



Australian Government

Department of Education, Employment and Workplace Relations

CHCICS407B Support positive lifestyle

Release: 1

CHCICS407B Support positive lifestyle

Modification History

CHC08 Version 3	CHC08 Version 4	Description
CHCICS407A Support positive lifestyle	CHCICS407B Support positive lifestyle	Unit updated in V4. ISC upgrade changes to remove references to old OHS legislation and replace with references to new WHS legislation. No change to competency outcome.

Unit Descriptor

Descriptor

This unit describes the knowledge and skills required by workers to provide clients with the support required to plan, make, implement and sustain positive lifestyle options that will have a positive impact on their health and well being

Application of the Unit

Application

The skills and knowledge of this unit of competency will be applied as part of a comprehensive service aimed at promoting and supporting client emotional and physical health and well being

The word client can be read to mean client and family

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

PERFORMANCE CRITERIA

- | | |
|---|--|
| 1. Support positive lifestyle decisions | 1.1 Assist in identifying the client's <i>lifestyle issues</i> |
| | 1.2 Provide information to the client about the impact of a positive lifestyle |
| | 1.3 Provide information with regard for client sensitivity, preferences and aspirations |
| | 1.4 Provide support that enables the client to identify positive lifestyle practices |
| | 1.5 Work with the client to identify the <i>supports</i> and resources required to sustain a positive lifestyle |
| | 1.6 Provide support in a manner that respects the client's choices |
| 2. Support the implementation of positive lifestyle decisions | 2.1 Support the client to develop a plan to implement positive lifestyle decisions |
| | 2.2 Where necessary <i>facilitate access to services and/or resources</i> required to support a positive lifestyle |
| | 2.3 Facilitate the client to make lifestyle decisions in a context of <i>health and emotional well being</i> |
| 3. Support the client to maintain positive lifestyle | 3.1 Assist client to identify any <i>risks</i> to sustaining positive lifestyle options |
| | 3.2 Support client to develop strategies to reduce risks to sustaining positive lifestyle options |
| | 3.3 Support client to monitor their positive lifestyle options |
| | 3.4 Assist the client to evaluate the lifestyle options and source appropriate supports |

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 understanding of:

- Own work role and responsibilities
- Basic positive lifestyle issues, including the impact of diet, physical activity, exercise, life/work balance, alcohol, smoking, substance use and relationships
- Understanding of the importance to respect client choices and possible conflicts that could arise
- Rights and responsibilities within a human rights framework
- Work health and safety (WHS), risk assessment and risk management relevant to the job role
- Knowledge of the role of the worker within a person-centred approach
- Knowledge of resources and services that support positive lifestyle

Essential skills:

It is critical that the candidate demonstrate the ability to:

- Follow organisation policies and protocols
- Use facilitation skills to foster client involvement in positive lifestyle decisions
- Liaise and report appropriately to supervisor and/or health professionals
- Adhere to own work role and responsibilities
- Identify and respond to risks associated with providing personal care
- Work within a human rights and person-centred framework

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:

- 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, clients and colleagues
 - industry work roles will require workers to possess a literacy level that will enable them to interpret international safety signs, read client's service delivery plans, make notations in clients records and complete workplace forms and records
- 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 that enables the worker to follow work-related

- instructions and directions and the ability to seek clarification and comments from supervisors, clients and colleagues
- industry work roles will require workers to possess oral communication skills that will enable them to ask questions, clarify understanding, recognise and interpret non-verbal cues, provide information and express encouragement
- Apply numeracy skills required to fulfil work role in a safe manner and as specified by the organisation:
 - industry work roles will require workers to be able to perform basic mathematical functions, such as addition and subtraction up to three digit numbers and multiplication and division of single and double-digit numbers
- Apply basic problem solving skills to resolve problems of limited difficulty within organisation protocols
- Work effectively with clients, colleagues and supervisors
- Demonstrate safe and effective use of workplace technology in line with WHS guidelines

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
- 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
- This unit will be most appropriately assessed in the workplace and under the normal range of workplace conditions
- Where, for reasons of safety, space, or access to 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
- Context of and specific resources for assessment:*
- 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
 - 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
 - equipment and resources normally used in the workplace
- Method of assessment may include:*
- Observation in the workplace
 - Written assignments/projects
 - Case study and scenario analysis
 - Questioning
 - Role play simulation

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.

- Lifestyle issues may include:*
- Diet
 - Exercise
 - Work/life balance
 - Alcohol
 - Drugs and substances
 - Smoking
 - Side effects of prescribed medication
- Supports may include:*
- Financial
 - Family
 - Formal support networks
 - Professional support, such as:
 - doctors

- dieticians
 - physiotherapists
 - direct care workers
 - psychologists
 - psychiatrists
 - teachers
 - Friends
 - Provision of information
 - Formal referrals
 - Supporting client to make contacts
 - Assisting the client to attend sessions
- Facilitate access to services and/or resources may include:*
- Health and emotional well being may include:*
- Identification to variations in health and emotional well being
 - Referral to appropriate health and community professionals
 - Reporting to the supervisor concerns/changes to client's health and well being
 - Following the strategies identified in the client's support plan
 - Identifying and reporting deficits in the client's support plan

Unit Sector(s)

Not Applicable