

# Ascentis Entry 1, 2 and 3 Award, Certificate and Diploma

in

## Independent Living

## Rule of Combination



**Ofqual Numbers:**

**See page 2**

**Award and Certificate**

Ofqual Start Date: 01/08/2018

Ofqual Review Date: 31/07/2022

Ofqual Certification Review Date: 31/07/2023

**Diploma**

Ofqual Start Date: 01/03/2013

Ofqual Review Date: 31/07/2022

Ofqual Certification Review Date: 31/07/2023

# 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
- They 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

Ofqual Regulation Numbers:

- 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
- Ascentis Entry Level Diploma in Independent Living (Entry 1): 600/8504/6
- Ascentis Entry Level Diploma in Independent Living (Entry 2): 600/8505/8
- Ascentis Entry Level Diploma in Independent Living (Entry 3): 600/8506/X

## 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.

# Rule 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 Diploma in Independent Living

Learners must achieve 37 credits in total. The 1 credit Mandatory unit must be achieved from Group A and the final 36 credits must be achieved from the remaining unit groups. At least 19 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 ref
Independent Living	Entry 1	1	10	M/600/6146
Unit Group B (Household Skills)				
Title	Level	Credit Value	GLH	Unit ref
Kitchen Hygiene	Entry 1	1	10	A/600/6201
Household Expenses	Entry 1	3	30	A/600/6215
Recycling, Managing Waste	Entry 1	2	20	H/600/6225
Basic Cooking Techniques	Entry 1	3	30	J/600/6198
Food Safety and Storage	Entry 1	3	30	K/600/6209
Household Cleaning	Entry 1	3	30	K/600/6212
Everyday Food and Drink Preparation	Entry 1	3	30	L/600/6204
Household Shopping	Entry 1	3	30	L/600/6218
Make a Simple Meal	Entry 1	3	30	R/600/6222
Unit Group C (Personal Care)				
Title	Level	Credit Value	GLH	Unit ref
Personal Health	Entry 1	3	30	A/600/6294

Choosing Clothing and Footwear	Entry 1	2	20	J/600/6251
Personal Care and Hygiene	Entry 1	3	30	M/600/6289
Personal Presentation	Entry 1	3	30	M/600/6308
Looking after Clothes	Entry 1	3	30	R/600/6270
Drug and Alcohol Awareness	Entry 1	2	20	T/600/6259
Eating a Balanced Diet	Entry 1	3	30	T/600/6262
Personal Safety	Entry 1	3	30	Y/600/6304
Health and Fitness	Entry 1	3	30	Y/600/6268
<b>Unit Group D (Accessing Community Facilities)</b>				
Title	Level	Credit Value	GLH	Unit ref
Living in the Community	Entry 1	1	10	A/600/6151
Accessing Health Services	Entry 1	3	30	A/600/6523
Getting about Safely	Entry 1	3	30	A/600/6540
Accessing Financial services	Entry 1	3	30	D/600/6515
Using Public Transport – Buses and Trains	Entry 1	3	30	D/600/6546
Accessing Commercial Services	Entry 1	3	30	F/600/6510
Accessing Leisure Services	Entry 1	3	30	K/600/6534
Knowing Your Local Area	Entry 1	3	30	M/600/6549
Using Public Transport – Taxis	Entry 1	2	20	R/600/6527
Accessing Helping Services	Entry 1	3	30	R/600/6530
<b>Unit Group E (Personal Development)</b>				
Title	Level	Credit Value	GLH	Unit ref
Personal Awareness	Entry 1	2	20	A/600/6490
Understanding Relationships	Entry 1	2	20	D/600/6501
Developing Assertiveness	Entry 1	2	20	J/600/6475
Making Choices	Entry 1	1	10	M/600/6485
Self-Advocacy	Entry 1	3	30	Y/600/6495
<b>Unit Group F (Leisure Activities)</b>				
Title	Level	Credit Value	GLH	Unit ref
Accessing the Countryside	Entry 1	3	30	A/600/6313
Eating Out	Entry 1	3	30	D/600/6319
Outdoor Pursuits	Entry 1	3	30	Y/600/6450
Pet Care	Entry 1	3	30	F/600/6457
Hobbies	Entry 1	2	20	J/600/6444
Participation in Team Activities	Entry 1	3	30	K/600/6453
Computer Games	Entry 1	1	10	L/600/6316
Exploring Dance	Entry 1	3	30	L/600/6428
Exploring Art	Entry 1	3	30	M/600/6423
Exploring Music	Entry 1	3	30	R/600/6432
Exploring Performance	Entry 1	3	30	T/600/6438
Observing and Encouraging Birds	Entry 1	3	30	Y/600/6447
Gardening for Pleasure	Entry 1	3	30	T/600/6441
<b>Unit Group G (Rights and Responsibilities)</b>				

