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

- 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 -