



Australian Government

Department of Education, Employment and Workplace Relations

CHCAC417A Implement interventions with older people at risk of falls

Release: 1

CHCAC417A Implement interventions with older people at risk of falls

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit describes the knowledge and skills required by the worker to work in partnership with older people and their carers to implement interventions in the context of an individualised plan to reduce the risk of falls

Application of the Unit

Application

Work performed requires a range of well developed skills where some discretion and judgement is required and individual workers will take responsibility for their own outputs

Licensing/Regulatory Information

Not Applicable

Pre-Requisites

Not Applicable

Employability Skills Information

Employability Skills

This unit contains Employability Skills

Elements and Performance Criteria Pre-Content

Elements define the essential outcomes of a unit of competency.

The Performance Criteria specify the level of performance required to demonstrate achievement of the Element. Terms in italics are elaborated in the Range Statement.

Elements and Performance Criteria

ELEMENT

1. Prepare for an *assessment* of the risk of falls

PERFORMANCE CRITERIA

- 1.1 Confirm *assessment* requirements with supervisor or relevant health professional
- 1.2 Identify *assessment* requirements outside scope of roles and responsibilities and report to supervisor or relevant health professional
- 1.3 Work with the older person and their carer to establish their involvement in *the assessment* and further actions
- 1.4 Provide information to clarify own role, responsibilities and accountability
- 1.5 Provide information to clarify *the assessment* process, information that will be obtained and stored
- 1.6 Provide information to clarify *relevant others* who might see *the assessment* results
- 1.7 Communicate in a supportive and encouraging manner that is respectful of the older person and their carer's level of understanding and cultural background
- 1.8 Obtain the older person's informed consent to the *assessment process*

ELEMENT**PERFORMANCE CRITERIA****2. Conduct an assessment of the risk of falls**

- 2.1 Conduct assessment in a manner respectful of the older person's privacy, dignity, *wishes* and beliefs
- 2.2 Determine the older person's concerns about falling
- 2.3 Determine how the older person has coped with any previous fall/s
- 2.4 Identify and explore factors in the older person's *lifestyle* that might affect their level of risk
- 2.5 Determine the older person's physical indicators of risk of falls using appropriate tools and methodologies
- 2.6 Conduct the assessment in a manner that minimises unnecessary discomfort to the older person
- 2.7 Conduct the assessment in a manner that maximises the participation of the older person
- 2.8 In collaboration with supervisor and/or or relevant health professional, determine any condition/s that the older person has that might affect their level of risk
- 2.9 Where appropriate, use the support of carers during the assessment process
- 2.10 In collaboration with supervisor and/or or relevant health professional, determine the older person's *risk factors* based on measurements and findings
- 2.11 Identify the older person's needs, issues and concerns outside scope of practice and refer to appropriate supervisor and health professional

ELEMENT**PERFORMANCE CRITERIA****3. Implement *fall minimisation strategies***

- 3.1 Identify and explain options to minimise the risk of falls
- 3.2 Work with the older person and their carers to identify strategies that are consistent with their safety needs, *priorities* and *specific requirements*
- 3.3 Implement strategies in a safe and effective manner
- 3.4 Implement strategies in a manner that minimises the older person's discomfort
- 3.5 Where appropriate, provide support to the carer to contribute to the strategy

4. Monitor fall minimisation strategies

- 4.1 Monitor the effects of the strategies on the older person
- 4.2 Identify *indicators of increased risk*
- 4.3 Identify when strategies are not having the desired result and identify possible reasons for this
- 4.4 Reassess and identify more appropriate strategies
- 4.5 Work with the older person and their carers to assess the outcomes of falls minimisation strategies and discuss with supervisor and/or or relevant health professional

5. Complete documentation

- 5.1 Comply with the organisation's reporting requirements
- 5.2 Complete documentation according to organisation policy and protocols
- 5.3 Maintain documentation in a manner consistent with reporting requirements
- 5.4 File documentation organisation policy and protocols

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE

This describes the essential skills and knowledge and their level required for this unit.

