Assessment Requirements for SISCCRO001
Plan and conduct recreation programs for older persons

Release: 1
Assessment Requirements for SISCCRO001 Plan and conduct recreation programs for older persons

Modification History
Not applicable.

Performance Evidence
Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:
- plan, conduct and evaluate at least three different programs for older people, including both frail and moderately active participants
- conduct programs that individually or cumulatively incorporate at least three of the following activity types:
  - stretching and mobility
  - strengthening or conditioning
  - posture
  - balance
  - chair-based work
  - floor work
- use the following communication skills:
  - clear verbal communication
  - modelling and demonstration
  - motivational techniques.

Knowledge Evidence
Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:
- legislative and regulatory requirements that support and facilitate safe conduct of recreation programs for older participants:
  - work health and safety/occupational health and safety
  - privacy and confidentiality
  - duty of care
  - equal opportunity and anti-discrimination
  - sexual harassment
- organisational policies and procedures for planning and conducting recreation programs for older participants:
  - appropriate use of equipment and venues
  - work health and safety/occupational health and safety
• risk minimisation
• privacy
• duty of care
• extent and limitations of responsibilities
• time constraints and scheduling requirements
• budget allocation
• use of modified equipment
• use of aids

• screening processes of older persons for entry into programs or activities:
  • interviews with participants and carers
  • medical history
  • physical ability tests

• general contraindications for participation

• factors affecting participation in programs for older persons

• potential types of participant needs and their impact on program planning:
  • physical
  • emotional
  • motivational

• program planning techniques and information to be included in plans

• psychological stages and impact of ageing on participation in recreation activities and the variations in older people’s abilities

• risk analysis processes for assessing the potential impact of a planned recreation program on participant safety:
  • level of challenge and difficulty
  • behaviour of other participants
  • equipment failure

• activity specific knowledge to match activities with client needs and capabilities:
  • suitable exercises for older persons:
    • stretching and mobility exercises
    • strengthening or conditioning
    • confidence building
    • posture
    • balance
    • chair based
    • floor work
  • variations in status of participants:
    • impact of medication
    • chronological age
    • physiological age
    • medical conditions
- factors affecting group dynamics, conflict resolution and communication strategies:
  - verbal
  - modelling or demonstration
  - hand or arm signals
  - braille
- modified equipment and aids for older participants and equipment testing and checking techniques
- evaluation processes.

**Assessment Conditions**

Skills must be demonstrated in:
- a workplace or simulated environment.

Assessment must ensure use of:
- equipment and resources required for the delivery of the program:
  - modified equipment and aids
- industry or organisational documentation such as program plans, forms relating to equipment checks and equipment damage
- legislation and organisational policies and procedures in relation to the conduct of programs for older persons
- older participants to undertake recreation programs; these can be:
  - participants in a community setting, or
  - individuals who participate in project activities, role plays or simulated activities, set up for the purpose of assessment, within a training organisation.

Assessment activities that allow the individual to:
- plan and conduct programs of a duration that reflects current industry practice.

Assessors must satisfy the Standards for Registered Training Organisations’ requirements for assessors.

**Links**

Companion Volume implementation guides are found in VETNet - [https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b](https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b)