

HSC210 Support individuals to access and participate in recreational activities (Level 2)

Elements of Competence

- HSC210a** Support individuals to identify their recreational interests and preferences
- HSC210b** Encourage and support individuals to participate in recreational activities
- HSC210c** Encourage and support individuals to review the value of the recreational activities

About this unit

For this unit you need to support individuals to access and participate in recreational activities.

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 the individual has a supportive relationship.

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 you are working with.

Values underpinning the whole of the unit

The values underpinning this unit have been derived from the key purpose statement¹, the statement of expectations from carers and people receiving services, relevant service standards and codes of practice for health and social 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.

¹ The key purpose identified for those working in health and social 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"

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. **Therefore, we would encourage you to read this section carefully before you begin working with the standards and to refer back to this section as required.**

Active support	Support that encourages individuals to do as much for themselves as possible to maintain their independence and physical ability and encourages people with disabilities to maximise their own potential and independence
Individuals	The actual people requiring health and care services. Where individuals use advocates and interpreters to enable them to express their views, wishes or feelings and to speak on their behalf, the term individual within this standard covers the individual and their advocate or interpreter
Key people	Are those people who are key to an individual's health and social well-being. These are people in the individual's life who can make a difference to their health and well-being.
Others	Are other people within and outside your organisation that are necessary for you to fulfil your job role
Recreational activities	Recreational activities include any leisure or recreational pursuits that individuals wish to be involved in
Rights	The rights that individuals have to: <ul style="list-style-type: none">• be respected• be treated equally and not be discriminated against• be treated as an individual• be treated in a dignified way• privacy• be protected from danger and harm• be cared for in a way that meets their needs, takes account of their choices and also protects them• access information about themselves• communicate using their preferred methods of communication and language

HSC210a Support individuals to identify their recreational interests and preferences

Performance Criteria

You need to show that,

1. you support **individuals** and **key people** to:
 - identify existing recreational needs, interests and preferences
 - assess whether, and in what capacity individuals are able to continue recreational pursuits
 - identify any support that will enable individuals to continue existing **recreational activities**
 - examine and identify new recreational activities to meet individuals' needs
2. you examine with individuals, any risks involved in the recreational activities they prefer
3. you support individuals to identify:
 - any risks involved in recreational activities that they are unwilling to give up
 - suitable alterations or alternatives to the recreational activities that will reduce and/or minimise the risks

HSC210b Encourage and support individuals to participate in recreational activities

Performance Criteria

You need to show that,

1. you support individuals to:
 - identify and select the recreational activities they prefer
 - try new recreational activities
 - identify the support they require to enable them to participate in the recreational activities they prefer
 - manage any risks associated with the recreational activities
2. you seek and acquire further information and support that could enable individuals to participate in the recreational activities they prefer, taking account of any anticipated changes that may affect their ability to participate in the future
3. you carry out agreed activities to support the individual's participation in recreational activities
4. where individuals are having difficulties participating you encourage them to continue, seeking additional support, where appropriate

HSC210c Encourage and support individuals to review the value of the recreational activities

Performance Criteria

You need to show that,

1. you work with individuals, key people and **others** to identify:
 - how the individual's participation in the recreational activities should be reviewed
 - who will be involved in the review
 - how the information about the review will be handled
2. you support and encourage individuals to identify and communicate:
 - the benefits of the recreational activities
 - any necessary and preferred changes
3. you carry out your responsibilities in the review
4. you implement any agreed changes for which you are responsible
5. you take appropriate action when changes are not being made that are outside your responsibility
6. you record , report on and review changes made, within confidentiality agreements and according to legal and organisational requirements

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. This specification details the knowledge and understanding required to carry out competent practice in the performance described in this unit.

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 in recreational activities
2. types of recreational activities that are inclusive, do not discriminate and take account of the individuals rights, preferences and ability to participate
3. how to provide **active support** and promote the individual's rights, choices and well being when supporting individuals in recreational activities

Legislation and organisational policy and procedures

4. codes of practice and conduct; standards and guidance relevant to your own and the roles, responsibilities, accountability and duties of others when supporting individuals in recreational activities
5. current local, UK and European 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 participate in recreational activities, generally and with specific activities and individuals
 - supporting individuals to access and participate in recreational activities

Theory and practice

6. key changes in the conditions and circumstances of individuals with whom you work and actions to take in these circumstances
7. the types of recreational activities that are appropriate to the people with whom you work and the care environment in which you work
8. the best ways to:
 - find out about the type of recreational activities the individuals with whom you work prefer
 - encourage individuals to participate in recreational activities
9. the role which recreation plays in the health and social well-being of individuals
10. the risks, dangers and difficulties associated with different equipment and materials and in relation to specific individuals
11. methods that will encourage individuals to use their strengths and potential to participate in recreational activities