Essential knowledge:

The candidate must be able to demonstrate essential knowledge required to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

These include knowledge of:

- Own work role and responsibilities
- The ethics concerning consent and confidentiality, and the tensions which may exist between an individual's rights and the organisation's responsibility to individuals
- The major issues, trends and policies relating to the health and well being of older people
- The ageing process and how it might affect the risk of falls for older people
- The physical and psychological effects of falls on older people and their carers
- Factors contributing to the risk of falls and their impact on older people and their carers
- Normal posture, gait and balance and how to recognise deviations
- Medical causes of falls and how to recognise them
- The importance of explaining the significance of medical causes of falls to older people and their carers and the actions they should take in response to indicators of medical causes
- How to interpret physical indicators of risk of falls
- How to interpret the results of tests and measurements in relation to the risk of falls
- How to evaluate the older person's level of risk of falls
- Range of strategies that reduce the risk of falls
- Indicators that a strategy should be halted
- When to make referral and seek advice

Essential skills:

It is critical that the candidate demonstrate the ability to:

- Follow organisation policies and protocols
- Access supervision, advice and support
- Interpret physical indicators of risk of falls

REQUIRED SKILLS AND KNOWLEDGE

- Identify indicators of a medical cause for falls
- Interpret the results of tests and measurements in relation to the risk of falls
- Evaluate the older person's level of risk of falls
- Referral to appropriate other in an appropriate and timely manner
- Encourage the older person and their carers to participate in strategies and monitor their effectiveness
- Implement a range of strategies in a manner that is respectful of the older person's dignity and privacy

In addition, the candidate must be able to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

These include the ability to:

- Use communication strategies to:
 - develop a trusting relationships
 - provide appropriate information

Evidence Guide

EVIDENCE GUIDE

The evidence guide provides advice on assessment and must be read in conjunction with the Performance Criteria, Required Skills and Knowledge, the Range Statement and the Assessment Guidelines for this Training Package.

Critical aspects for assessment and evidence required to demonstrate this unit of competency:

- The individual being assessed must provide evidence of specified essential knowledge as well as skills
- This unit will be most appropriately assessed in the workplace or in a simulated workplace and under the normal range of workplace conditions
- It is recommended that assessment or information for assessment will be conducted or gathered over a period of time and cover the normal range of workplace situations and settings
- Where, for reasons of safety, space, or access to

EVIDENCE GUIDE

equipment and resources, assessment takes place away from the workplace, the assessment environment should represent workplace conditions as closely as possible

- Access and equity considerations:*
- All workers in community services should be aware of access, equity and human rights issues in relation to their own area of work
 - All workers should develop their ability to work in a culturally diverse environment
 - In recognition of particular issues facing Aboriginal and Torres Strait Islander communities, workers should be aware of cultural, historical and current issues impacting on Aboriginal and Torres Strait Islander people
 - Assessors and trainers must take into account relevant access and equity issues, in particular relating to factors impacting on Aboriginal and/or Torres Strait Islander clients and communities

- Context of and specific resources for assessment:*
- This unit can be assessed independently, however holistic assessment practice with other community services units of competency is encouraged
 - Resources required for assessment include access to:
 - appropriate workplace where assessment can take place
 - relevant organisation policy, protocols and procedures

- Method of assessment may include:*
- Observation in the workplace
 - Written assignments/projects
 - Case study and scenario analysis
 - Questioning
 - Role play simulation

Range Statement

RANGE STATEMENT

The Range Statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Add any essential operating conditions that may be present with training and assessment depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts.

The assessment is:

- A structured needs assessment using recognised assessment tools, which enables health professionals to systematically identify, record and promote the health and well being of individuals

Relevant others may include:

- Health professionals
- Supervisor

Assessment process includes:

- Worker role
- The purpose of the assessment
- The approximate duration of the assessment
- The type of information required for the assessment
- Any specific assessment tools that will be used
- The role of others in the assessment
- What will happen after the assessment
- The records associated with the assessment
- Referrals
- Role of client's GP

Wishes of the older person may include:

- Who conducts the assessment
- Who else might need to be present
- Preparation for assessment activities

RANGE STATEMENT

Lifestyle may include:

- Physical activity
- Diet
- Alcohol
- Psychological concerns, e.g fear of falling and loss of confidence in being able to move about safely
- Environmental hazards

Risk factors may include:

- Falls history
- The ageing process
- Balance, gait or mobility problems, including those due to degenerative joint disease and motor disorders such as stroke or Parkinson's disease
- Medications, particularly sedating or blood pressure lowering medications
- Postural hypotension
- Visual impairment
- Impaired cognition
- Confusion
- Depression
- In continence
- Environmental hazards

Fall minimisation strategies may include:

- Diagnostic
- Therapeutic
- Preventative
- Rehabilitative
- Social support

Indicators of increased risk may include:

- Adverse reactions, including:
 - physical
 - psychological
 - emotional
- Contra-indicators
- Withdrawal of consent
- Non-compliance

Unit Sector(s)

Not Applicable