

CU1684 Provide Support to Continue Recommended Therapies

Aims

This unit is aimed at those working in a wide range of settings. The unit provides the learner with the knowledge and skills needed to support individuals to continue recommended therapies. It covers encouraging and supporting individuals to continue recommended therapies, carrying out observations and reviewing the therapy.

Credit 3

Level 3

Learning outcomes The learner will:	Assessment criteria The learner can:
1. Understand the importance of supporting individuals to continue recommended therapies	1.1 Analyse the potential benefits of recommended therapies to an individual's health and wellbeing 1.2 Describe barriers that may prevent individuals from continuing recommended therapies, and the possible consequences of discontinuation
2. Be able to encourage individuals to complete activities recommended by therapists	2.1 Establish agreement on an individual's needs and preferences about continuing a recommended therapy 2.2 Provide opportunities for an individual to access information about the benefits of continuing the recommended therapy 2.3 Describe how to overcome an individual's fears or concerns about continuing the recommended therapy
3. Be able to provide support to continue recommended therapy	3.1 Clarify with the therapist the information needed before providing support for the therapy 3.2 Promote active participation during therapy 3.3 Address difficulties encountered during therapy 3.4 Provide constructive feedback and encouragement to the individual during therapy

<p>4. Be able to observe, record and report on observations during recommended therapy</p>	<p>4.1 Establish with the individual and others what observations need to be made during therapy sessions</p> <p>4.2 Carry out agreed observations</p> <p>4.3 Record agreed observations as required</p> <p>4.4 Report on the findings of observations to individuals and others</p>
<p>5. Be able to contribute to evaluation and review of recommended therapies</p>	<p>5.1 Work with others to establish processes and criteria for evaluating the effectiveness of the therapy and the support provided</p> <p>5.2 Carry out agreed role to support the evaluation, using observations and feedback from the individual and others</p> <p>5.3 Agree changes to therapy sessions or the support provided</p>

Assessment Requirements

This unit must be assessed in accordance with Skills for Care and Development's QCF Assessment Principles.

Learning outcomes 2, 3, 4, and 5 must be assessed in a real work environment

Additional Information

Therapies may include:

- Occupational therapy
- Physiotherapy
- Hydrotherapy
- Aromatherapy

An **individual** is someone requiring care or support

Information may include:

- Intended outcomes of the therapy
- Activities needed to continue the therapy
- Learner's role and responsibilities
- How to set up the environment and use equipment and materials
- Most effective ways of supporting an individual

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.

Ways to **address difficulties** may include

- Making adjustments to the level or type of support provided
- Stopping therapy activities if individual is in pain or distress
- Seeking additional support from therapists and others when problems and difficulties are beyond own competence

Others may include:

- Family
- Friends
- Advocates
- Specialist therapists
- Others who are important to the individual's well-being

