	Unit reference
Accessing Commercial Services	Entry 1	3	30	F/600/6510
Accessing Financial services	Entry 1	3	30	D/600/6515
Accessing Health Services	Entry 1	3	30	A/600/6523
Accessing Helping Services	Entry 1	3	30	R/600/6530
Accessing Leisure Services	Entry 1	3	30	K/600/6534
Accessing the Countryside	Entry 1	3	30	A/600/6313
Basic Cooking Techniques	Entry 1	3	30	J/600/6198
Choosing Clothing and Footwear	Entry 1	2	20	J/600/6251
Developing Assertiveness	Entry 1	2	20	J/600/6475
Drug and Alcohol Awareness	Entry 1	2	20	T/600/6259
Eating a Balanced Diet	Entry 1	3	30	T/600/6262
Eating Out	Entry 1	3	30	D/600/6319
Environmental Issues	Entry 1	2	20	R/600/6477
Everyday Food and Drink Preparation	Entry 1	3	30	L/600/6204
Exploring Art	Entry 1	3	30	M/600/6423
Exploring Dance	Entry 1	3	30	L/600/6428
Exploring Music	Entry 1	3	30	R/600/6432
Exploring Performance	Entry 1	3	30	T/600/6438
Food Safety and Storage	Entry 1	3	30	K/600/6209
Gardening for Pleasure	Entry 1	3	30	T/600/6441
Getting about Safely	Entry 1	3	30	A/600/6540
Health and Fitness	Entry 1	3	30	Y/600/6268
Hobbies	Entry 1	2	20	J/600/6444
Household Cleaning	Entry 1	3	30	K/600/6212
Household Expenses	Entry 1	3	30	A/600/6215
Household Shopping	Entry 1	3	30	L/600/6218
Kitchen Hygiene	Entry 1	1	10	A/600/6201
Knowing Your Local Area	Entry 1	3	30	M/600/6549
Law and Order	Entry 1	2	20	F/600/6488
Living in a Diverse Society	Entry 1	2	20	R/600/6494
Living in the Community	Entry 1	1	10	A/600/6151

Looking after Clothes	Entry 1	3	30	R/600/6270
Make a Simple Meal	Entry 1	3	30	R/600/6222
Making Choices	Entry 1	1	10	M/600/6485
Observing and Encouraging Birds	Entry 1	3	30	Y/600/6447
Outdoor Pursuits	Entry 1	3	30	Y/600/6450
Participation in Team Activities	Entry 1	3	30	K/600/6453
Personal Awareness	Entry 1	2	20	A/600/6490
Personal Care and Hygiene	Entry 1	3	30	M/600/6289
Personal Health	Entry 1	3	30	A/600/6294
Personal Presentation	Entry 1	3	30	M/600/6308
Personal Safety	Entry 1	3	30	Y/600/6304
Pet Care	Entry 1	3	30	F/600/6457
Recycling, Managing Waste	Entry 1	2	20	H/600/6225
Self-Advocacy	Entry 1	3	30	Y/600/6495
Sustainable Living	Entry 1	1	8	K/650/7770
Understanding Relationships	Entry 1	2	20	D/600/6501
Understanding Rights and Responsibilities	Entry 1	3	30	H/600/6502
Understanding Well-being	Entry 1	1	10	A/6507767
Using Public Transport – Buses and Trains	Entry 1	3	30	D/600/6546
Using Public Transport – Taxis	Entry 1	2	20	R/600/6527
Volunteering	Entry 1	2	20	H/600/6516
Working as a Volunteer	Entry 1	3	30	A/600/6506

