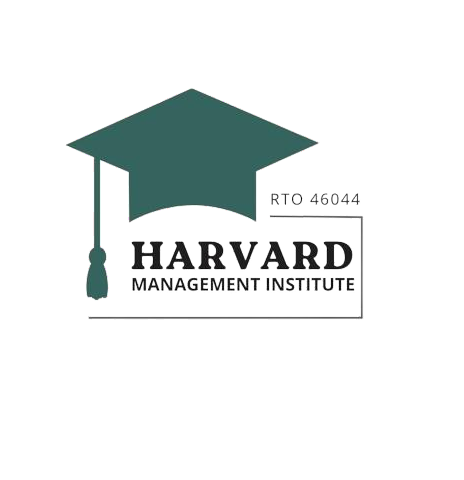
Learning Activity Booklet Version 1.2 Produced 5 March 2024

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**CHCDIS020**

Work effectively in disability care

LEARNING ACTIVITY BOOKLET

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**Version Control & Document History**

|  |  |  |
| --- | --- | --- |
| **Date** | **Summary of Modifications** | **Version** |
| 11 January 2023 | Version 1.0 released for publishing | 1.0 |
| 24 August 2023 | Version 1.1 endorsed for use  Fixed wording issues | 1.1 |
| 5 March 2024 | Version 1.2 endorsed for use | 1.2 |

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# Overview

### CHCDIS020 – Work effectively in disability support (Release 1)

This unit describes the performance outcomes, skills and knowledge required to work effectively in a disability support work context. The unit covers meeting job requirements, complying with organisational requirements and working in a disability sector context.

This unit applies to individuals who work with people with disability in a range of community services and health contexts. Work performed requires some discretion and judgement and will be carried out under regular direct or indirect supervision.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian standards and industry codes of practice.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

### A complete copy of the above unit of competency can be downloaded from the TGA website:

<https://training.gov.au/Training/Details/CHCDIS020>

# Learner Instructions

This Learning Activity Booklet contains formative activities that learners will complete in the classroom or a similar environment.

These formative activities include knowledge questions to test your underpinning generic knowledge and practical activities to test your skills relevant to the unit/s of competency.

These formative assessments are used by your trainer to complement both the learning and training processes, and to evaluate how you are progressing throughout these processes.

You may reference your Learner Guide and other learning materials to complete the activities included in this workbook.

### IMPORTANT:

**The completion of the formative assessments and learning activities included in this workbook DOES NOT lead to a Qualification or a Statement of Attainment (SOA).**

## Learner Information

|  |  |
| --- | --- |
| Learner name | Sunil paudel |
| Phone | 0452050345 |
| Email | Sunil.chhetri22222@gmail.com |

## Trainer Information

|  |  |
| --- | --- |
| Trainer name |  |
| RTO name |  |
| RTO phone |  |
| RTO email |  |

# Resources Required

Resources needed to complete activities included in this workbook include:

* Computer with Internet, email access, and a working web browser
* Installed software: MS Word, Adobe Acrobat Reader
* Learner guide

# Work Health and Safety

Both the trainers and learners have duty of care in ensuring that the learning environment is free from hazards that may pose risks to their health and safety.

According to WHS legislation, trainers and learners must take reasonable care while undertaking the activities included in this workbook in the learning environment.

# Reasonable Adjustment

‘Reasonable adjustment’ in VET is the term applied to modifying the learning environment or making changes to the training delivered to assist a learner with a disability. A reasonable adjustment can be as simple as changing classrooms to be closer to amenities or installing a particular type of software on a computer for a person with vision impairment.

### Why make a reasonable adjustment?

We make reasonable adjustments in VET to make sure that learners with disabilities have:

* The same learning opportunities as learners without disabilities, and
* The same opportunity to perform and complete assessments as those without disabilities.

### Reasonable adjustment applied to participation in teaching, learning, and assessment activities can include:

* Customizing resources and assessment activities within the training package or accredited course
* Modifying the presentation medium
* Learner support
* Use of assistive/adaptive technologies
* Making information accessible both before enrollment and during the course
* Monitoring the adjustments to ensure learner needs continue to be met

### Assistive/Adaptive Technologies

Assistive/adaptive technology means ‘software or hardware that has been specifically designed to assist people with disability in carrying out daily activities’ (World Wide Web Consortium - W3C). It includes screen readers, magnifiers, voice recognition software, alternative keyboards, devices for grasping, visual alert systems, and digital note-takers.

*(Adapted Reasonable Adjustment in teaching, learning and assessment for learners with a disability -*

*November 2010 - Prepared by - Queensland VET Development Centre)*

### IMPORTANT:

**Reasonable adjustment made for collecting learner assessment evidence must not impact the standard expected by the workplace, as expressed by the relevant unit/s of competency. For example, if the assessment were gathering evidence of the learner’s competency in writing, allowing the learner to complete the assessment verbally would not be a valid assessment method. The method of assessment used by any reasonable adjustment must still meet the competency requirements.**

# Formative Activities

## Meeting the Job Requirements of a Disability Support Worker

Activity 1.1

**Matching Type**

Identify the terminology being described in each statement below.

|  |
| --- |
| **Disability Sector Terminology** |
| Mobility |
| Carer |
| Core Activities |
| Activities of Daily Living (ADL) |
| Disability Support Worker |

|  |  |
| --- | --- |
| Description of Terminology | |
| Disability support work | i. This person provides formal assistance for core and non-core activities. |
| Core Activities | ii. These activities involve communication, self-care, and mobility. |
| Activities of Daily living (ADL) | iii. These are fundamental tasks wherein one cares for oneself, like eating, showering, dressing up, and mobility. |
| Carer | iv. This person provides ongoing informal assistance for core and non-core activities. |
| Mobility | v. Refers to activities such as picking up objects from the floor, walking, using stairs, using public transport, moving about, etc. |

|  |
| --- |
| List four possible job role requirements of a disability support worker |
|  |
| 1. First Aid certificate. |
| 1. Cardiopulmonary Resuscitation (CRP) Certificate. |
| 1. Working with children check (WCC). |
| 1. Current drivers license |

