



Australian Government

HLTPOP014 Assess readiness for and effect behaviour change

Release: 1

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Modification History

Release	Comments
Release 1	This version was released in <i>HLT Health Training Package release 3.0</i> and meets the requirements of the 2012 Standards for Training Packages. Minor changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Minor changes to knowledge evidence. Supersedes HLTPOP402C

Application

This unit describes the skills and knowledge required to analyse behaviour that impacts health and ways in which to reinforce or change them to promote health.

This unit applies to work in a public health context and workers at this level will demonstrate judgement and limited responsibility within defined guidelines.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes.

The Performance Criteria specify the level of performance needed to demonstrate achievement of the Element.

1. Identify behaviour that impacts negatively on health and assess readiness for change

- 1.1 Identify social determinants of health and specific influences on individual's behaviour
- 1.2 Identify environmental factors that restrain change
- 1.3 Identify behavioural health determinants
- 1.4 Assess motivation, commitment and confidence levels to change attitudes, beliefs and behaviour in collaboration with other team members and/or

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stakeholders

1.5 Reinforce positive beliefs and behaviour

1.6 Consider unintended consequences of desired behaviour and incorporate into the plan

2. Develop and implement plan for behaviour change

2.1 Identify pro-active strategies to support behavioural change based on behaviour change models, research available and consultations with individual, experts and/or stakeholders

2.2 Identify stakeholders or organisations for collaborative partnerships to support facilitating individual behaviour change

2.3 Develop a plan in collaboration with individual and document in accordance with organisation policy and procedure

2.4 Confirm individual's agreement, understanding and participation in relation to the plan

2.5 Develop and agree on an evaluation process to monitor progress with the individual

3. Monitor and review progress

3.1 Identify the most appropriate methods of data collection for recording behaviour

3.2 Collect, summarise and review data related to individual behaviour

3.3 Assess changes in behaviour in collaboration with the individual involved and other experts and stakeholders in accordance with confidentiality requirements

3.4 Review effectiveness of plan in collaboration with individual other experts and/or stakeholders

3.5 Report results of behaviour change strategies in accordance with organisation policy and procedure

Foundation Skills

The Foundation Skills describe those required skills (language, literacy, numeracy and employment skills) that are essential to performance.

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.

Unit Mapping Information

No equivalent unit

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>