#### Unit Group I (Entry 3 Units)

Learners can take a maximum of 2 credits within the Award

Learners can take a maximum of 7 credits within the Certificate

Title	Level	Credit Value	GLH	Unit reference
Accessing Commercial Services	Entry 3	3	30	R/600/6513
Accessing Financial Services	Entry 3	3	30	T/600/6522
Accessing Health Services	Entry 3	3	30	L/600/6526
Accessing Helping Services	Entry 3	3	30	H/600/6533
Accessing Leisure Services	Entry 3	3	30	A/600/6537
Accessing the Countryside	Entry 3	3	30	J/600/6315
Choosing Clothing and Footwear	Entry 3	2	20	R/600/6253
Computer Games	Entry 3	1	10	Y/600/6318
Developing Assertiveness	Entry 3	2	20	Y/600/6481
Drug and Alcohol Awareness	Entry 3	2	20	M/600/6261
Eating a Balanced Diet	Entry 3	3	30	F/600/6264
Eating Out	Entry 3	3	30	Y/600/6321
Environmental Issues	Entry 3	2	20	K/600/6484
Everyday Food and Drink Preparation	Entry 3	3	30	Y/600/6206
Exploring Art	Entry 3	3	30	F/600/6426
Exploring Dance	Entry 3	3	30	L/600/6431
Exploring Music	Entry 3	3	30	K/600/6436
Exploring Performance	Entry 3	3	30	M/600/6440
Food Safety and Storage	Entry 3	3	30	H/600/6211

Gardening for Pleasure	Entry 3	3	30	F/600/6443
Getting about Safely	Entry 3	3	30	R/600/6544
Health and Fitness	Entry 3	3	30	A/501/5194
Hobbies	Entry 3	2	20	R/600/6446
Household Cleaning	Entry 3	3	30	T/600/6214
Household Expenses	Entry 3	3	30	J/600/6217
Household Shopping	Entry 3	3	30	L/600/6221
Kitchen Hygiene	Entry 3	1	10	J/600/6203
Knowing Your Local Area	Entry 3	3	30	A/600/6554
Law and Order	Entry 3	2	20	J/600/6492
Living in a Diverse Society	Entry 3	2	20	K/600/6498
Living in the Community	Entry 3	1	10	J/600/6153
Looking after Clothes	Entry 3	3	30	R/600/6284
Make a Simple Meal	Entry 3	3	30	D/600/6224
Making Choices	Entry 3	1	10	A/600/6487
Observing and Encouraging Birds	Entry 3	3	30	H/600/6449
Outdoor Pursuits	Entry 3	3	30	H/600/6452
Participation in Team Activities	Entry 3	3	30	T/600/6455
Personal Awareness	Entry 3	2	20	L/600/6493
Personal Care and Hygiene	Entry 3	3	30	K/600/6291
Personal Health	Entry 3	3	30	L/600/6297
Personal Presentation	Entry 3	3	30	M/600/6311
Personal Safety	Entry 3	3	30	H/600/6306
Pet Care	Entry 3	3	30	L/600/6459
Recycling, Managing Waste	Entry 3	2	20	M/600/6227
Self-Advocacy	Entry 3	3	30	M/600/6499
Sustainable Living	Entry 3	2	20	M/650/7772
Understanding Relationships	Entry 3	2	20	T/600/6505
Understanding Rights and Responsibilities	Entry 3	3	30	Y/600/6500
Understanding Well-being	Entry 3	2	20	F/650/7769
Using Domestic Appliances	Entry 3	2	20	A/600/6229
Using Public Transport – Buses and Trains	Entry 3	3	30	T/600/6553
Using Public Transport – Taxis	Entry 3	2	20	J/600/6542
Volunteering	Entry 3	2	20	K/600/6520
Working as a Volunteer	Entry 3	3	30	J/600/6508

## Entry 3 Rationale for Rules of Combination

### Ascentis Entry 3 Award in Independent Living

Learners must achieve 6 credits in total. The 1 credit Mandatory unit must be achieved from Group A and the final 5 credits must be achieved from the remaining unit groups. At least 3 credits must be at Entry 3.

Units with the same title at different levels are barred.

### Ascentis Entry 3 Certificate in Independent Living

Learners must achieve 15 credits in total. The 1 credit Mandatory unit must be achieved from Group A and the final 14 credits must be achieved from the remaining unit groups. At least 8 credits must be at Entry 3.

Units with the same title at different levels are barred.

