

GEN46 Provide information and advice to support individuals in undertaking desired occupational and non-occupational activities

OVERVIEW

This standard is about providing information and advice to support individuals to resume desired occupational, leisure, or other everyday activities, or to identify new activities which will enhance individuals' health and wellbeing. The provision of information and advice would normally take place following assessment of the individual's rehabilitation needs. Users of this standard will need to ensure that practice reflects up to date information and policies. Version No 1

KNOWLEDGE AND UNDERSTANDING

You will need to know and understand:

1. How to ask questions, listen carefully, observe and summarise back
2. How to adapt communication styles in ways which are appropriate to different people (eg culture, language or special needs)
3. How to establish an understanding of an individuals' values, beliefs and interests
4. How to identify the physical, psychological and social demands of the individuals' everyday activities
5. How meaningful occupation/activity can contribute to an individuals' sense of well-being
6. How to identify any resources or adaptations that will be required for the individual to undertake desired everyday activities
7. The range of motivations people may have for changing their behaviour and lifestyle, and how to discover their motivations
8. Basic counselling techniques
9. How to help individuals identify coping strategies
10. The potential bio-psycho-social impact of long term health conditions on individuals' and their families
11. The possible effects that modification of lifestyle may have on individuals
12. How to assess the level of risk associated with long term health conditions and the rehabilitation process
13. How to obtain and interpret assessments of individuals' rehabilitation needs
14. The availability and resource implications of local rehabilitation services

PERFORMANCE CRITERIA

You must be able to do the following:

1. refer to any previous assessments of the individual's rehabilitation needs
2. gain an understanding of the individual's values, beliefs and interests through discussion with the individual, family members, carers and others
3. identify the individual's desired everyday activities
4. identify the physical, psychological and social demands of the individual's everyday activities
5. negotiate steps towards achievement of the individual's desired everyday activities
6. encourage and motivate the individual to help them achieve realistic objectives
7. actively listen to the individual and respond to their individual needs
8. help the individual recognise coping strategies, including those that have helped them in the past
9. adapt your communication style according to the needs and abilities of the individual
10. maintain clear and accurate records of advice and support given to individuals

ADDITIONAL INFORMATION

This National Occupational Standard was developed by Skills for Health. This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004): Dimension: HWB4 Enablement to address health and wellbeing needs. This standard has replaced CHD_HM1.