

SFHHMH38

Enable people with mental health needs to choose and participate in activities that are meaningful to them



Overview

This standard covers encouraging people with mental health needs to choose and take part in activities that are meaningful to them. These may include self-care, educational, recreational and work activities. The activities may be provided specifically for people in care settings or those provided within the community for the general public. A key consideration in this standard is the importance of taking steps to ensure equality of opportunity to participate in activities and that these are meaningful to the person. This standard applies to mental health practitioners whose role includes encouraging and supporting people with mental health needs to take part in activities which will promote their mental health and be meaningful to them. Users of this standard will need to ensure that practice reflects up to date information and policies.

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Performance criteria

You must be able to:

- P1 encourage and support people to identify positive dimensions of their:
 - P1.1 past and current skills and abilities
 - P1.2 past and current interests and hobbies that they are interested in carrying forward
 - P1.3 other past and current strengths, aspirations and resources
- P2 identify and promote the value of activities that are meaningful to people in an appropriate manner
- P3 communicate with people in a manner, and at a level and pace which is appropriate to their needs
- P4 provide people with information about what activities are available
- P5 actively encourage people to identify those activities that are meaningful to them
- P6 deal sensitively with concerns that people may have about their capability to engage in activities
- P7 give people accurate information about the availability, timing and access to activities that are meaningful to them
- P8 encourage people to take responsibility for their own choices and decisions
- P9 accurately identify potential obstacles to people's access to activities, including risk to themselves or others, and minimise these where possible
- P10 identify and challenge any difficulties encountered in gaining equitable access to participation and promote equal access where appropriate
- P11 give people sufficient support to allow them to engage in activities which meet their needs, consistent with the resources available
- P12 give people clear and accurate information about the standards of behaviour, rights and responsibilities expected of them during activities
- P13 recognise the difficulties people may have in continuing to participate in activities and offer appropriate support to overcome these difficulties
- P14 identify any limitations on resources to support people to take part in activities and work creatively to minimise the effects of these
- P15 work with family and friends and other practitioners and agencies to mobilise additional support and resources where required to continue the person's participation in activities
- P16 meet your commitments to provide support to people within the agreed timescales

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Knowledge and understanding

You need to know and understand:

- K1 why it is important for recovery to encourage people to identify and participate in activities that are meaningful to them
- K2 the importance of recognising and building on peoples' own particular strengths, aspirations and resources in the journey of recovery and development of self- management skills
- K3 the range of activities available within and outside the agency or care setting and the different benefits and value they may have for people
- K4 the availability, timing and modes of access to activities identified
- K5 the importance of promoting the value of meaningful activities and how to do so
- K6 the purpose of the person's care plan and the place of meaningful activities within it
- K7 approaches you may need to take with people who are in various settings, with a range of mental health needs and levels of motivation
- K8 how to communicate effectively in the appropriate medium to meet any recipients needs and preferences
- K9 how to maintain the trust and confidence of people with mental health needs and significant others by communicating in an open, accurate and understandable way
- K10 the importance of people taking responsibility for their own choices and decisions and how to facilitate them to do so
- K11 the benefits to mental health of an appropriate work-life balance
- K12 potential obstacles to accessing activities and actions you can take to minimise these obstacles
- K13 risk assessment and the benefits of positive risk taking, taking into account the possible risks to people and/or others from their choice of activities
- K14 how to negotiate the activities the person wants to take part in when their initial choice is unavailable
- K15 the standard of behaviour expected and the rights and responsibilities of people when undertaking activities
- K16 the resources within your agency that are available for providing or supporting access to activities
- K17 sources of additional support and resources for people who want to take part in activities
- K18 the range of support people may need to help them to attend activities and overcome any difficulties arising

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- K19 how to challenge inequity and discrimination in access and ensure that people have equal opportunities to participate in activities that are meaningful to them
- K20 people from whom to seek assistance if you are unable to provide sufficient help to allow people to participate in activities
- K21 the importance of meeting all commitments within agreed timescales

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Additional Information

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB4 Enablement to address health and wellbeing needs

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Developed by	Skills for Health
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