Title	Level	Credit Value	GLH	Unit ref
Working as a Volunteer	Entry 1	3	30	A/600/6506
Volunteering	Entry 1	2	20	H/600/6516
Law and Order	Entry 1	2	20	F/600/6488
Understanding Rights and Responsibilities	Entry 1	3	30	H/600/6502
Living in a Diverse Society	Entry 1	2	20	R/600/6494
Environmental Issues	Entry 1	2	20	R/600/6477
<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				
Learners can take a maximum of 18 credits within the Diploma				
Title	Level	Credit Value	GLH	Unit ref
Kitchen Hygiene	Entry 2	1	10	F/600/6202
Household Expenses	Entry 2	3	30	F/600/6216
Recycling, Managing Waste	Entry 2	2	20	K/600/6226
Basic Cooking Techniques	Entry 2	3	30	L/600/6199
Food Safety and Storage	Entry 2	3	30	D/600/6210
Household Cleaning	Entry 2	3	30	M/600/6213
Everyday Food and Drink Preparation	Entry 2	3	30	R/600/6205
Household Shopping	Entry 2	3	30	R/600/6219
Make a Simple Meal	Entry 2	3	30	Y/600/6223
Using Domestic Appliances	Entry 2	2	20	T/600/6228
Personal Health	Entry 2	3	30	F/600/6295
Choosing Clothing and Footwear	Entry 2	2	20	L/600/6252
Making Choices	Entry 2	1	10	T/600/6486
Self-Advocacy	Entry 2	3	30	H/600/6497
Personal Presentation	Entry 2	3	30	T/600/6309
Looking after Clothes	Entry 2	3	30	D/600/6272
Drug and Alcohol Awareness	Entry 2	2	20	K/600/6260
Eating a Balanced Diet	Entry 2	3	30	A/600/6263
Personal Safety	Entry 2	3	30	D/600/6305
Health and Fitness	Entry 2	3	30	R/600/6267
Personal Care and Hygiene	Entry 2	3	30	H/600/6290
Living in the Community	Entry 2	1	10	F/600/6152
Accessing Health Services	Entry 2	3	30	J/600/6525
Getting about Safely	Entry 2	3	30	L/600/6543
Accessing Financial services	Entry 2	3	30	T/600/6519
Using Public Transport – Buses and Trains	Entry 2	3	30	K/600/6548
Accessing Commercial Services	Entry 2	3	30	L/600/6512
Accessing Leisure Services	Entry 2	3	30	T/600/6536
Knowing Your Local Area	Entry 2	3	30	H/600/6550
Using Public Transport – Taxis	Entry 2	2	20	J/600/6539
Accessing Helping Services	Entry 2	3	30	D/600/6532
Personal Awareness	Entry 2	2	20	F/600/6491
Understanding Relationships	Entry 2	2	20	K/600/6503

