

SCDHSC0215

Help individuals to maintain mobility



Overview

This standard identifies the requirements when you work with individuals to help them maintain their mobility. This includes preparing for activities to maintain mobility and supporting individuals during these activities. It also includes monitoring the activities and individuals' mobility over time.

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Performance criteria

Prepare for activities to maintain the individual's mobility

You must be able to:

- P1 support the **individual** to understand the usefulness and benefits of keeping mobile
- P2 support the individual to **communicate** their preferences about keeping mobile
- P3 work with the individual, **key people** and **others** to identify and agree the best ways for the individual to keep mobile
- P4 check that **mobility appliances** are clean, suitable for the individual and in good working order before use
- P5 take appropriate action when any faults are found with mobility appliances
- P6 remove and/or minimise potential hazards in the immediate environment
- P7 ensure the individual is wearing footwear and clothing suitable for undertaking activities to keep mobile

Support the individual to maintain mobility

You must be able to:

- P8 use agreed methods for maintaining and improving the individual's mobility, taking into account their preferences and needs
- P9 support the individual's **active participation** when using any mobility appliances and undertaking **mobility activities**
- P10 support the individual to use any mobility appliances correctly
- P11 provide safe and acceptable physical support when the individual is using any mobility appliances and undertaking mobility activities
- P12 give constructive feedback and encouragement to the individual while using mobility appliances and undertaking mobility activities, to promote their confidence, motivation and dignity
- P13 take appropriate action where there are conflicts and in areas that are outside your competence

Monitor mobility activities and the individual's mobility

You must be able to:

- P14 observe the individual whilst they take part in mobility activities
- P15 monitor the effectiveness of mobility activities and mobility appliances used
- P16 work with the individual and key people to monitor changes in their mobility
- P17 record and report progress, problems and any adverse effects to the appropriate people

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P18 complete records and reports on activities according to legal and work setting requirements

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Knowledge and understanding

You need to know and understand:

Rights

- K1 work setting requirements on equality, diversity, discrimination and rights
- K2 your role supporting rights, choices, wellbeing and active participation
- K3 your duty to report anything you notice people do, or anything they fail to do, that could obstruct individuals' rights
- K4 the actions to take if you have concerns about discrimination
- K5 the rights that individuals have to make complaints and be supported to do so

How you carry out your work

You need to know and understand:

- K6 codes of practice, standards, frameworks and guidance relevant to your work and the content of this standard
- K7 the main items of legislation that relate to the content of this standard within your work role
- K8 your own background, experiences and beliefs that may affect the way you work
- K9 your own roles and responsibilities with their limits and boundaries
- K10 who you must report to at work
- K11 the roles and responsibilities of other people with whom you work
- K12 how to find out about procedures and agreed ways of working in your work setting
- K13 how to make sure you follow procedures and agreed ways of working
- K14 the meaning of person centred working and the importance of knowing and respecting each person as an individual
- K15 the prime importance of the interests and well-being of the individual
- K16 the individual's cultural and language context
- K17 how to work in ways that build trust with people
- K18 how to work in ways that support the active participation of individuals in their own care and support
- K19 how to work in ways that respect individuals' dignity, personal beliefs and preferences
- K20 how to work in partnership with people
- K21 what you should do when there are conflicts and dilemmas in your work

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- K22 how and when you should seek support in situations beyond your experience and expertise

Theory for practice

You need to know and understand:

- K23 the **factors that may affect the health, wellbeing and development of individuals** you care for or support
- K24 how these affect individuals and how they may affect different individuals differently
- K25 the main stages of human development

Communication

You need to know and understand:

- K26 factors that can have a positive or negative effect on the way people communicate
- K27 different methods of communicating

Personal and professional development

You need to know and understand:

- K28 why it is important to reflect on how you do your work
- K29 how to use your reflections to improve the way you work

Health and Safety

You need to know and understand:

- K30 your work setting policies and practices for health, safety and security
- K31 practices that help to prevent and control infection

Safe-guarding

You need to know and understand:

- K32 the duty that everyone has to raise concerns about possible harm or abuse, poor or discriminatory practices
- K33 signs and symptoms of harm or abuse
- K34 how and when to report any concerns about abuse, poor or discriminatory practice, resources or operational difficulties
- K35 what to do if you have reported concerns but no action is taken to address them

Handling information

You need to know and understand:

- K36 legal requirements, policies and procedures for the security and confidentiality of information
- K37 work setting requirements for recording information and producing

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- reports including the use of electronic communication
- K38 what confidentiality means
- K39 how to maintain confidentiality in your work
- K40 when and how to pass on information

You need to know and understand:

Specific to this NOS

- K41 actions to take if you observe any key changes in the condition and circumstances of individuals with whom you are working
- K42 key facts about how the body moves and the range and limitations of joints, body posture and gait in relation to individuals you support
- K43 the implications that particular health conditions have on movement
- K44 the benefits and adverse reactions that individuals may experience when undertaking mobility activities and using mobility appliances
- K45 specific issues of mobility related to the individuals with whom you work
- K46 factors and issues to take account of when working with individuals with reduced mobility
- K47 the effects on individuals when they do not keep mobile
- K48 the potential dangers of exertion for different individuals
- K49 why and how to give constructive feedback and encouragement to individuals
- K50 why it is necessary to use the mobility appliance specified in accordance with recommended guidelines
- K51 the importance of reporting problems or any defects in mobility appliances immediately, how to do this and who to report to
- K52 why your actions must be consistent with the plan of care or support
- K53 why it is necessary to keep records and report on adverse effects and progress
- K54 methods of providing safe physical support when helping people to keep mobile
- K55 why and how the environment and walking surfaces can be made safe for the use of particular mobility appliances
- K56 national and local guidance on falls prevention and factors that impact on falls

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Additional Information

Scope/range related to performance criteria

The details in this field are explanatory statements of scope and/or examples of possible contexts in which the NOS may apply; they are not to be regarded as range statements required for achievement of the NOS.

Note: Where an individual finds it difficult or impossible to express their own preferences and make decisions about their life, achievement of this standard may require the involvement of advocates or others who are able to represent the views and best interests of the individual.

Where there are language differences within the work setting, achievement of this standard may require the involvement of interpreters or translation services.

Active participation is a way of working that regards individuals as active partners in their own care or support rather than passive recipients. Active participation recognises each individual's right to participate in the activities and relationships of everyday life as independently as possible

To **communicate** may include using the individual's preferred spoken language, the use of signs, the use of symbols or pictures, writing, objects of reference, communication passports, other non verbal forms of communication, human and technological aids to communication

The **individual** is the person you support or care for in your work

Key people are those who are important to an individual and who can make a difference to his or her well-being. Key people may include family, friends, carers and others with whom the individual has a supportive relationship.

Mobility activities may 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 may include wheel chairs; sticks; walking frames

Others are your colleagues and other professionals whose work contributes to the individual's well-being and who enable you to carry out your role

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Scope/range related to knowledge and understanding

The details in this field are explanatory statements of scope and/or examples of possible contexts in which the NOS may apply; they are not to be regarded as range statements required for achievement of the NOS.

All knowledge statements must be applied in the context of this standard.

Factors that may affect the health, wellbeing and development of individuals may include adverse circumstances or trauma before or during birth; autistic spectrum conditions; dementia; family circumstances; frailty; harm or abuse; injury; learning disability; medical conditions (chronic or acute); mental health; physical disability; physical ill health; poverty; profound or complex needs; sensory needs; social deprivation; substance misuse

Values

Adherence to codes of practice or conduct where applicable to your role and the principles and values that underpin your work setting, including the rights of children, young people and adults. These include the rights:

To be treated as an individual

To be treated equally and not be discriminated against

To be respected

To have privacy

To be treated in a dignified way

To be protected from danger and harm

To be supported and cared for in a way that meets their needs, takes account of their choices and also protects them

To communicate using their preferred methods of communication and language

To access information about themselves

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