Ascentis Entry 3 in Independent Living				
Unit Group A (Mandatory): Learners must achieve the 1 credit unit				
Title	Level	Credit Value	GLH	Unit reference
Independent Living	Entry 3	1	10	F/600/6149
Unit Group B (Household Skills) Units with the same title at different levels are barred				
Title	Level	Credit Value	GLH	Unit reference
Basic Cooking Techniques	Entry 3	3	30	T/600/6200
Everyday Food and Drink Preparation	Entry 3	3	30	Y/600/6206
Food Safety and Storage	Entry 3	3	30	H/600/6211
Household Cleaning	Entry 3	3	30	T/600/6214
Household Expenses	Entry 3	3	30	J/600/6217
Household Shopping	Entry 3	3	30	L/600/6221
Kitchen Hygiene	Entry 3	1	10	J/600/6203
Make a Simple Meal	Entry 3	3	30	D/600/6224
Recycling, Managing Waste	Entry 3	2	20	M/600/6227
Using Domestic Appliances	Entry 3	2	20	A/600/6229
Unit Group C (Personal Care)				
Title	Level	Credit Value	GLH	Unit reference
Choosing Clothing and Footwear	Entry 3	2	20	R/600/6253
Drug and Alcohol Awareness	Entry 3	2	20	M/600/6261
Eating a Balanced Diet	Entry 3	3	30	F/600/6264
Health and Fitness	Entry 3	3	30	A/501/5194
Looking after Clothes	Entry 3	3	30	R/600/6284
Personal Care and Hygiene	Entry 3	3	30	K/600/6291
Personal Health	Entry 3	3	30	L/600/6297
Personal Presentation	Entry 3	3	30	M/600/6311
Personal Safety	Entry 3	3	30	H/600/6306

Unit Group D (Accessing Community Facilities)				
Title	Level	Credit Value	GLH	Unit reference
Accessing Commercial Services	Entry 3	3	30	R/600/6513
Accessing Financial services	Entry 3	3	30	T/600/6522
Accessing Health Services	Entry 3	3	30	L/600/6526
Accessing Helping Services	Entry 3	3	30	H/600/6533
Accessing Leisure Services	Entry 3	3	30	A/600/6537
Getting about Safely	Entry 3	3	30	R/600/6544
Knowing Your Local Area	Entry 3	3	30	A/600/6554
Living in the Community	Entry 3	1	10	J/600/6153
Using Public Transport – Buses and Trains	Entry 3	3	30	T/600/6553
Using Public Transport – Taxis	Entry 3	2	20	J/600/6542
Unit Group E (Personal Development)				
Title	Level	Credit Value	GLH	Unit reference
Developing Assertiveness	Entry 3	2	20	Y/600/6481
Making Choices	Entry 3	1	10	A/600/6487
Personal Awareness	Entry 3	2	20	L/600/6493
Self-Advocacy	Entry 3	3	30	M/600/6499
Understanding Relationships	Entry 3	2	20	T/600/6505
Understanding Well-being	Entry 3	2	20	F/650/7769
Unit Group F (Leisure Activities)				
Title	Level	Credit Value	GLH	Unit reference
Accessing the Countryside	Entry 3	3	30	J/600/6315
Computer Games	Entry 3	1	10	Y/600/6318
Eating Out	Entry 3	3	30	Y/600/6321
Exploring Art	Entry 3	3	30	F/600/6426
Exploring Dance	Entry 3	3	30	L/600/6431
Exploring Music	Entry 3	3	30	K/600/6436
Exploring Performance	Entry 3	3	30	M/600/6440
Gardening for Pleasure	Entry 3	3	30	F/600/6443
Hobbies	Entry 3	2	20	R/600/6446
Observing and Encouraging Birds	Entry 3	3	30	H/600/6449
Outdoor Pursuits	Entry 3	3	30	H/600/6452
Participation in Team Activities	Entry 3	3	30	T/600/6455
Pet Care	Entry 3	3	30	L/600/6459

