



**AUSTRALIAN
HEALTHCARE**
QUALIFICATIONS & TRAINING

Learner Assessment

Task 1 – Written Questions

Unit Code: CHCCCS023

Unit Name: Support independence and wellbeing

Qualification:

Participant Name: _____

Version Control:

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Assessment Information

Unit Code & Title:	CHCCCS023 - Support independence and wellbeing
Unit Descriptor:	This unit describes the skills and knowledge required to provide individualised services in ways that support independence, as well as, physical and emotional wellbeing.
Application of the Unit:	This unit applies to workers in a range of community services contexts who provide frontline support services within the context of an established individualised plan.
Elements:	<ol style="list-style-type: none"> 1. Recognise and support individual differences 2. Promote independence 3. Support physical wellbeing 4. Support social, emotional and psychological wellbeing
Performance Knowledge:	<p>The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be demonstrated evidence that the candidate has:</p> <ul style="list-style-type: none"> • Safely supported at least 3 people to enhance independence and wellbeing • Performed the activities outlined in the performance criteria of this unit during a period of at least 120 hours of direct support work in at least one aged care, home and community, disability or community service organisation
Knowledge Evidence:	<p>The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:</p> <ul style="list-style-type: none"> • Basic human needs: <ul style="list-style-type: none"> - Physical - Psychological - Spiritual - Cultural - Sexual • Concept of self-actualisation • Human development across the lifespan • Wellbeing, including: <ul style="list-style-type: none"> - Physical - Psychological - Social - Spiritual - Cultural - Financial - Career/occupation • Individual differences, how these may be interrelated and impact on support provided • Basic requirements for good health for the person, including: <ul style="list-style-type: none"> - Mental health - Nutrition and hydration - Exercise - Hygiene - Lifestyle - Oral health • Mental health issues and risk and protective factors

	<ul style="list-style-type: none"> • Indications of neglect or abuse: <ul style="list-style-type: none"> - Physical - Sexual - Psychological - Financial • Reporting requirements for suspected abuse situations • Service delivery models and standards • Relevant funding models • Issues that impact health and well being • Impacts of community values and attitudes, including myths and stereotypes • Issues surrounding sexuality and sexual expression • Indicators of emotional concerns and issues • Support strategies, resources and networks • Legal and ethical requirements and how these are applied in an organisation and individual practice, including: <ul style="list-style-type: none"> - Duty of care - Dignity of risk - Human rights - Discrimination - Mandatory reporting - Privacy, confidentiality and disclosure - Work role boundaries – responsibilities and limitations
<p>Assessment Conditions:</p>	<p>Skills must have been demonstrated in a relevant workplace with the addition of simulations and scenarios where the full range of contexts and situations have not been provided in the workplace. Where simulation is used it must reflect real working conditions and contingencies by modelling industry operating conditions and contingencies, as well as using suitable facilities, equipment and resources, including:</p> <ul style="list-style-type: none"> • Individualised plans and any relevant equipment outlined in the plan • Modelling of industry operating conditions including real interactions with the person and their carers <p>Overall, assessment must involve some real interactions with the person and their families/carers</p>

Instructions to the student

Purpose of this assessment

This Assessment is designed to test your knowledge and skills against the criteria that is required in order for you to provide individualised services in ways that support independence, as well as, physical and emotional wellbeing.

Methods of Assessment

The assessments have been developed in consideration to assessment requirements, learning environment and the expectations by industry.

To be deemed competent in this unit of competency the following assessment requirements must be completed. You must achieve a satisfactory result for each task to be deemed competent in this unit.

Assessment Task 1 – Written Questions – The Written Questions provided in this assessment kit is required to be completed. Assessment Task 1 may be completed within allocated training time or during periods of self-study.

Resources needed for assessment:

- Simulated environment that reflect real working conditions by modelling industry operating conditions including involvement of real people when simulating the provision of service and equipment use
- Workplace for practical placement
- Individual plans
- Equipment outlined in individualised plans
- Access to codes of practice, relevant organisation policies and procedures
- Learner Guide
- Work placement book
- Access to individual families and carers

What you need to do:

- Complete the activities as described above
- Take a photo copy of your work if you would like to
- Collect all the required evidence and provide to your trainer
- Sign the Assessment Agreement
- Submit the completed assessment kit to your assessor.

If you have any difficulties or there is anything you don't understand, talk with your Trainer/Assessor; they are here to help you. Never be too afraid to ask about anything you don't understand related to safety and do not attempt to complete tasks you are unsure about. You can raise any concerns with your trainer/assessor.

Your assessor will provide you with feedback both verbally and in writing.

