



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

Regulation Codes - see page 4

Award and Certificate

Ofqual Start Date: 01/08/2018

Ofqual Review Date: 31/07/2027

Ofqual Certification Review Date: 31/07/2028

SUMMARY OF CHANGES

Version and Date	Change Detail	Section
V2 January 2025	Amendments to Rationale for Rules of Combination, Entry 1, 2 and 3	Rules of Combination

ABOUT ASCENTIS

Ascentis was originally established in 1975 as OCNW, a co-operative scheme between Universities and Colleges of Further Education. Ascentis was the first 'Open College' in the UK and served the needs of its members for over 34 years. Throughout this period, OCNW grew yet maintained its independence in order that it could continue to respond to the requirements of its customers and provide a consistently high standard of service to all centres across the country and in recent years, to its increasing cohorts of overseas learners.

In 2009 OCNW became Ascentis - a company limited by guarantee and a registered educational charity.

Ascentis is distinctive and unusual in that it is both:

- **an Awarding Organisation** regulated by the Office of Qualifications and Examinations Regulation (Ofqual, England), Council for the Curriculum, Examinations and Assessment (CCEA, Northern Ireland) and Qualifications Wales

and

- **an Access Validating Agency (AVA)** for 'Access to HE Programmes' licensed by the Quality Assurance Agency for Higher Education (QAA).

Ascentis is therefore able to offer a comprehensive ladder of opportunities to centres and their students, including Foundation Learning, vocational programmes and progressing to QAA recognised Access to HE qualifications. The flexible and adult-friendly ethos of Ascentis has resulted in centres throughout the UK choosing to run its qualifications.

ASCENTIS CONTACT DETAILS

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ASCENTIS ENTRY LEVEL INDEPENDENT LIVING

Introduction

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 this qualification that make it very appropriate for its 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 a classroom-based course 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 that they can live an independent lifestyle.

Qualification Accreditation Numbers (Ofqual)

603/3469/1 Ascentis Entry Level Award in Independent Living (Entry 1)

603/3470/8 Ascentis Entry Level Award in Independent Living (Entry 2)

603/3471/X Ascentis Entry Level Award in Independent Living (Entry 3)

603/3473/3 Ascentis Entry Level Certificate in Independent Living (Entry 1)

603/3474/5 Ascentis Entry Level Certificate in Independent Living (Entry 2)

603/3475/7 Ascentis Entry Level Certificate in Independent Living (Entry 3)

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. Learners can take a maximum of 2 Credits at Entry 2. 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. Learners can take a maximum of 7 Credits at Entry 2. Units with the same title at different levels are barred.

Ascentis Entry 1 in Independent Living				
Unit Group A (Mandatory): Learner 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
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

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. Learners can take a maximum of 2 Credits at Entry 1 and a maximum of 2 Credits at Entry 3. 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. Learners can take a maximum of 7 credits at Entry 1 and a maximum of 7 credits at Entry 3. Units with the same title at different levels are barred.

Ascentis Entry 2 in Independent Living				
Unit Group A (Mandatory): Learner 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/650/7767
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. Learners can take a maximum of 2 Credits at Entry 2. 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. Learners can take a maximum of 7 credits at Entry 2. Units with the same title at different levels are barred.

Ascentis Entry 3 in Independent Living				
Unit Group A (Mandatory): Learner 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

Unit certification is available for all units.

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

Time Limit for the Process of Credit Accumulation and Exemptions

Credit accumulation is usually within the life span of the qualification. Exemptions may have been achieved previous to the qualification start date; each case will be considered separately.

Recommended Prior Knowledge, Attainment and/or Experience

There is no prior knowledge required for this qualification.

Age Range of Qualification

This qualification is suitable for learners aged 14+, 16-18, 19+

Opportunities for Progression

Learners may wish to extend their skills in other core areas, such as literacy, numeracy or ICT.

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.

Centre Recognition

This qualification can only be offered by centres recognised by Ascentis and approved to run this qualification. Details of the centre recognition and qualification approval process are available from the Ascentis office (tel. 01524 845046) or from the website at www.ascentis.co.uk.

Qualification Approval

If your centre is already a recognised centre, you will need to complete and submit a qualification approval form to deliver this qualification. Details of the qualification approval process are available from the Ascentis office (tel. 01524 845046) or from the website at www.ascentis.co.uk.

Registration

All learners must normally be registered with Ascentis within seven weeks of commencement of a course via the Ascentis electronic registration portal. Late registration may result in a fee, please refer to the latest version of the Ascentis Product Catalogue

Status in England, Wales and Northern Ireland

This qualification is available in England and Northern Ireland. It is only offered in English. If a centre based overseas (including Scotland) would like to offer this qualification, they should make an enquiry to Ascentis.

