

COMMUNITY CARE SKILLS STANDARDS FRAMEWORK FOR SUPPORT CARE ROLES

Skills Domain	Care Coordination
Skills Category	Health Promotion
Skills Standard Title	Implement health promotion activities for clients and the general public
Skills Standard Descriptor	Engage clients in healthy lifestyle programmes that promote health and prevent illnesses.
Skills Proficiency Level	Level 3
Source Code	CCSSF-CC-HP-4001-1
Knowledge <i>This refers to the gathering and cognitive processing of facts and information required to perform work tasks and activities.</i>	Underpinning knowledge: • Behaviour patterns that lead to poor health, diseases, disabilities and early death • Habits and routines that promote the adoption and maintenance of healthy behaviours • Models of health promotion within the practice • Educational initiatives that contribute to health promotion • Transtheoretical Model (Stages of Change) • International Classification of Functioning, Disability and Health
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: • Perform assessments for health risks • Promote health and wellness • Plan health promotion activities with guidance • Demonstrate strategies to incorporate healthy habits and routines into daily activities • Generate solutions to personal and environmental barriers that limit clients from engaging in healthy activities • Identify and communicate risks that may lead to ill health • Participate in conducting health promotion activities, including public events • Identify the stages of change that clients may be at in terms of making changes to improve health • Evaluate effectiveness of health promotion activities

DISCLAIMER: SOME CONTENT BELOW IS REFERENCED FROM SKILLS FRAMEWORK

Person Centred Care <i>This refers to having a person centred care mindset to drive the caregiver to respect and recognise the decisions/choices of the person they are taking care of.</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
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: • Assist in planning and running health promotion activities to raise awareness to maintain and optimise health and well-being of clients in accordance to MOH's guidelines.