Assessment outcomes

Satisfactory – Evidence provided meets the requirements of the assessment method and unit of competency.

Not Satisfactory – Evidence provided does not meet the requirements of the assessment method and unit of competency.

If you have been given a Not Satisfactory assessment outcome you will be given the chance to review with your assessor and discuss the area/s for improvement and time will be elected where you will be required to resubmit the Assessment Workbook as per the assessor's instructions. If you receive a Satisfactory outcome for the individual Assessment Mode, then this outcome will contribute to final judgement of competency for this unit.

Reasonable Adjustment

Special consideration may be applied, and reasonable adjustment given to this assessment, as required. (*See further information in student handbook – Access & Equity and AHQT policies and procedures – Assessment Policy*).

Any adjustments made to standard assessment will be documented clearly in assessment kit either at the front of the booklet or in the individual competency record.

Document any adjustments to standard assessment

Reassessment

Where you are found not yet competent, the AHQT will provide three further opportunities to achieve competency at no cost. If you request to be re-assessed after the 3 attempts a cost of \$200 per unit will be applied and any attempt thereafter. (*see Assessment Policy for further information*).

Assessment Agreement

An assessment agreement is required to ensure that all students are aware of the process and purpose of an assessment and the requirements that achieve competence in this unit.

Student Full Name:	
Unit Code and Title:	CHCCCS023 – Support independence and wellbeing
Qualification:	

Please tick as appropriate	Yes	No	Comment
The purpose of the assessment has been clearly explained			
Assessment methods and outcomes required have been clearly explained and I understand what is required of me to achieve competency in this unit			
I have been made aware of the Assessment and Appeals Policy			
I have discussed any special needs to be considered during assessment with my assessor			
I understand I have three attempts to complete each task satisfactorily. After three attempts, \$200 per unit will be charged to reassess the unit of competency. If after the fourth attempt I am deemed 'Not Yet Competent', I will be required to do further training before reattempting this unit.			
I give permission for the AHQT to use my assignment for assessment moderation / validation purposes.			

I declare that I understand how assessment will take place for this unit.

I also understand that work completed towards this assessment must be verifiably my own.

Student's Name: _____

Student's Signature: _____ **Date:** ____ / ____ / _____

Assessor's Name: _____

Assessor's Signature: _____ **Date:** ____ / ____ / _____

Assessment Task 1 - Written Questions

Assessment description

This assessment task requires you to provide answers to the listed written questions.

1. **What influences are there in a person's life that will affect their basic needs and how they choose to live their lives?**

Assessor Use Only: Satisfactory response provided

YES NO

- 1b. **As a support worker how can you best assist the individual to ensure that everything that they feel is important to them and is respected and considered throughout the support provided?**

Assessor Use Only: Satisfactory response provided

YES NO

2. What could be the impact on a person if a support worker is overpowering with their own views and attitudes and the older person is not given the responsibility to direct their own care?

Assessor Use Only: Satisfactory response provided

YES NO

3. Describe how you might support and encourage a client to appropriately express their own identity and sexuality.

Assessor Use Only: Satisfactory response provided

YES NO

3b. What issues might exist around sexuality and sexual expression and how might this impact the support being provided?

Assessor Use Only: Satisfactory response provided

YES **NO**

4. What are the benefits of providing opportunities for older people to get involved in activities?

Assessor Use Only: Satisfactory response provided

YES **NO**

4b. Describe how you would introduce an activity to a client you currently work with and what factors you would need to consider when facilitating the attendance of the activity.

Assessor Use Only: Satisfactory response provided

YES **NO**

5. Describe the steps you would take to promote independence and assist the individual in establishing their strengths and self-care capacity.

Assessor Use Only: Satisfactory response provided

YES **NO**

6. List three (3) benefits to encouraging the older person to utilise support avenues when required.

1.

2.

3.

Assessor Use Only: Satisfactory response provided

YES NO

6b. How can you assist the engagement of support and/or support services whilst ensuring independence of the individual is maintained?

Assessor Use Only: Satisfactory response provided

YES NO

7. List seven (7) factors that can impact on a person's well-being.

1.

2.

3.

4.

5.

6.

7.

Assessor Use Only: Satisfactory response provided

YES **NO**

8. Explain each of the following requirements for good physical health and how to encourage it amongst your clients:

Diet:

Exercise:

Hygiene:

Lifestyle:

Oral Health:

Assessor Use Only: Satisfactory response provided

YES **NO**

9. What daily living habits contribute to maintaining a healthy lifestyle and how could you encourage other people to implement healthy habits into their lives?