Reasonable Adjustments and Special Considerations

In the development of this qualification Ascentis has made every attempt to ensure that there are no unnecessary barriers to achievement. For learners with particular requirements reasonable adjustments may be made in order that they can have fair assessment and demonstrate attainment. There are also arrangements for special consideration for any learner suffering illness, injury or indisposition. Full details of the reasonable adjustments and special considerations are available from the login area of the Ascentis website www.ascentis.co.uk or through contacting the Ascentis office.

Enquiries and Appeals Procedure

Ascentis has an appeals procedure in accordance with the regulatory arrangements in the Ofqual *General Conditions of Recognition*¹. Full details of this procedure, including how to make an application, are available from the login area of the Ascentis website www.ascentis.co.uk or through contacting the Ascentis office.

Useful Links

Web links and other resources featured in this specification are suggestions only to support the delivery of this qualification and should be implemented at the centre's discretion. The hyperlinks provided were live at the time this specification was last reviewed. Please kindly notify Ascentis if you find a link that is no longer active.

Please note: Ascentis is not responsible for the content of third-party websites and, whilst we check external links regularly, the owners of these sites may remove or amend these documents or web pages at any time.

In Northern Ireland it is the CCEA General Conditions of Recognition and Qualifications Wales is the Standard Conditions of Recognition.

ASSESSMENT AND VERIFICATION ARRANGEMENTS

Assessment

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.

On completion of the learners' evidence for either the individual units or the award/certificate, the assessor is required to complete the Summary Record of Achievement for each learner. The Summary Record of Achievement asks assessors and the internal verifier to confirm that the rules of combination have been followed. This is particularly important in cases where a learner has taken units at different levels. The Summary Record of Achievement form is provided in [Appendix 1](#)

Centres are required to retain all evidence from all learners for external verification and for 4 weeks afterwards should any appeal be made.

Internal Assessment

Evidence for each unit is through building up a portfolio of evidence to demonstrate that all the assessment criteria within the unit have been achieved. The evidence will be assessed by the assessor at the centre, who may or may not be the tutor teaching the course.

Portfolios of evidence should include a variety of evidence to demonstrate that the assessment criteria for each unit have been met. Examples of evidence that could be included are:

- Observation record
- Questions and discussions
- Photographs
- Video
- Worksheets
- Audio recordings
- Self assessments
- Workbook activities
- Final multiple choice tests.

If the learner fails to meet the assessment criteria on the first attempt at an activity they may redraft the work following feedback given by the tutor. However tutors must not correct the work of the learner, and all feedback given by the tutor must be included within the learner's evidence.

Learners' portfolio work should include a tracking sheet to show where the evidence for each assessment criterion is to be found. Some activities could produce evidence for more than one unit, which is acceptable as long as there is clear reference to this on the tracking sheet. Examples of tracking sheets are found in a separate document.

The Use of Artificial Intelligence (AI) in Assessments

There are potential risks associated with the use of AI in assessments, such as the possibility of bias and the potential for cheating.

Centres are expected to detect and monitor the use of AI tools in assessments. Centres must be satisfied that the work provided is that of the learner. All learners must be aware that they are responsible for ensuring they are not cheating in assessments by using AI tools. All learners must cite the use of AI in their assessments where this is allowed.

Verification

Internal Verification

Internal verification is the process of ensuring that everyone who assesses a particular unit in a centre is assessing to the same standards, i.e., consistently and reliably. Internal verification activities will include: ensuring any stimulus or materials used for the purposes of assessment are fit for purpose; sampling assessments; standardisation of assessment decisions; standardisation of internal verification decisions. Internal Verifiers are also responsible for supporting assessors by providing constructive advice and guidance in relation to the qualification delivered.

Ascentis offer free refresher training in support of this role through an Ascentis Internal Quality Assurance course. The purpose of the course is to provide staff in centres with knowledge and understanding of Ascentis IQA processes and procedures, which will enable them to carry out their role more effectively. To book your place on a course or request further information, please contact the Ascentis Quality Assurance Team (qualityassurance@ascentis.co.uk).

Further information is available from the login section of the Ascentis website www.ascentis.co.uk.

External Verification

Recognised centres will be verified in accordance with a verification model that is considered most appropriate for the provision. More frequent verifications can be requested from the Ascentis Quality Assurance team, for which there is usually an additional charge. External verification will usually focus on the following areas:

- Ensuring the centre is using appropriate assessment methods and making appropriate assessment decisions according to Ascentis' requirements.
- Ensuring the centre has appropriate internal quality assurance arrangements as outlined within the relevant qualification specification.
- Checking that the centre is using appropriate administrative arrangements to support the function of delivery and assessment.

External Quality Assurers will usually do this through discussion with the assessment and Internal Quality Assurance staff; verifying a sample of learners' evidence; talking to learners, reviewing relevant centre documentation and systems.

