

## SFHGEN15 - SQA Code HC7P 04

### 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.

# SFHGEN15 - SQA Code HC7P 04

## Support individuals in undertaking their desired activities

---

### Performance criteria

- You must be able to:*
- P1 refer to any previous assessments of the individual's needs
  - P2 talk with the individual, family members, carers and others to establish an understanding of their values, beliefs and interests
  - P3 actively listen to the individual and respond to their individual needs, adapting your communication style according to the needs and abilities of the individual
  - P4 familiarise yourself with the physical, psychological and social demands of the individual's desired activities
  - P5 agree action to develop the individual's ability to undertake desired activities
  - P6 negotiate steps towards achievement of the individual's desired activities
  - P7 encourage and motivate the individual to help them achieve realistic objectives
  - P8 help the individual recognise coping strategies, including those that have helped them in the past
  - P9 liaise with other agencies and services to ensure information gathered for the individual is current, accurate and appropriate
  - P10 organise activities and identify any resources that will be required for the individual to undertake the activities
  - P11 agree arrangements for any home or workplace visits
  - P12 identify any aids and adaptations that will be required for the individual to undertake desired activities
  - P13 provide the individual with useful contacts and make referrals to other agencies where required
  - P14 ensure the health and safety of individuals undertaking desired activities
  - P15 review the effectiveness of actions and adapt interventions as necessary, in negotiation with the individual, family and carers
  - P16 maintain clear and accurate records of advice and support given to individuals and any agreed actions

# SFHGEN15 - SQA Code HC7P 04

## Support individuals in undertaking their desired activities

---

### Knowledge and understanding

*You need to know and understand:*

- K1 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
- K2 your responsibilities and accountability in relation to the current European and National legislation, national guidelines and local policies and protocols and Clinical/Corporate Governance
- K3 the duty to report any acts or omissions in care that could be detrimental to yourself, other individuals or your employer
- K4 insurance requirements
- K5 the policies and guidance which clarify your scope of practice and the relationship between yourself and the practitioner in terms of delegation and supervision
- K6 how to ask questions, listen carefully and summarise back
- K7 how to adapt communication styles in ways which are appropriate to different people (e.g. culture, language or special needs)
- K8 how to establish an understanding of an individual's values, beliefs and interests
- K9 how to ensure the health and safety of individuals undertaking desired activities
- K10 how to set goals that are SMART (Specific, Measurable, Achievable, Realistic and Time-bound)
- K11 how to identify the physical, psychological and social demands of the individual's desired activities
- K12 the contribution that meaningful occupation/activity can make to an individual's sense of wellbeing
- K13 how to help individuals identify coping strategies
- K14 the range of motivations people may have for changing their behaviour and lifestyle, and how to discover their motivations
- K15 how to obtain and interpret assessments of individuals' needs
- K16 how to identify any resources or adaptations that will be required for the individual to undertake desired activities
- K17 the availability and resource implications of local services
- K18 how to identify exercises that are available to help individuals develop the ability to undertake desired activities
- K19 basic counselling techniques
- K20 the bio-psycho-social model of health

## SFHGEN15 - SQA Code HC7P 04

Support individuals in undertaking their desired activities

---

### Additional Information

#### External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB7 Interventions and treatments

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

**Unit assessed as being complete**

<b>Candidate's Name:</b>	
<b>Candidate's Signature:</b>	
<b>Date submitted to assessor as complete:</b>	

<b>Assessor's Name:</b>	
<b>Assessor's Signature:</b>	
<b>Date assessed as complete:</b>	

**Internal Verification —**

to be completed in accordance with centre's IV strategy

<b>Evidence for this Unit was sampled on the following date/s:</b>	<b>IV's Signature</b>	<b>IV's Name</b>

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

<b>Date of admin check</b>	<b>IV's Signature</b>	<b>IV's Name</b>

**Unit completion confirmed**

<b>IV's Name:</b>	
<b>IV's Signature:</b>	
<b>Date complete:</b>	