Developing Assertiveness	Entry 2	2	20	Y/600/6478
Accessing the Countryside	Entry 2	3	30	F/600/6314
Eating Out	Entry 2	3	30	R/600/6320
Outdoor Pursuits	Entry 2	3	30	D/600/6451
Pet Care	Entry 2	3	30	J/600/6458
Hobbies	Entry 2	2	20	L/600/6445
Participation in Team Activities	Entry 2	3	30	M/600/6454
Exploring Dance	Entry 2	3	30	J/600/6430
Exploring Art	Entry 2	3	30	A/600/6425
Exploring Music	Entry 2	3	30	Y/600/6433
Exploring Performance	Entry 2	3	30	A/600/6439
Observing and Encouraging Birds	Entry 2	3	30	D/600/6448
Gardening for Pleasure	Entry 2	3	30	A/600/6442
Working as a Volunteer	Entry 2	3	30	F/600/6507
Volunteering	Entry 2	2	20	M/600/6518
Law and Order	Entry 2	2	20	J/600/6489
Understanding Rights and Responsibilities	Entry 2	3	30	M/600/6504
Living in a Diverse Society	Entry 2	2	20	D/600/6496
Environmental Issues	Entry 2	2	20	D/600/6482

## 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 Diploma in Independent Living

Learners must achieve 37 credits in total. The 1 credit Mandatory unit must be achieved from Group A and the final 36 credits must be achieved from the remaining unit groups. At least 19 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 ref
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 ref
Kitchen Hygiene	Entry 2	1	10	F/600/6202
Household Expenses	Entry 2	3	30	F/600/6216
Recycling, Managing Waste	Entry 2	2	20	K/600/6226
Basic Cooking Techniques	Entry 2	3	30	L/600/6199
Food Safety and Storage	Entry 2	3	30	D/600/6210
Household Cleaning	Entry 2	3	30	M/600/6213
Everyday Food and Drink Preparation	Entry 2	3	30	R/600/6205
Household Shopping	Entry 2	3	30	R/600/6219
Make a Simple Meal	Entry 2	3	30	Y/600/6223
Using Domestic Appliances	Entry 2	2	20	T/600/6228
Unit Group C (Personal Care)				
Title	Level	Credit Value	GLH	Unit ref
Personal Health	Entry 2	3	30	F/600/6295
Choosing Clothing and Footwear	Entry 2	2	20	L/600/6252
Personal Care and Hygiene	Entry 2	3	30	H/600/6290



Personal Presentation	Entry 2	3	30	T/600/6309
Looking after Clothes	Entry 2	3	30	D/600/6272
Drug and Alcohol Awareness	Entry 2	2	20	K/600/6260
Eating a Balanced Diet	Entry 2	3	30	A/600/6263
Personal Safety	Entry 2	3	30	D/600/6305
Health and Fitness	Entry 2	3	30	R/600/6267
<b>Unit Group D (Accessing Community Facilities)</b>				
Title	Level	Credit Value	GLH	Unit ref
Living in the Community	Entry 2	1	10	F/600/6152
Accessing Health Services	Entry 2	3	30	J/600/6525
Getting about Safely	Entry 2	3	30	L/600/6543
Accessing Financial Services	Entry 2	3	30	T/600/6519
Using Public Transport – Buses and Trains	Entry 2	3	30	K/600/6548
Accessing Commercial Services	Entry 2	3	30	L/600/6512
Accessing Leisure Services	Entry 2	3	30	T/600/6536
Knowing Your Local Area	Entry 2	3	30	H/600/6550
Using Public Transport – Taxis	Entry 2	2	20	J/600/6539
Accessing Helping Services	Entry 2	3	30	D/600/6532
<b>Unit Group E (Personal Development)</b>				
Title	Level	Credit Value	GLH	Unit ref
Personal Awareness	Entry 2	2	20	F/600/6491
Understanding Relationships	Entry 2	2	20	K/600/6503
Developing Assertiveness	Entry 2	2	20	Y/600/6478
Making Choices	Entry 2	1	10	T/600/6486
Self-Advocacy	Entry 2	3	30	H/600/6497
<b>Unit Group F (Leisure Activities)</b>				
Title	Level	Credit Value	GLH	Unit ref
Accessing the Countryside	Entry 2	3	30	F/600/6314
Eating Out	Entry 2	3	30	R/600/6320
Outdoor Pursuits	Entry 2	3	30	D/600/6451
Pet Care	Entry 2	3	30	J/600/6458
Hobbies	Entry 2	2	20	L/600/6445
Participation in Team Activities	Entry 2	3	30	M/600/6454
Computer Games	Entry 2	1	10	R/600/6317
Exploring Dance	Entry 2	3	30	J/600/6430
Exploring Art	Entry 2	3	30	A/600/6425
Exploring Music	Entry 2	3	30	Y/600/6433
Exploring Performance	Entry 2	3	30	A/600/6439
Observing and Encouraging Birds	Entry 2	3	30	D/600/6448
Gardening for Pleasure	Entry 2	3	30	A/600/6442

