Unit 4222-211 Provide support for mobility (HSC 2002)

Level: **2**
Credit value: **2**
UAN: **H/601/9024**

Unit aim
This unit is aimed at those who work in a wide range of settings. The unit provides the learner with the knowledge and skills needed to support mobility activities. It covers preparation, support and observations of mobility activities.

Learning outcomes
There are **four** learning outcomes to this unit. The learner will:
1. Understand the importance of mobility
2. Be able to prepare for mobility activities
3. Be able to support individuals to keep mobile
4. Be able to observe, record and report on activities to support mobility

Guided learning hours
It is recommended that **14** hours should be allocated for this unit, although patterns of delivery are likely to vary.

Details of the relationship between the unit and relevant national standards
This unit is linked to HSC 215.

Support of the unit by a sector or other appropriate body
This unit is endorsed by Skills for Care and Development.

Assessment
This unit must be assessed in accordance with Skills for Care and Development's QCF Assessment Principles.
Learning outcomes 2, 3 and 4 must be assessed in a real work situation.

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Assessment Criteria

Outcome 1 Understand the importance of mobility

The learner can:

1. define mobility
2. explain how different health conditions may affect and be affected by mobility
3. outline the effects that reduced mobility may have on an individual's well-being
4. describe the benefits of maintaining and improving mobility.

Outcome 2 Be able to prepare for mobility activities

The learner can:

1. agree **mobility activities** with the **individual** and **others**
2. remove or minimise hazards in the environment before beginning a mobility activity
3. check the suitability of an individual's clothing and footwear for safety and mobility
4. check the safety and cleanliness of **mobility equipment and appliances**.

Outcome 3 Be able to support individuals to keep mobile

The learner can:

1. promote the **active participation** of the individual during a mobility activity
2. assist an individual to use mobility appliances correctly and safely
3. give feedback and encouragement to the individual during mobility activities.

Outcome 4 Be able to observe, record and report on activities to support mobility

The learner can:

1. observe an individual to monitor changes and responses during a mobility activity
2. record observations of mobility activity
3. report on progress and/or problems relating to the mobility activity including:
   - choice of activities
   - equipment
   - appliances
   - the support provided.

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Additional guidance

- **Mobility activities** may include:
  - exercises
  - physiotherapy
  - occupational therapy
  - household activities
  - group activities
- An **individual** is someone requiring care or support
- **Others** may include:
  - family
  - friends
  - advocates
  - mobility specialists
  - line manager
  - others who are important to the individual's well-being
- **Mobility equipment and appliances** may include:
  - wheel chairs
  - sticks
  - walking frames
  - custom-made appliances
- **Active participation** is a way of working that recognises an individual's right to participate in the activities and relationships of everyday life as independently as possible; the individual is regarded as an active partner in their own care or support, rather than a passive recipient.