

COMMUNITY CARE SKILLS STANDARDS FRAMEWORK FOR SUPPORT CARE ROLES

Skills Domain	Therapy
Skills Category	Individualised Therapy Intervention
Skills Standard Title	Perform and Monitor Individualised Therapy Intervention
Skills Standard Descriptor	Perform individualised therapy intervention as prescribed. Provide feedback on client's performance status.
Skills Proficiency Level	Level 1 <i>Previously 'Basic II' under CCSSF</i>
Source Code	CCSSF-T-ITI-2001-1
Knowledge <i>This refers to the gathering and cognitive processing of facts and information required to perform work tasks and activities.</i>	Underpinning Knowledge: • Types of individualised therapy exercises which may include (not limited to): ○ Gait training ○ Aerobic exercise ○ Balance ○ Styles ○ Activities of Daily Living (ADL) • Medical conditions of client eg swollen arms, swollen legs. • ROM exercise record document • Readiness of client for therapy exercise which may include (not limited to): ○ Normal range vital signs ○ Pain level ○ Mental state ○ Client concerns ○ Physical conditions of clients • People to interact with when performing and monitoring individualised therapy exercise which may include (not limited to): ○ Therapist ○ Family members ○ Other support care staff • Equipment used for therapy intervention • Organisational policies and procedures which may include (not limited to): ○ Performing and monitoring individualised therapy Exercises ○ Communicating with client ○ Incident management ○ Assisting in interventions in consultation with qualified personnel ○ Reinstating all tools and equipment used • Provisions of National Infection Prevention and Control Guidelines for Long-Term Care Facilities (2018), which may include (not limited to): ○ Use of personal protective equipment ○ Hygiene practices ○ Handling patients with infection ○ Outbreak ○ Hand hygiene • Relevant legal and/or industrial requirements in relation to support care

	functions, which may include: ○ Implementation Guide to Guidelines for Home Care (Agency for Integrated Care, Singapore) ○ Implementation Guide to Guidelines for Centre-Based Care (Agency for Integrated Care, Singapore) ○ Workplace Safety and Health Guidelines (Workplace Safety and Health Council) ○ National Infection Prevention and Control Guidelines for Long-Term Care Facilities (Ministry of Health) ○ Allied Health Professions Council (AHPC) guidelines on supervision and delegation of tasks to therapy support staff
Ability <i>This refers to the ability to perform the work tasks and activities required of the occupation, and the ability to react to and manage the changes at work.</i>	The ability to: • Greet client and introduce self in accordance with organisational procedure. • Explain to client the individualised therapy exercises prescribed by therapist based on his/her condition in accordance with organisational procedure. • Check readiness of client on vital signs and pain levels for individualised therapy exercises under the 3 categories prescribed based on readiness checklist. • Seek input from client on conduct of individualised therapy exercises prescribed in accordance with organisational procedure. • Prepare client for individualised therapy exercises prescribed following guidelines. • Perform individualised therapy exercises prescribed following organisational guidelines. • Monitor conduct of individualised therapy exercises prescribed in accordance with organisational procedure. • Feedback to therapist on changes and timing of therapy exercises arising from the vital signs and pain levels in accordance with organisational procedure. • Monitor progress of adjusted individualised therapy exercises in accordance with organisational procedure. • Record progress of individualised therapy exercises and submit for therapist endorsement in accordance with organisational procedure. • Seek advice from therapist any deviation of individualised therapy exercises from prescription based on client condition and request. • Get feedback from client at the end of session on the individualised therapy exercises conducted in accordance with organisational procedure. • Update records of status of individualised therapy exercises for submission to therapist in accordance with organisational procedure.
Person-Centred Care <i>This refers to having a person centred care mind set to drive the care giver to respect and</i>	Underlying principles: • Treating clients with dignity and respect by being aware of and supporting personal perspectives, values, beliefs, culture and preferences; respecting their privacy while encouraging independence of the individual; and listening to each other and working in partnership to design and deliver services

<i>recognise the decisions/choices of the person they are taking care of.</i>	• To be mindful of client's need of reassurance
Performance Outcome <i>This refers to the outcome of the task on the care recipient as indication of workplace success</i>	• The support care staff is able to perform and monitor individualised therapy intervention in a manner that is respectful of client's dignity, taking into consideration his/her condition, preferences and comfort level.