Unit Group G (Rights and Responsibilities)				
Title	Level	Credit Value	GLH	Unit ref
Working as a Volunteer	Entry 2	3	30	F/600/6507
Volunteering	Entry 2	2	20	M/600/6518
Law and Order	Entry 2	2	20	J/600/6489
Understanding Rights and Responsibilities	Entry 2	3	30	M/600/6504
Living in a Diverse Society	Entry 2	2	20	D/600/6496
Environmental Issues	Entry 2	2	20	D/600/6482
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				
Learners can take a maximum of 18 credits within the Diploma				
Title	Level	Credit Value	GLH	Unit ref
Kitchen Hygiene	Entry 1	1	10	A/600/6201
Household Expenses	Entry 1	3	30	A/600/6215
Recycling, Managing Waste	Entry 1	2	20	H/600/6225
Basic Cooking Techniques	Entry 1	3	30	J/600/6198
Food Safety and Storage	Entry 1	3	30	K/600/6209
Household Cleaning	Entry 1	3	30	K/600/6212
Everyday Food and Drink Preparation	Entry 1	3	30	L/600/6204
Household Shopping	Entry 1	3	30	L/600/6218
Make a Simple Meal	Entry 1	3	30	R/600/6222
Personal Health	Entry 1	3	30	A/600/6294
Choosing Clothing and Footwear	Entry 1	2	20	J/600/6251
Personal Care and Hygiene	Entry 1	3	30	M/600/6289
Personal Presentation	Entry 1	3	30	M/600/6308
Looking after Clothes	Entry 1	3	30	R/600/6270
Drug and Alcohol Awareness	Entry 1	2	20	T/600/6259
Eating a Balanced Diet	Entry 1	3	30	T/600/6262
Personal Safety	Entry 1	3	30	Y/600/6304
Health and Fitness	Entry 1	3	30	Y/600/6268
Living in the Community	Entry 1	1	10	A/600/6151
Accessing Health Services	Entry 1	3	30	A/600/6523
Getting about Safely	Entry 1	3	30	A/600/6540
Accessing Financial services	Entry 1	3	30	D/600/6515
Using Public Transport – Buses and Trains	Entry 1	3	30	D/600/6546
Accessing Commercial Services	Entry 1	3	30	F/600/6510
Accessing Leisure Services	Entry 1	3	30	K/600/6534
Knowing Your Local Area	Entry 1	3	30	M/600/6549
Using Public Transport – Taxis	Entry 1	2	20	R/600/6527
Accessing Helping Services	Entry 1	3	30	R/600/6530
Personal Awareness	Entry 1	2	20	A/600/6490
Understanding Relationships	Entry 1	2	20	D/600/6501
Developing Assertiveness	Entry 1	2	20	J/600/6475

Making Choices	Entry 1	1	10	M/600/6485
Self-Advocacy	Entry 1	3	30	Y/600/6495
Accessing the Countryside	Entry 1	3	30	A/600/6313
Eating Out	Entry 1	3	30	D/600/6319
Outdoor Pursuits	Entry 1	3	30	Y/600/6450
Pet Care	Entry 1	3	30	F/600/6457
Hobbies	Entry 1	2	20	J/600/6444
Participation in Team Activities	Entry 1	3	30	K/600/6453
Exploring Dance	Entry 1	3	30	L/600/6428
Exploring Art	Entry 1	3	30	M/600/6423
Exploring Music	Entry 1	3	30	R/600/6432
Exploring Performance	Entry 1	3	30	T/600/6438
Observing and Encouraging Birds	Entry 1	3	30	Y/600/6447
Gardening for Pleasure	Entry 1	3	30	T/600/6441
Working as a Volunteer	Entry 1	3	30	A/600/6506
Volunteering	Entry 1	2	20	H/600/6516
Law and Order	Entry 1	2	20	F/600/6488
Understanding Rights and Responsibilities	Entry 1	3	30	H/600/6502
Living in a Diverse Society	Entry 1	2	20	R/600/6494
Environmental Issues	Entry 1	2	20	R/600/6477

