

H5NR 04 (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.

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 wellbeing. 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 wellbeing and who enable you to carry out your role.

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

Performance Criteria — What you do in your job

You must provide evidence to meet all the 18 Performance Criteria for this Unit. The Performance Criteria are grouped under headings to assist you with planning how best to meet these points.

Place the number of the piece of work where this Performance Criteria has been met in the evidence box after each criteria.

Prepare for activities to maintain the individual's mobility

	Performance Criteria	Evidence Number where this criteria has been met
1	Support the individual to understand the usefulness and benefits of keeping mobile.	
2	Support the individual to communicate their preferences about keeping mobile.	
3	Work with the individual, key people and others to identify and agree the best ways for the individual to keep mobile.	
4	Check that mobility appliances are clean, suitable for the individual and in good working order before use.	
5	Take appropriate action when any faults are found with mobility appliances.	
6	Remove and/or minimise potential hazards in the immediate environment.	
7	Ensure the individual is wearing footwear and clothing suitable for undertaking activities to keep mobile.	

Support the individual to maintain mobility

	Performance Criteria	Evidence Number where this criteria has been met
8	Use agreed methods for maintaining and improving the individual's mobility, taking into account their preferences and needs.	
9	Support the individual's active participation when using any mobility appliances and undertaking mobility activities .	
10	Support the individual to use any mobility appliances correctly.	
11	Provide safe and acceptable physical support when the individual is using any mobility appliances and undertaking mobility activities.	
12	Give constructive feedback and encouragement to the individual while using mobility appliances and undertaking mobility activities, to promote their confidence, motivation and dignity.	
13	Take appropriate action where there are conflicts and in areas that are outside your competence.	

Monitor mobility activities and the individual's mobility

14	Observe the individual whilst they take part in mobility activities.	
15	Monitor the effectiveness of mobility activities and mobility appliances used.	
16	Work with the individual and key people to monitor changes in their mobility.	
17	Record and report progress, problems and any adverse effects to the appropriate people.	
18	Complete records and reports on activities according to legal and work setting requirements.	

Knowledge and Understanding — Why and how you do what you do in your job

You must provide evidence of your knowledge and understanding to meet all the 56 knowledge points for this Unit. The knowledge points are grouped under headings to assist you with planning how best to meet them.

Place the number of the piece of work where each knowledge point has been met in the 'evidence number' box after each point.

Rights

	Knowledge and Understanding <i>You need to know and understand:</i>	Evidence Number where this knowledge point has been met
1	Work setting requirements on equality, diversity, discrimination and human rights.	
2	Your role supporting rights, choices, wellbeing and active participation.	
3	Your duty to report anything you notice people do, or anything they fail to do, that could obstruct individuals' rights.	
4	The actions to take if you have concerns about discrimination.	
5	The rights that individuals have to make complaints and be supported to do so.	

How you carry out your work

	Knowledge and Understanding <i>You need to know and understand:</i>	Evidence Number where this knowledge point has been met
6	Codes of practice, standards, frameworks and guidance relevant to your work and the content of this standard.	
7	The main items of legislation that relate to the content of this standard within your work role.	
8	Your own background, experiences and beliefs that may affect the way you work.	
9	Your own roles and responsibilities with their limits and boundaries.	
10	Who you must report to at work.	
11	The roles and responsibilities of other people with whom you work.	
12	How to find out about procedures and agreed ways of working in your work setting.	
13	How to make sure you follow procedures and agreed ways of working.	
14	The meaning of person centred/child centred working and the importance of knowing and respecting each child or young person as an individual.	
15	The prime importance of the interests and wellbeing of children and young people.	
16	The individual's cultural and language context.	
17	How to work in ways that build trust with people.	
18	How to work in ways that support the active participation of individuals in their own care and support.	
19	How to work in ways that respect individuals' dignity, personal beliefs and preferences.	

How you carry out your work (cont)

	Knowledge and Understanding <i>You need to know and understand:</i>	Evidence Number where this knowledge point has been met
20	How to work in partnership with people.	
21	What you should do when there are conflicts and dilemmas in your work.	
22	How and when you should seek support in situations beyond your experience and expertise.	

Theory for practice

23	The factors that may affect the health, wellbeing and development of individuals you care for or support.	
24	How these affect individuals and how they may affect different individuals differently.	
25	The main stages of human development.	

Communication

26	Factors that can have a positive or negative effect on the way people communicate.	
27	Different methods of communicating.	

Personal and professional development

28	Why it is important to reflect on how you do your work.	
29	How to use your reflections to improve the way you work.	

Health and Safety

	Knowledge and Understanding <i>You need to know and understand:</i>	Evidence Number where this knowledge point has been met
30	Your work setting policies and practices for health, safety and security.	
31	Practices that help to prevent and control infection.	

Safe-guarding

32	The duty that everyone has to raise concerns about possible harm or abuse, poor or discriminatory practices.	
33	Signs and symptoms of harm or abuse.	
34	How and when to report any concerns about abuse, poor or discriminatory practice, resources or operational difficulties.	
35	What to do if you have reported concerns but no action is taken to address them.	

Handling information

36	Legal requirements, policies and procedures for the security and confidentiality of information.	
37	Work setting requirements for recording information and producing reports including the use of electronic communication.	
38	What confidentiality means.	
39	How to maintain confidentiality in your work.	
40	When and how to pass on information.	

Knowledge that is Specific to this NOS

	Knowledge and Understanding <i>You need to know and understand:</i>	Evidence Number where this knowledge point has been met
41	Actions to take if you observe any key changes in the condition and circumstances of individuals with whom you are working.	
42	Key facts about how the body moves and the range and limitations of joints, body posture and gait in relation to individuals you support.	
43	The implications that particular health conditions have on movement.	
44	The benefits and adverse reactions that individuals may experience when undertaking mobility activities and using mobility appliances.	
45	Specific issues of mobility related to the individuals with whom you work.	
46	Factors and issues to take account of when working with individuals with reduced mobility.	
47	The effects on individuals when they do not keep mobile.	
48	The potential dangers of exertion for different individuals.	
49	Why and how to give constructive feedback and encouragement to individuals.	
50	Why it is necessary to use the mobility appliance specified in accordance with recommended guidelines.	
51	The importance of reporting problems or any defects in mobility appliances immediately, how to do this and who to report to.	
52	Why your actions must be consistent with the plan of care or support.	

Knowledge that is Specific to this NOS (cont)

	Knowledge and Understanding <i>You need to know and understand:</i>	Evidence Number where this knowledge point has been met
53	Why it is necessary to keep records and report on adverse effects and progress.	
54	Methods of providing safe physical support when helping people to keep mobile.	
55	Why and how the environment and walking surfaces can be made safe for the use of particular mobility appliances.	
56	National and local guidance on falls prevention and factors that impact on falls.	

The candidate and assessor must only sign below when all Performance Criteria and knowledge points have been met.

Unit assessed as being complete

Candidate's name	
Candidate's signature	
Date submitted to Assessor as complete	

Assessor's name	
Assessor's signature	
Date assessed complete	

Internal Verification

To be completed in accordance with centre's internal verifier (IV) strategy.

Evidence for this Unit was sampled on the following date/s	Internal verifier's signature	Internal verifier's name

This Unit has been subject to an admin check in keeping with the centre's IV strategy.

Date of admin check	Internal verifier's signature	Internal verifier's name

Unit completion confirmed

Internal verifier's name	
Internal verifier's signature	
Date completed	