Unit Group G (Rights and Responsibilities)				
Title	Level	Credit Value	GLH	Unit reference
Environmental Issues	Entry 3	2	20	K/600/6484
Law and Order	Entry 3	2	20	J/600/6492
Living in a Diverse Society	Entry 3	2	20	K/600/6498
Sustainable Living	Entry 3	2	20	M/650/7772
Understanding Rights and Responsibilities	Entry 3	3	30	Y/600/6500
Volunteering	Entry 3	2	20	K/600/6520
Working as a Volunteer	Entry 3	3	30	J/600/6508
Unit Group H (Entry 2 Units)				
Learners can take a maximum of 2 credits within the Award				
Learners can take a maximum of 7 credits within the Certificate				
Title	Level	Credit Value	GLH	Unit reference
Accessing Commercial Services	Entry 2	3	30	L/600/6512
Accessing Financial services	Entry 2	3	30	T/600/6519
Accessing Health Services	Entry 2	3	30	J/600/6525
Accessing Helping Services	Entry 2	3	30	D/600/6532
Accessing Leisure Services	Entry 2	3	30	T/600/6536
Accessing the Countryside	Entry 2	3	30	F/600/6314
Basic Cooking Techniques	Entry 2	3	30	L/600/6199
Choosing Clothing and Footwear	Entry 2	2	20	L/600/6252
Developing Assertiveness	Entry 2	2	20	Y/600/6478
Drug and Alcohol Awareness	Entry 2	2	20	K/600/6260
Eating a Balanced Diet	Entry 2	3	30	A/600/6263
Eating Out	Entry 2	3	30	R/600/6320
Environmental Issues	Entry 2	2	20	D/600/6482
Everyday Food and Drink Preparation	Entry 2	3	30	R/600/6205
Exploring Art	Entry 2	3	30	A/600/6425
Exploring Dance	Entry 2	3	30	J/600/6430
Exploring Music	Entry 2	3	30	Y/600/6433
Exploring Performance	Entry 2	3	30	A/600/6439
Food Safety and Storage	Entry 2	3	30	D/600/6210
Gardening for Pleasure	Entry 2	3	30	A/600/6442
Getting about Safely	Entry 2	3	30	L/600/6543
Health and Fitness	Entry 2	3	30	R/600/6267
Hobbies	Entry 2	2	20	L/600/6445
Household Cleaning	Entry 2	3	30	M/600/6213
Household Expenses	Entry 2	3	30	F/600/6216
Household Shopping	Entry 2	3	30	R/600/6219
Kitchen Hygiene	Entry 2	1	10	F/600/6202
Knowing Your Local Area	Entry 2	3	30	H/600/6550
Law and Order	Entry 2	2	20	J/600/6489
Living in a Diverse Society	Entry 2	2	20	D/600/6496
Living in the Community	Entry 2	1	10	F/600/6152



Looking after Clothes	Entry 2	3	30	D/600/6272
Make a Simple Meal	Entry 2	3	30	Y/600/6223
Making Choices	Entry 2	1	10	T/600/6486
Observing and Encouraging Birds	Entry 2	3	30	D/600/6448
Outdoor Pursuits	Entry 2	3	30	D/600/6451
Participation in Team Activities	Entry 2	3	30	M/600/6454
Personal Awareness	Entry 2	2	20	F/600/6491
Personal Care and Hygiene	Entry 2	3	30	H/600/6290
Personal Health	Entry 2	3	30	F/600/6295
Personal Presentation	Entry 2	3	30	T/600/6309
Personal Safety	Entry 2	3	30	D/600/6305
Pet Care	Entry 2	3	30	J/600/6458
Recycling, Managing Waste	Entry 2	2	20	K/600/6226
Self-Advocacy	Entry 2	3	30	H/600/6497
Sustainable Living	Entry 2	2	20	L/650/7771
Understanding Relationships	Entry 2	2	20	K/600/6503
Understanding Rights and Responsibilities	Entry 2	3	30	M/600/6504
Understanding Well-being	Entry 2	1	10	D/650/7768
Using Domestic Appliances	Entry 2	2	20	T/600/6228
Using Public Transport – Buses and Trains	Entry 2	3	30	K/600/6548
Using Public Transport – Taxis	Entry 2	2	20	J/600/6539
Volunteering	Entry 2	2	20	M/600/6518
Working as a Volunteer	Entry 2	3	30	F/600/6507

## Guided Learning Hours (GLH)

The recommended guided learning hours for Entry 1, 2 and 3 Awards in Independent Living is 60.

The recommended guided learning hours for Entry 1, 2 and 3 Certificates in Independent Living is 150.

## Total Qualification Time (TQT)

The total qualification time for Entry 1, 2 and 3 Awards in Independent Living is 60.

The total qualification time for Entry 1, 2 and 3 Certificates in Independent Living is 150.

## Age Range of Qualification

This qualification is suitable for learners aged 14+, 16–18 and 19+.



# Contact & Further Information

**New Centres** please email [hello@ascentis.co.uk](mailto:hello@ascentis.co.uk) or call **01524 845046**.

**Existing Centres** please visit the login area of our website, [www.ascentis.co.uk](http://www.ascentis.co.uk), to view the full specification.

**Product Development** for enquiries please email [development@ascentis.co.uk](mailto:development@ascentis.co.uk).