Knowledge, Understanding and Skills required of Assessors and Internal Verifiers

Centres must ensure that those delivering and assessing Ascentis qualifications are occupationally knowledgeable and competent within the relevant subject area.

Centres are responsible for ensuring that all staff involved in the delivery of the qualification are appropriately qualified. Ascentis will not be held responsible for any issues that relate to centre staffing which could impact on the successful delivery, assessment and internal quality assurance of our qualifications.

Those delivering the qualification should preferably hold or be working towards a recognised teaching qualification. Assessors must be able to make appropriate assessment decisions. Internal Quality Assurers need to have knowledge and experience of the internal quality assurance processes.

Centres are required to ensure that appropriate training and support is in place for staff involved in the delivery, assessment and internal verification of Ascentis qualifications.

Ascentis offers free support for centres. Further information on the support that is available can be found on the Ascentis electronic portal or the Ascentis website.

APPENDIX 1

Summary Record of Achievement

Ascentis Entry Level Award in Independent Living (Entry 1)

Unit Title	Level	Credit Value	Date completed	Assessor Signature	Internal Verifier Signature (if sampled)

Learner Name _____

Minimum Credit Value of Qualification 6

I confirm that the minimum number of credits have been achieved in order for a claim for certification to be made. I can confirm that the credit has been achieved from the correct combination of mandatory and optional units as specified within the Rules of Combination.

Assessor Signature _____

Internal Verifier Signature (if sampled) _____

APPENDIX 1

Summary Record of Achievement

Ascentis Entry Level Award in Independent Living (Entry 2)

Unit Title	Level	Credit Value	Date completed	Assessor Signature	Internal Verifier Signature (if sampled)

Learner Name _____

Minimum Credit Value of Qualification 6

I confirm that the minimum number of credits have been achieved in order for a claim for certification to be made. I can confirm that the credit has been achieved from the correct combination of mandatory and optional units as specified within the Rules of Combination.

Assessor Signature _____

Internal Verifier Signature (if sampled) _____

APPENDIX 1

Summary Record of Achievement

Ascentis Entry Level Award in Independent Living (Entry 3)

Unit Title	Level	Credit Value	Date completed	Assessor Signature	Internal Verifier Signature (if sampled)

Learner Name _____

Minimum Credit Value of Qualification 6

I confirm that the minimum number of credits have been achieved in order for a claim for certification to be made. I can confirm that the credit has been achieved from the correct combination of mandatory and optional units as specified within the Rules of Combination.

Assessor Signature _____

Internal Verifier Signature (if sampled) _____

APPENDIX 1

Summary Record of Achievement

Ascentis Entry Level Certificate in Independent Living (Entry 1)

Unit Title	Level	Credit Value	Date completed	Assessor Signature	Internal Verifier Signature (if sampled)

Learner Name _____

Minimum Credit Value of Qualification 15

I confirm that the minimum number of credits have been achieved in order for a claim for certification to be made. I can confirm that the credit has been achieved from the correct combination of mandatory and optional units as specified within the Rules of Combination.

Assessor Signature _____

Internal Verifier Signature (if sampled) _____

APPENDIX 1

Summary Record of Achievement

Ascentis Entry Level Certificate in Independent Living (Entry 2)

Unit Title	Level	Credit Value	Date completed	Assessor Signature	Internal Verifier Signature (if sampled)

Learner Name _____

Minimum Credit Value of Qualification 15

I confirm that the minimum number of credits have been achieved in order for a claim for certification to be made. I can confirm that the credit has been achieved from the correct combination of mandatory and optional units as specified within the Rules of Combination.

Assessor Signature _____

Internal Verifier Signature (if sampled) _____

APPENDIX 1

Summary Record of Achievement

Ascentis Entry Level Certificate in Independent Living (Entry 3)

Unit Title	Level	Credit Value	Date completed	Assessor Signature	Internal Verifier Signature (if sampled)

Learner Name _____

Minimum Credit Value of Qualification 15

I confirm that the minimum number of credits have been achieved in order for a claim for certification to be made. I can confirm that the credit has been achieved from the correct combination of mandatory and optional units as specified within the Rules of Combination.

Assessor Signature _____

Internal Verifier Signature (if sampled) _____

APPENDIX 1

Summary Record of Achievement

Unit Title	Level	Credit Value	Date completed	Assessor Signature	Internal Verifier Signature (if sampled)

Supplementary Sheet

Learner Name _____

Minimum Credit Value of Qualification

I confirm that the minimum number of credits have been achieved in order for a claim for certification to be made. I can confirm that the credit has been achieved from the correct combination of mandatory and optional units as specified within the Rules of Combination.

Assessor Signature _____

Internal Verifier Signature (if sampled) _____