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

Release: 1

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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
  - 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 an 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