Activity 1.3

Briefly explain the importance of working within your job scope.

|  |
| --- |
| Working within your job scope is very important because this will give job satisfaction to the worker because of which they can give their best while working. It ensures that individuals are able to fulfill their obligations and carry out their tasks effectively and efficiently. |

## Working Within Organisational Requirements in Disability Support

Activity 2.1

|  |  |  |
| --- | --- | --- |
| **True or False**  Review the statements below about attitudes, beliefs, and common misconceptions. Indicate whether each statement is True or False.  Tick the box that corresponds to your answer. | | |
|  | | |
| * TRUE | * FALSE | i. Persons with disability are more vulnerable to workplace injury. |
| * TRUE | * FALSE | ii. A healthcare professional should not interfere with the  person’s ability to decide for themselves and consent. |
| * TRUE | * FALSE | iii. Persons with disability are not inferior to people without disabilities. |
| * TRUE | * FALSE | iv. Persons with disability generally have difficulty fitting in the workplace. |
| * TRUE | * FALSE | v. Persons with disability are found to work at the same productivity levels as other employees. |

**Matching Type**

Identify the ethical and legal consideration being described in each statement below.

|  |
| --- |
| **Ethical and Legal Considerations** |
| Consent |
| Mandatory Reporting |
| Duty of Care |
| Restrictive Practices |
| Dignity of Risk |

|  |  |
| --- | --- |
| Description | |
| Mandatory Reporting | i. This is a legal obligation to report any reasonable belief of abuse to the proper authorities. |
| Dignity of Risk | ii. This term refers to a person’s right to participate in  activities that may come with risks. |
| Duty of care | iii. This is a legal obligation that requires disability support workers to always act in their person’s best interests. |
| Restrictive practices | iv. These practices sometimes take away the option of choice if that option may cause harm to themselves or others. |
| Consent | v. This is when someone agrees or gives permission to someone else to perform a particular action. |

Activity 2.3

Explain three ways on how to cooperate well with an interdisciplinary team

|  |
| --- |
| Know your role |
| Respect everyone |
| Have a group mentality |

## Working Within a Disability Support Context

Activity 3.1

|  |
| --- |
| Identify five types of content found in the individualised plan |
|  |
| 1. The person’s basic information (name, history, condition and allergies, if any) |
| 1. The person’s holistic needs (physical, emotional, psychological and spiritual) |
| 1. The person’s support schedule (including tasks, frequency of tasks and equipment needed) |
| 1. The strategies for supporting and empowering the person to meet their holistic needs |
| 1. The person’s behaviours of concern, if any |

Activity 3.2

|  |
| --- |
| **Fill in the blanks**  The following are statements about person-centered communication techniques. Review each and complete the statement by filling in the missing words/phrases. |
|  |
| i. The goal of the collaboration is to have a win win solution. This means that both parties’ thoughts and opinions must be considered and must be able to settle down, satisfying both ends. |
| ii. Confrontation is an approach wherein you directly tell a person your feelings, emotions, and what you want to happen. This happens when there is a with another person to inform them of what they do not want to hear. |
| iii. Motivational Interviewing is a person-centred communication technique where one can make clarifications about statements, build in the person, and motivate the person to keep positive habits and make positive changes. |
| iv. Using the coercive approach often disregarding the needs and goals of the person.  People who use this approach assume what the person means, takecompletecontrol of the conversation, and force instead of letting the person choose. |
| v. You can get detailed information beyond yes or no with open-ended questions. This method upholds a person-centred approach since it allows the person to lead the conversation. |

Activity 3.3

|  |  |  |
| --- | --- | --- |
| **True or False**  Review the statements below about seeking consent from the person, carer, family, and others for support activities. Indicate whether each statement is True or False.  Tick the box that corresponds to your answer. | | |
|  | | |
| * TRUE | * FALSE | i. You need to use certain strategies for people who do not have a conventional means of communicating. These may include sign language, braille, drawings, etc. |
| * TRUE | * FALSE | ii. Support activities are activities wherein the disability support worker assists the person in their daily life. |
| * TRUE | * FALSE | iii. The carer is the principal person who will give consent. |
| * TRUE | * FALSE | iv. Valid consent is voluntary, informed, specific, and current. |
| * TRUE | * FALSE | v. Substitute decision-making is when a legally appointed person makes decisions on behalf of the person if the person is unable to give consent. |

## Implementing Self-care Strategies

Activity 4.1

|  |
| --- |
| List five examples of self-care strategies. |
|  |
| 1. Excessing |
| 1. Eating healthy food |
| 1. Doing a hobby |
| 1. Having work life balance |
| 1. Asking for help when you need it |

Activity 4.2

|  |  |  |
| --- | --- | --- |
| **True or False**  Review the statements below about implementing self-care strategies. Indicate whether each statement is True or False.  Tick the box that corresponds to your answer. | | |
|  | | |
| * TRUE | * FALSE | i. Rapid breathing, tensed muscles and nausea are physical signs of stress. |
| * TRUE | * FALSE | ii. Workplace stress can be a source of demotivation. |
| * TRUE | * FALSE | iii. Self-care refers to the practice of doing things to maintain  one’s physical, emotional and mental wellbeing. |
| * TRUE | * FALSE | iv. Seeking support from other people is an opportunity for you to share your struggles with others. |
| * TRUE | * FALSE | v. A person conducting a business undertaking is not required by law to protect their employees from psychological risks. |

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