

GEN47 Agree actions to assist individuals in undertaking desired occupational and non-occupational activities

OVERVIEW

This standard is about agreeing actions to assist individuals in undertaking desired occupational, leisure or other everyday activities. This includes working with individuals who are seeking to undertake occupational, leisure or other everyday activities as part of a rehabilitation plan (e.g. cardiac rehabilitation). 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 (e.g. culture, language or special needs)
3. how to ensure the health and safety of individuals undertaking desired everyday activities
4. the principles of health and safety legislation
5. insurance requirements
6. how to set goals that are SMART (i.e. Specific, Measurable, Achievable, Realistic and Time-bound)
7. how to identify the physical, psychological and social demands of the individuals' everyday activities
8. how meaningful occupation/activity can contribute to an individuals' sense of well-being
9. how to identify any resources or adaptations that will be required for the individual to undertake desired everyday activities
10. how to identify exercises that are available to help individuals develop the ability to undertake desired everyday activities
11. the range of motivations people may have for changing their behaviour and lifestyle, and how to discover their motivations
12. the possible effects that modification of lifestyle may have on individuals
13. how to assess the level of risk associated with long term health conditions and the rehabilitation process
14. the availability and resource implications of local rehabilitation services.

PERFORMANCE CRITERIA

You must be able to do the following:

1. refer to previous assessments of the individual's needs and abilities and any related advice or information provided
2. identify any resources that will be required for the individual to undertake desired everyday activities
3. agree arrangements for any home or workplace visits
4. identify any aids and adaptations that will be required for the individual to undertake desired everyday activities
5. agree exercises to develop the individual's ability to undertake desired everyday activities
6. provide the individual with useful contacts and make referrals to other agencies where required
7. provide advice on maintaining health and safety while undertaking desired everyday activities
8. review the effectiveness of actions and adapt interventions as necessary, in negotiation with the individual, family and carers
9. maintain clear and accurate records of agreed actions, up-dating the rehabilitation plan as required.

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_HM2.