#### 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

Learners can take a maximum of 18 credits within the Diploma

Title	Level	Credit Value	GLH	Unit ref
Kitchen Hygiene	Entry 3	1	10	J/600/6203
Household Expenses	Entry 3	3	30	J/600/6217
Recycling, Managing Waste	Entry 3	2	20	M/600/6227
Food Safety and Storage	Entry 3	3	30	H/600/6211
Household Cleaning	Entry 3	3	30	T/600/6214
Everyday Food and Drink Preparation	Entry 3	3	30	Y/600/6206
Household Shopping	Entry 3	3	30	L/600/6221
Make a Simple Meal	Entry 3	3	30	D/600/6224
Using Domestic Appliances	Entry 3	2	20	A/600/6229
Personal Health	Entry 3	3	30	L/600/6297
Choosing Clothing and Footwear	Entry 3	2	20	R/600/6253
Personal Care and Hygiene	Entry 3	3	30	K/600/6291
Personal Presentation	Entry 3	3	30	M/600/6311
Looking after Clothes	Entry 3	3	30	R/600/6284
Drug and Alcohol Awareness	Entry 3	2	20	M/600/6261
Eating a Balanced Diet	Entry 3	3	30	F/600/6264
Personal Safety	Entry 3	3	30	H/600/6306
Health and Fitness	Entry 3	3	30	A/501/5194
Living in the Community	Entry 3	1	10	J/600/6153
Getting about Safely	Entry 3	3	30	R/600/6544

Accessing Financial services	Entry 3	3	30	T/600/6522
Using Public Transport – Buses and Trains	Entry 3	3	30	T/600/6553
Accessing Commercial Services	Entry 3	3	30	R/600/6513
Accessing Leisure Services	Entry 3	3	30	A/600/6537
Knowing Your Local Area	Entry 3	3	30	A/600/6554
Using Public Transport – Taxis	Entry 3	2	20	J/600/6542
Accessing Helping Services	Entry 3	3	30	H/600/6533
Personal Awareness	Entry 3	2	20	L/600/6493
Understanding Relationships	Entry 3	2	20	T/600/6505
Developing Assertiveness	Entry 3	2	20	Y/600/6481
Making Choices	Entry 3	1	10	A/600/6487
Self-Advocacy	Entry 3	3	30	M/600/6499
Accessing the Countryside	Entry 3	3	30	J/600/6315
Eating Out	Entry 3	3	30	Y/600/6321
Outdoor Pursuits	Entry 3	3	30	H/600/6452
Pet Care	Entry 3	3	30	L/600/6459
Hobbies	Entry 3	2	20	R/600/6446
Participation in Team Activities	Entry 3	3	30	T/600/6455
Computer Games	Entry 3	1	10	Y/600/6318
Exploring Dance	Entry 3	3	30	L/600/6431
Exploring Art	Entry 3	3	30	F/600/6426
Exploring Music	Entry 3	3	30	K/600/6436
Exploring Performance	Entry 3	3	30	M/600/6440
Observing and Encouraging Birds	Entry 3	3	30	H/600/6449
Gardening for Pleasure	Entry 3	3	30	F/600/6443
Working as a Volunteer	Entry 3	3	30	J/600/6508
Volunteering	Entry 3	2	20	K/600/6520
Law and Order	Entry 3	2	20	J/600/6492
Understanding Rights and Responsibilities	Entry 3	3	30	Y/600/6500
Living in a Diverse Society	Entry 3	2	20	K/600/6498
Environmental Issues	Entry 3	2	20	K/600/6484

