

## CHCCCS023

## Support independence and wellbeing

### Application

This unit describes the skills and knowledge required to provide individualised services in ways that support independence, as well as, physical and emotional wellbeing.

This unit applies to workers in a range of community services contexts who provide frontline support services within the context of an established individualised plan.

*The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice*

### ELEMENT

Elements define the essential outcomes

#### 1. Recognise and support individual differences

### PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

1.1 Recognise and respect the person's social, cultural and spiritual differences

1.2 Avoid imposing own values and attitudes on others and support the person to express their own identity and preferences

1.3 Consider the person's individual needs, stage of life, development and strengths when engaging in support activities

1.4 Recognise, respect and accommodate the person's expressions of identity and sexuality as appropriate in the context of their age or stage of life

1.5 Promote and facilitate opportunities for participation in activities that reflect the person's individual physical, social, cultural and spiritual needs

#### 2. Promote independence

2.1 Support the person to identify and acknowledge their own strengths and self-care capacity

2.2 Assist the person to identify opportunities to utilise their strengths, while communicating the importance of using available support when required

2.3 Provide information and assistance to the person in order to facilitate access to support services and resources when needed

2.4 Provide support that allows the person to self manage their own service delivery as appropriate

2.5 Encourage the person to build, strengthen and maintain independence

## ELEMENT

Elements define the essential outcomes

### 3. Support physical wellbeing

### 4. Support social, emotional and psychological wellbeing

## PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

- 3.1 Promote and encourage daily living habits that contribute to healthy lifestyle
  - 3.2 Support and assist the person to maintain a safe and healthy environment
  - 3.3 Identify hazards and report according to organisation procedures
  - 3.4 Identify variations in a person's physical condition and report according to organisation procedures
  - 3.5 Recognise indications that the person's physical situation is affecting their wellbeing and report according to organisation procedures
  - 3.6 Identify physical health situations beyond scope of own role and report to relevant person
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- 4.1 Promote self-esteem and confidence through use of positive and supportive communication
  - 4.2 Contribute to the person's sense of security through use of safe and predictable routines
  - 4.3 Encourage and facilitate participation in social, cultural, spiritual activities, using existing and potential new networks and as per the person's preferences
  - 4.4 Identify aspects of supporting a person's wellbeing outside scope of knowledge, skills and/or job role and seek appropriate support
  - 4.5 Identify variations to a person's wellbeing and report according to organisation procedures
  - 4.6 Identify any cultural or financial issues impacting on the person's wellbeing
  - 4.7 Identify the person's risk and protective factors in relation to mental health
  - 4.8 Recognise and report possible indicators of abuse or neglect and report according to organisation procedures
  - 4.9 Identify situations beyond scope of own role and report to relevant person

## FOUNDATION SKILLS

The Foundation Skills describe those required skills (such as language, literacy, numeracy and employment skills) that are essential to performance.

*Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.*

## **UNIT MAPPING INFORMATION**

No equivalent unit

## **LINKS**

[www.cshisc.com.au](http://www.cshisc.com.au)

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## Assessment requirements for CHCCCS023 Support independence and wellbeing

### *Performance evidence:*

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be demonstrated evidence that the candidate has:

- safely supported at least 3 people to enhance independence and wellbeing
- performed the activities outlined in the performance criteria of this unit during a period of at least 120 hours of direct support work in at least one aged care, home and community, disability or community service organisation

### *Knowledge evidence:*

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- basic human needs:
  - physical
  - psychological
  - spiritual
  - cultural
  - sexual
- concept of self-actualisation
- human development across the lifespan
- wellbeing, including:
  - physical
  - psychological
  - social
  - spiritual
  - cultural
  - financial
  - career/occupation
- individual differences, how these may be interrelated and impact on support provided
- basic requirements for good health for the person, including:
  - mental health
  - nutrition and hydration
  - exercise
  - hygiene
  - lifestyle
  - oral health
- mental health issues and risk and protective factors
- indications of neglect or abuse:
  - physical

- sexual
- psychological
- financial
- reporting requirements for suspected abuse situations
- service delivery models and standards
- relevant funding models
- issues that impact health and well being
- impacts of community values and attitudes, including myths and stereotypes
- issues surrounding sexuality and sexual expression
- indicators of emotional concerns and issues
- support strategies, resources and networks
- legal and ethical requirements and how these are applied in an organisation and individual practice, including:
  - duty of care
  - dignity of risk
  - human rights
  - discrimination
  - mandatory reporting
  - privacy, confidentiality and disclosure
  - work role boundaries – responsibilities and limitations

*Assessment conditions:*

Skills must have been demonstrated in a relevant workplace with the addition of simulations and scenarios where the full range of contexts and situations have not been provided in the workplace. Where simulation is used it must reflect real working conditions and contingencies by modeling industry operating conditions and contingencies, as well as using suitable facilities, equipment and resources, including:

- individualised plans and any relevant equipment outlined in the plan
- modelling of industry operating conditions including real interactions with the person and their carers

Overall, assessment must involve some real interactions with the person and their families/carers.

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

**LINKS**

[www.cshisc.com.au](http://www.cshisc.com.au)