Assessor Use Only: Satisfactory response provided

YES NO

10. List three (3) examples of potential risks you may identify when supporting the physical wellbeing of an individual in aged care. In your answer where practicable, include; the indicators observed, steps you would take to reduce the immediate risk and the organisation policies and procedures you would follow

1.

2.

3.

Assessor Use Only: Satisfactory response provided

YES NO

10b. What safety measures might you implement that will build a person's confidence?

Assessor Use Only: Satisfactory response provided

YES NO

11. List three (3) signs that demonstrate a person's physical condition has changed.

1.

2.

3.

Assessor Use Only: Satisfactory response provided

YES NO

11b. List key indicators that a person's physical situation is affecting their well being

Assessor Use Only: Satisfactory response provided

YES NO

12. When reporting to a supervisor information about an older person's inability to perform activities, what information should you include?

Assessor Use Only: Satisfactory response provided

YES **NO**

13. List two (2) physical health situations that would be beyond the scope of your own role and the actions you would take when faced with these

1.

2.

Assessor Use Only: Satisfactory response provided

YES **NO**

14. An older person in your care is reluctant to do anything around their home and state, 'I can't do anything I'm useless'. Describe the considerations you would apply and how you would support the person.

Assessor Use Only: Satisfactory response provided

YES NO

15. How might a person's emotional and psychological wellbeing be supported?

Assessor Use Only: Satisfactory response provided

YES NO

16. List a minimum of five (5) activities (social, cultural, spiritual) that you could encourage older people to participate in with the aim to support their social, emotional and psychological wellbeing.

(Consider community settings and residential care settings in your answers)

- 1.
- 2.
- 3.
- 4.
- 5.

Assessor Use Only: Satisfactory response provided

YES **NO**

16b. Select three (3) of the activities that you have chosen and describe the steps you would take to encourage and facilitate the activity.

- 1.
- 2.
- 3.

Assessor Use Only: Satisfactory response provided

YES **NO**

16c. For the activities selected above, which are funded and by whom and how is the funding provided?
(i.e. Is there an application process etc)?

Assessor Use Only: Satisfactory response provided

YES NO

17. Provide details of indications that a person's social, emotional and psychological wellbeing has changed as per situations listed in the following table.

Variations to a person's emotional wellbeing	
Indications of possible Cultural issues	
Indications of a Financial issue	
Indicators of mental health issue and possible psychological abuse	
Risk factors within mental health for elderly	
Abuse or neglect	
Assessor Use Only: Satisfactory response provided	YES <input type="radio"/> NO <input type="radio"/>

18. List (3) three social, emotional and psychological situations that would be considered beyond the scope of your role and/or outside of your knowledge and skill set and describe what steps you would take? (One of the examples must refer to a suspected abuse situation)

Social

1.

2.

3.

Emotional

1.

2.

3.

Psychological

1.

2.

3.

Assessor Use Only: Satisfactory response provided

YES NO

19. Describe how the following legal and ethical requirements are applied within your individual practice of supporting the independence and wellbeing of an older person/s and the organisation with which you are completing work placement or employment in.

Duty of care

Dignity of risk

Human rights

Discrimination

Mandatory reporting

Privacy, confidentiality and disclosure

Assessor Use Only: Satisfactory response provided

YES **NO**

Written Questions Assessment Record

CHCCCS023

Support independence and wellbeing

Reasonable Adjustments made			
Assessment activity Task 1 – Written Questions	Satisfactory	Not Satisfactory	Assessor Initials
Date: ___ / ___ / _____			
Assessment Guide			
Satisfactory	The Assessor has reviewed the Assessment Workbook against the requirements of the Assessment Mode and is satisfied that all requirements have been met.		
Not Satisfactory	The Assessor has reviewed the Assessment Workbook against the requirements of the Assessment Mode and is not satisfied that all requirements have been met.		
Re- Assessment			
___ / ___ / ___			
___ / ___ / ___			
___ / ___ / ___			
___ / ___ / ___			

Competency Record

Unit Code & Title:	CHCCCS023 – Support independence and wellbeing
Student Name:	
Assessment Strategies:	Satisfactory Unsatisfactory
	Assessment Task 1 - Written Questions
Student Feedback:	
Assessment Result:	<p>The participant is COMPETENT</p> <p>The participant is NOT YET COMPETENT</p>
Assessor Declaration:	<p>Evidence of Competency is:</p> <p style="text-align: center;">Valid Authentic Sufficient Current</p> <p>All the above assessment modes have been met</p> <p>The assessment has been modified due to Reasonable Adjustment (see below)</p> <p>Gaps in performance were identified and reassessment completed (as per record of results)</p> <p>Feedback given to student: Written (above) Email (attached)</p>
Assessor's Name:	
Assessor's Signature:	Date: ____ / ____ / _____