## 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 Diploma in Independent Living

Learners must achieve 37 credits in total. The 1 credit Mandatory unit must be achieved from Group A and the final 36 credits must be achieved from the remaining unit groups. At least 19 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 ref
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 ref
Kitchen Hygiene	Entry 3	1	10	J/600/6203
Household Expenses	Entry 3	3	30	J/600/6217
Recycling, Managing Waste	Entry 3	2	20	M/600/6227
Basic Cooking Techniques	Entry 3	3	30	T/600/6200
Food Safety and Storage	Entry 3	3	30	H/600/6211
Household Cleaning	Entry 3	3	30	T/600/6214
Everyday Food and Drink Preparation	Entry 3	3	30	Y/600/6206
Household Shopping	Entry 3	3	30	L/600/6221
Make a Simple Meal	Entry 3	3	30	D/600/6224
Using Domestic Appliances	Entry 3	2	20	A/600/6229
Unit Group C (Personal Care)				
Title	Level	Credit Value	GLH	Unit ref
Personal Health	Entry 3	3	30	L/600/6297
Choosing Clothing and Footwear	Entry 3	2	20	R/600/6253
Personal Care and Hygiene	Entry 3	3	30	K/600/6291

Personal Presentation	Entry 3	3	30	M/600/6311
Looking after Clothes	Entry 3	3	30	R/600/6284
Drug and Alcohol Awareness	Entry 3	2	20	M/600/6261
Eating a Balanced Diet	Entry 3	3	30	F/600/6264
Personal Safety	Entry 3	3	30	H/600/6306
Health and Fitness	Entry 3	3	30	A/501/5194
<b>Unit Group D (Accessing Community Facilities)</b>				
Title	Level	Credit Value	GLH	Unit ref
Living in the Community	Entry 3	1	10	J/600/6153
Accessing Health Services	Entry 3	3	30	L/600/6526
Getting about Safely	Entry 3	3	30	R/600/6544
Accessing Financial services	Entry 3	3	30	T/600/6522
Using Public Transport – Buses and Trains	Entry 3	3	30	T/600/6553
Accessing Commercial Services	Entry 3	3	30	R/600/6513
Accessing Leisure Services	Entry 3	3	30	A/600/6537
Knowing Your Local Area	Entry 3	3	30	A/600/6554
Using Public Transport – Taxis	Entry 3	2	20	J/600/6542
Accessing Helping Services	Entry 3	3	30	H/600/6533
<b>Unit Group E (Personal Development)</b>				
Title	Level	Credit Value	GLH	Unit ref
Personal Awareness	Entry 3	2	20	L/600/6493
Understanding Relationships	Entry 3	2	20	T/600/6505
Developing Assertiveness	Entry 3	2	20	Y/600/6481
Making Choices	Entry 3	1	10	A/600/6487
Self-Advocacy	Entry 3	3	30	M/600/6499
<b>Unit Group F (Leisure Activities)</b>				
Title	Level	Credit Value	GLH	Unit ref
Accessing the Countryside	Entry 3	3	30	J/600/6315
Eating Out	Entry 3	3	30	Y/600/6321
Outdoor Pursuits	Entry 3	3	30	H/600/6452
Pet Care	Entry 3	3	30	L/600/6459
Hobbies	Entry 3	2	20	R/600/6446
Participation in Team Activities	Entry 3	3	30	T/600/6455
Computer Games	Entry 3	1	10	Y/600/6318
Exploring Dance	Entry 3	3	30	L/600/6431
Exploring Art	Entry 3	3	30	F/600/6426
Exploring Music	Entry 3	3	30	K/600/6436
Exploring Performance	Entry 3	3	30	M/600/6440
Observing and Encouraging Birds	Entry 3	3	30	H/600/6449
Gardening for Pleasure	Entry 3	3	30	F/600/6443

