

GEN15 Support individuals in undertaking their desired activities

OVERVIEW

This standard is about providing information and advice to help individuals resume occupational, educational, domestic, leisure or rehabilitation activities, or to identify new activities which will enhance the individual's health and wellbeing. It includes working with the individual, their family and/or carers to agree realistic goals and taking action to achieve the desired activities. 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.the current European and National legislation, national guidelines, organisational policies and protocols in accordance with Clinical/Corporate Governance which affect your work practice in relation to supporting individuals in undertaking their desired activities
- 2.your responsibilities and accountability in relation to the current European and National legislation, national guidelines and local policies and protocols and Clinical/Corporate Governance
- 3.the duty to report any acts or omissions in care that could be detrimental to yourself, other individuals or your employer
- 4.of insurance requirements
- 5.the policies and guidance which clarify your scope of practice and the relationship between yourself and the practitioner in terms of delegation and supervision
- 6.how to ask questions, listen carefully and summarise back
- 7.how to adapt communication styles in ways which are appropriate to different people (e.g. culture, language or special needs)
- 8.how to establish an understanding of an individual's values, beliefs and interests
- 9.how to ensure the health and safety of individuals undertaking desired activities
- 10.how to set goals that are SMART (Specific, Measurable, Achievable, Realistic and Time-bound)
- 11.how to identify the physical, psychological and social demands of the individual's desired activities
- 12.the contribution that meaningful occupation/activity can make to an individual's sense of wellbeing

13. how to help individuals identify coping strategies
14. the range of motivations people may have for changing their behaviour and lifestyle, and how to discover their motivations
15. how to obtain and interpret assessments of individuals' needs
16. how to identify any resources or adaptations that will be required for the individual to undertake desired activities
17. the availability and resource implications of local services
18. how to identify exercises that are available to help individuals develop the ability to undertake desired activities
19. basic counselling techniques
20. the bio-psycho-social model of health

PERFORMANCE CRITERIA

You must be able to do the following:

1. refer to any previous assessments of the individual's needs
2. talk with the individual, family members, carers and others to establish an understanding of their values, beliefs and interests
3. actively listen to the individual and respond to their individual needs, adapting your communication style according to the needs and abilities of the individual
4. familiarise yourself with the physical, psychological and social demands of the individual's desired activities
5. agree action to develop the individual's ability to undertake desired activities
6. negotiate steps towards achievement of the individual's desired activities
7. encourage and motivate the individual to help them achieve realistic objectives
8. help the individual recognise coping strategies, including those that have helped them in the past
9. liaise with other agencies and services to ensure information gathered for the individual is current, accurate and appropriate
10. organise activities and identify any resources that will be required for the individual to undertake the activities
11. agree arrangements for any home or workplace visits
12. identify any aids and adaptations that will be required for the individual to undertake desired activities
13. provide the individual with useful contacts and make referrals to other agencies where required
14. ensure the health and safety of individuals undertaking desired activities
15. review the effectiveness of actions and adapt interventions as necessary, in negotiation with the individual, family and carers
16. maintain clear and accurate records of advice and support given to individuals and any agreed actions

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: HWB7 Interventions and treatments. This standard has replaced HCS_OV3 and HCS_MAX9.