



Australian Government

Department of Education, Employment and Workplace Relations

CHCPW407A Support self-directed physical health and wellbeing

Release: 1

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Modification History

Not applicable.

Unit Descriptor

This unit describes the skills and knowledge required to ensure mental health services respond to the physical and sexual health and wellbeing of individuals.

Application of the Unit

This unit of competency applies to work across a range of mental health and broader community service activities, where work is informed by an understanding of the factors that impact on physical and sexual health; including iatrogenic effects of mental illness diagnosis and treatment on an individual's wellbeing

Licensing/Regulatory Information

Not applicable.

Pre-Requisites

Not applicable.

Employability Skills Information

This unit contains Employability Skills.

Elements and Performance Criteria Pre-Content

Not applicable.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

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.

- Provide information, referral and support

- 1.1 Identify and respond to the presentation of iatrogenic effects in the delivery of services
- 1.2 Identify and respond to individual rights, choices and approach to self-care
- 1.3 Support individual to be self-determining regarding their physical and sexual health, iatrogenic effects and wellbeing
- 1.4 Source and provide resources that will enable the individual to make informed choices regarding physical and sexual health, iatrogenic effects and wellbeing
- 1.5 Refer individual to appropriate health and other services for additional information and support
- 1.6 Support individual to access and participate in comprehensive and/or specialist health checks and/or complementary care services as desired
- 1.7 Support individual to develop strategies to facilitate their identified wellbeing choices and manage any iatrogenic effects

- Work collaboratively with the individual and service providers

- 2.1 Assist individual to identify activities and services of choice to enhance or maintain physical and sexual health, wellbeing and natural supports
- 2.2 Assist individual to identify and address *potential barriers* to physical and sexual health and wellbeing activities
- 2.3 Support individual to access and participate in physical health and wellbeing activities on an ongoing basis
- 2.4 Support individual to monitor, review, adjust, and consider their physical and sexual health and wellbeing requirements on an ongoing basis

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 a sufficient knowledge of the following areas to undertake the role outlined:

- The importance of physical and sexual health and general wellbeing in the delivery of services
- Impacts of stigma, prejudice and discrimination
- Social determinants of health
- Understanding of limitations of own work role and responsibilities
- Understanding the importance of holistic approaches enabling physical and sexual health and wellbeing
- Indicators of iatrogenic effects which may have an impact on health and well-being
- Understanding basic requirements for physical and sexual health and wellbeing, including:
 - diet
 - exercise
 - self-care style opportunities and information
 - oral health
 - comprehensive health checks
 - access to health services, and natural supports and resources
- Factors that can negatively impact on health and wellbeing
- Strategies to enable individual participation and decision making for physical and sexual health and wellbeing
- Supporting existing individual networks and developing new networks and facilitating choice
- Strategies to ensure appropriate information sharing to enable individuals to make informed choices for physical and sexual health and wellbeing
- Concepts of self-determination, empowerment and enabling
- Resources and networks that can support the cultural and spiritual needs of individuals

Essential skills:

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.

It is critical that the candidate demonstrate the ability to:

- Adopt a non-judgemental and accepting attitude when working with individuals in regard to physical and sexual health and wellness
- Work effectively with individuals, their identified social networks, colleagues, supervisors and other services/agencies
- Adhere to own work role and responsibilities
- Recognise the correlations and causal relationships between mental illness and related physical health problems
- Support individuals to communicate effectively with health and care providers
- Seek and respond to individual preferences regarding information sharing
- Support the right to individual decision making and personal choice; regarding physical and sexual health and wellbeing
- Promote activities towards the autonomous achievement of fully self-directed physical and sexual health and wellbeing
- Assist individuals to respond to potentially serious diagnosis enabling them to process emotional and other consequences
- Provide an appropriate response within job role requirements when individuals seek information about medication and other treatments
- Follow organisation's policies and protocols
- Apply basic problem solving skills to resolve problems within organisation protocols
- Apply reading and writing skills required to fulfil work role in a safe manner and as specified by the organisation/service:
 - this requires a level of skill that enables the worker to follow work-related instructions and directions and the ability to seek clarification and comments from supervisors
 - industry work roles will require a literacy level that will enable workers to interpret international safety signs, and complete workplace forms and records where necessary
- Apply oral communication skills required to fulfil work role in a safe manner and as specified by the organisation:
 - this requires a level of skill and ability to follow work-related instructions and directions and to seek clarification and comments from supervisors, individuals and colleagues
- Apply verbal and non-verbal communication skills:
 - industry work roles will require effective verbal and non-verbal communication skills to ask questions, clarify understanding and meaning, recognise and interpret non-verbal cues, adapt communication styles to meet specific needs, provide information and express encouragement and support including active listening and empathy

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 is best assessed on the job or in a simulated workplace under the normal range of conditions
- Consistency in performance should consider the requirements of the particular workplace context
- The candidate must show evidence that they have sourced and provided information and worked with individuals and service providers

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.
- 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
- All workers should develop their ability to work in a culturally and linguistically 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
- In recognition of particular issues facing culturally and linguistically [CALD] diverse communities, workers should be aware of cultural and current issues impacting on CALD groups

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.

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 of this unit include access to a workplace or simulated workplace where assessment may occur

Method of assessment:

- In cases where the learner does not have the opportunity to cover all relevant aspects in the work environment, the remainder should be assessed through realistic simulations, projects, previous relevant experience or oral questioning on ‘What if?’ scenarios
- Assessment of this unit of competence will usually include observation of processes and procedures, oral and/or written questioning on essential knowledge and skills and consideration of required attitudes
- Where performance is not directly observed and/or is required to be demonstrated over a ‘period of time’ and/or in a ‘number of locations’, any evidence should be authenticated by colleagues, supervisors, or other appropriate persons

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.

- Potential barriers* may include:
- limited activity options available in the area
 - limited access to information about available options
 - insufficient resources to participate in identified options

Unit Sector(s)

Not applicable.

Custom Content Section

Not applicable.