Unit Group G (Rights and Responsibilities)				
Title	Level	Credit Value	GLH	Unit ref
Working as a Volunteer	Entry 3	3	30	J/600/6508
Volunteering	Entry 3	2	20	K/600/6520
Law and Order	Entry 3	2	20	J/600/6492
Understanding Rights and Responsibilities	Entry 3	3	30	Y/600/6500
Living in a Diverse Society	Entry 3	2	20	K/600/6498
Environmental Issues	Entry 3	2	20	K/600/6484
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				
Learners can take a maximum of 18 credits within the Diploma				
Title	Level	Credit Value	GLH	Unit ref
Kitchen Hygiene	Entry 2	1	10	F/600/6202
Household Expenses	Entry 2	3	30	F/600/6216
Recycling, Managing Waste	Entry 2	2	20	K/600/6226
Basic Cooking Techniques	Entry 2	3	30	L/600/6199
Food Safety and Storage	Entry 2	3	30	D/600/6210
Household Cleaning	Entry 2	3	30	M/600/6213
Everyday Food and Drink Preparation	Entry 2	3	30	R/600/6205
Household Shopping	Entry 2	3	30	R/600/6219
Make a Simple Meal	Entry 2	3	30	Y/600/6223
Using Domestic Appliances	Entry 2	2	20	T/600/6228
Personal Health	Entry 2	3	30	F/600/6295
Choosing Clothing and Footwear	Entry 2	2	20	L/600/6252
Making Choices	Entry 2	1	10	T/600/6486
Self-Advocacy	Entry 2	3	30	H/600/6497
Personal Presentation	Entry 2	3	30	T/600/6309
Looking after Clothes	Entry 2	3	30	D/600/6272
Drug and Alcohol Awareness	Entry 2	2	20	K/600/6260
Eating a Balanced Diet	Entry 2	3	30	A/600/6263
Personal Safety	Entry 2	3	30	D/600/6305
Health and Fitness	Entry 2	3	30	R/600/6267
Personal Care and Hygiene	Entry 2	3	30	H/600/6290
Living in the Community	Entry 2	1	10	F/600/6152
Accessing Health Services	Entry 2	3	30	J/600/6525
Getting about Safely	Entry 2	3	30	L/600/6543
Accessing Financial services	Entry 2	3	30	T/600/6519
Using Public Transport – Buses and Trains	Entry 2	3	30	K/600/6548
Accessing Commercial Services	Entry 2	3	30	L/600/6512
Accessing Leisure Services	Entry 2	3	30	T/600/6536
Knowing Your Local Area	Entry 2	3	30	H/600/6550
Using Public Transport – Taxis	Entry 2	2	20	J/600/6539
Accessing Helping Services	Entry 2	3	30	D/600/6532

Personal Awareness	Entry 2	2	20	F/600/6491
Understanding Relationships	Entry 2	2	20	K/600/6503
Developing Assertiveness	Entry 2	2	20	Y/600/6478
Accessing the Countryside	Entry 2	3	30	F/600/6314
Eating Out	Entry 2	3	30	R/600/6320
Outdoor Pursuits	Entry 2	3	30	D/600/6451
Pet Care	Entry 2	3	30	J/600/6458
Hobbies	Entry 2	2	20	L/600/6445
Participation in Team Activities	Entry 2	3	30	M/600/6454
Exploring Dance	Entry 2	3	30	J/600/6430
Exploring Art	Entry 2	3	30	A/600/6425
Exploring Music	Entry 2	3	30	Y/600/6433
Exploring Performance	Entry 2	3	30	A/600/6439
Observing and Encouraging Birds	Entry 2	3	30	D/600/6448
Gardening for Pleasure	Entry 2	3	30	A/600/6442
Working as a Volunteer	Entry 2	3	30	F/600/6507
Volunteering	Entry 2	2	20	M/600/6518
Law and Order	Entry 2	2	20	J/600/6489
Understanding Rights and Responsibilities	Entry 2	3	30	M/600/6504
Living in a Diverse Society	Entry 2	2	20	D/600/6496
Environmental Issues	Entry 2	2	20	D/600/6482

## 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.

The recommended guided learning hours for Entry 1, 2 and 3 Diplomas in Independent Living is 370.

## 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.

The total qualification time for Entry 1, 2 and 3 Diplomas in Independent Living is 370.

## 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 visit the Login area of our website to view the full specification.

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