

HSC215 Help individuals to maintain mobility (Level 2)

Elements of Competence

HSC215a	Support individuals to maintain mobility
HSC215b	Observe any changes in the individual's mobility and provide feedback to the appropriate people

About this unit

For this unit you need to support individuals to keep mobile, observe any changes in their mobility and provide feedback on any changes.

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.

Mobility activities can 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 include: wheel chairs; sticks; walking frames

Take appropriate action could include: reporting to your line manager; referring individuals to a specialist (e.g. mobility, shoe).

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 with whom you are working.

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 that 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 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 the individual's health and well being

Others

Are other people within and outside your organisation that are necessary for you to fulfil your job role

Rights

The rights that individuals have to:

- 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 they choose
- access information about themselves
- communicate using their preferred methods of communication and language

HSC215a Support individuals to keep mobile

Performance Criteria

You need to show that,

1. you support **individuals** to understand the usefulness and benefits of keeping mobile
2. you work with individuals, **key people** and **others** to identify and agree the best ways for individuals to keep mobile
3. you check that mobility appliances are clean, suitable for individuals and in good working order before and after use
4. you take appropriate action when any faults are found with mobility appliances before, during and after use
5. you remove and minimise potential hazards in the immediate environment
6. you ensure individuals are wearing suitable footwear and clothing to undertaking activities to keep mobile
7. you support individuals to communicate their preferences about keeping mobile
8. you use agreed methods for maintaining and improving the individual's mobility taking into account their needs and preferences
9. you support individuals to use any mobility appliances correctly
10. you provide safe, acceptable physical and **active support** when individuals are using any mobility appliances and undertaking mobility activities
11. you take appropriate action where there are conflicts and in areas that are outside your competence to deal with
12. you give constructive feedback and encouragement to individuals using mobility appliances and undertaking mobility activities

HSC215b Observe any changes in the individual's mobility and provide feedback to the appropriate people

Performance Criteria

You need to show that,

1. you observe individuals whilst taking part in mobility activities
2. you work with individuals to monitor changes in their mobility
3. you give constructive feedback and encouragement to individuals to promote their confidence, motivation and dignity
4. you record and report progress, problems and any adverse effects to the appropriate people
5. you monitor the effectiveness of mobility activities and mobility appliances used
6. you record and report on activities, taking account of confidentiality agreements and according to organisational procedures and practices

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 to keep mobile
2. how to provide active support and promote the individual's rights, choices and well-being when supporting individuals to keep mobile

Legislation and organisational policy and procedures

3. codes of practice and conduct; standards and guidance relevant to your own and the roles, responsibilities, accountability and duties of others when supporting individuals to keep mobile
4. 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 undertake mobility activities and use mobility appliances
 - helping individuals to keep mobile

Theories and practice

5. actions to take if you observe any key changes in the condition and circumstances of individuals with whom you are working
6. how the body moves and the range and limitations of joints, body posture and gait
7. the implications that particular health conditions have on movement
8. the benefits and adverse reactions that individuals may experience when undertaking mobility activities and using mobility appliances
9. specific issues of mobility related to the individuals with whom you work
10. factors and issues to take account of when working with individuals with reduced mobility
11. the effects on individuals when they do not keep mobile
12. the potential dangers of exertion for different individuals
13. why and how to give constructive feedback and encouragement to individuals
14. why it is necessary to use the mobility appliance specified, the importance

of reporting problems or any defects of mobility appliances immediately;
how to do this and who to report any defects to

15. why your actions must be consistent with the plan of care and the potential effects if they are not
16. why it is necessary to keep records and report on adverse effects and progress
17. methods of providing safe physical support when helping people to keep mobile
18. why and how the environment and walking surfaces (i.e. slopes, stairs, type of floor covering) can be made safe for the use of particular mobility appliances