HSC215 Help individuals to maintain mobility

Elements of Competence

HSC215a Support individuals to maintain mobility
HSC215b Observe any changes in the individual’s mobility and provide feedback to the appropriate people

About this unit

For this unit you need to support individuals to keep mobile, observe any changes in their mobility and provide feedback on any changes.

Scope

The scope is here to give you guidance on possible areas to be covered in this unit. The terms in this section give you a list of options linked with items in the performance criteria. You need to provide evidence for any option related to your work area.

Communicate using the individual’s preferred spoken language, the use of signs, symbols, pictures, writing, objects of reference, communication passports; other non verbal forms of communication; human and technological aids to communication.

Key people family; friends; carers; others with whom individuals have a supportive relationship.

Mobility activities can include: exercises; physiotherapy that enables individuals to keep mobile; occupational therapy that enables individuals to keep mobile; carrying out household activities; being part of group activities that enable individuals to keep mobile.

Mobility appliances include: wheel chairs; sticks; walking frames.

Take appropriate action could include: reporting to your line manager; referring individuals to a specialist e.g. mobility, shoe.

Your knowledge and understanding will be specifically related to legal requirements and codes of practice applicable to your job; your work activities; the job you are doing, e.g. domiciliary, residential care, hospital settings, and the individuals with whom you are working.

Values underpinning the whole of the unit

The values underpinning this unit have been derived from the key purpose statement, the statement of expectations from carers and people accessing services, relevant service standards and codes of practice for health, social or care in the four UK countries. They can be found in the principles of care unit HSC24. To achieve this unit you must demonstrate that you have applied the principles of care outlined in unit HSC24 in your practice and through your knowledge.

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1 The term ‘unit’ is used in this report to refer to each separate standard within the NOS suite
2 The key purpose identified for those working in health, social or care settings is “to provide an integrated, ethical and inclusive service, which meets agreed needs and outcomes of people requiring health and/or social care”

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### Key Words and Concepts

This section provides explanations and definitions of the key words and concepts used in this unit. In occupational standards it is quite common to find words or phrases used which you will be familiar with, but which, in the detail of the standards, may be used in a very particular way. **You should read this section carefully before you begin working with the standards and refer to it if you are unsure about anything in the unit.**

<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Active support</strong></td>
<td>Working in a way that recognises people have a right to take part in the activities and relationships of everyday life as independently as they can, and so supports them by helping only with what they really cannot do for themselves.</td>
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<tr>
<td><strong>Individuals</strong></td>
<td>People using health, social or care services. Where individuals use advocates to enable them to express their views, wishes or feelings and to speak on their behalf the term individual within this standard covers individuals and their advocates or interpreters.</td>
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<tr>
<td><strong>Key people</strong></td>
<td>Those people who are key to an individual’s health and social well being. These are people in individuals lives who can make a difference to the individual’s health and well-being.</td>
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<td><strong>Others</strong></td>
<td>Other people within and outside your organisation who are necessary for you to fulfil your job role.</td>
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<td><strong>Rights</strong></td>
<td>The rights that individuals have to:</td>
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<td></td>
<td>• be respected</td>
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<td></td>
<td>• be treated equally and not be discriminated against</td>
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<td></td>
<td>• be treated as an individual</td>
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<td>• be treated in a dignified way</td>
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<td></td>
<td>• privacy</td>
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<td></td>
<td>• be protected from danger and harm</td>
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<td></td>
<td>• be supported and cared for in a way they choose</td>
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<td></td>
<td>• access information about themselves</td>
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<td></td>
<td>• communicate using their preferred methods of communication and language</td>
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<tr>
<td><strong>Plan of care or support plan</strong></td>
<td>A plan of care or support plan must be developed and agreed with the individual. It addresses the holistic needs of the individual and contains information on all aspects of that person’s care requirements. The care plan must be adhered to within any health or social care setting.</td>
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**HSC215a** Support individuals to keep mobile

**Performance Criteria**

You need to,

1. support **individuals** to understand the usefulness and benefits of keeping mobile
2. work with individuals, **key people** and **others** to identify and agree the best ways for individuals to keep mobile
3. check that mobility appliances are clean, suitable for individuals and in good working order before and after use
4. take appropriate action when any faults are found with mobility appliances before, during and after use
5. remove and minimise potential hazards in the immediate environment
6. ensure individuals are wearing suitable footwear and clothing to undertaking activities to keep mobile
7. support individuals to communicate their preferences about keeping mobile
8. use agreed methods for maintaining and improving the individual’s mobility taking into account their needs and preferences
9. support individuals to use any mobility appliances correctly
10. provide safe, acceptable physical and **active support** when individuals are using any mobility appliances and undertaking mobility activities
11. take appropriate action where there are conflicts and in areas that are outside your competence to deal with
12. give constructive feedback and encouragement to individuals using mobility appliances and undertaking mobility activities

**HSC215b** Observe any changes in the individual’s mobility and provide feedback to the appropriate people

**Performance Criteria**

You need to,

1. observe individuals whilst taking part in mobility activities
2. work with individuals to monitor changes in their mobility
3. give constructive feedback and encouragement to individuals to promote their confidence, motivation and dignity
4. record and report progress, problems and any adverse effects to the appropriate people
5. monitor the effectiveness of mobility activities and mobility appliances used
6. record and report on activities, taking account of confidentiality agreements and according to organisational procedures and practices

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Knowledge Specification for the whole of this unit

Competent practice is a combination of the application of skills and knowledge informed by values and ethics. You must show that you abide by Codes of Practice and use your knowledge and skills in your every day work. Therefore, when using this specification it is important to read the knowledge requirements in relation to expectations and requirements of your job role.

You need to show that you know, understand and can apply in practice:

Values
1. legal and organisational requirements on equality, diversity, discrimination and rights when supporting individuals to keep mobile
2. how to provide active support and promote individuals’ rights, choices and well-being when supporting individuals to keep mobile

Legislation and organisational policy and procedures
3. codes of practice and conduct; standards and guidance relevant to your own and the roles, responsibilities, accountability and duties of others when supporting individuals to keep mobile
4. current local, UK legislation, and organisational requirements, procedures and practices for:
   • accessing records and information
   • recording, reporting, confidentiality and sharing information, including data protection
   • health, safety, assessing and managing risks associated with supporting individuals to undertake mobility activities and use mobility appliances
   • helping individuals to keep mobile

Theory and practice
5. actions to take if you observe any key changes in the condition and circumstances of individuals with whom you are working
6. how the body moves and the range and limitations of joints, body posture and gait
7. the implications that particular health conditions have on movement
8. the benefits and adverse reactions that individuals may experience when undertaking mobility activities and using mobility appliances
9. specific issues of mobility related to the individuals with whom you work
10. factors and issues to take account of when working with individuals with reduced mobility
11. the effects on individuals when they do not keep mobile
12. the potential dangers of exertion for different individuals
13. why and how to give constructive feedback and encouragement to individuals
14. why it is necessary to use the mobility appliance specified, the importance of reporting problems or any defects of mobility appliances immediately; how to do this and who to report any defects to
15. why your actions must be consistent with the plan of care or support

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16. why it is necessary to keep records and report on adverse effects and progress
17. methods of providing safe physical support when helping people to keep mobile
18. why and how the environment and walking surfaces, i.e. slopes, stairs, type of floor covering, can be made safe for the use of particular mobility appliances