

## Support the physical comfort needs of individuals

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### Overview

This standard identifies the requirements when you support the physical comfort needs of individuals. This includes supporting individuals to address the pain or discomfort they experience and help provide conditions that ensure comfort and facilitate effective rest.

## Performance criteria

### *You must be able to:*

1. identify and agree the roles and responsibilities of yourself and others to support the physical comfort needs of individuals
2. work in partnership with individuals and others to identify ways their pain or discomfort can be managed
3. work in partnership with individuals and others to identify support preferences and needs to enable them to rest in comfort
4. support individuals to identify and access information, support or resources they need for their physical comfort
5. encourage individuals to communicate their pain or discomfort
6. encourage and support the independence of individuals to use self-help methods to manage pain or discomfort
7. support individuals to find positions that are suitable and comfortable for rest, in line with their preference and needs
8. ensure environments are suitable for individuals to rest in comfort
9. ensure your actions and those of others promote comfortable and restful conditions
10. monitor individuals to identify changes to their pain or discomfort
11. contribute to records and reports required for the physical comfort needs of individuals
12. reflect on how you carried out your roles and responsibilities to support the physical comfort needs of individuals, with feedback from others

## Knowledge and understanding

### *You need to know and understand:*

1. the impact of pain or discomfort on individuals
2. how to encourage and support the independence of individuals to manage pain or discomfort
3. the importance of dignity, kindness and compassion when supporting individuals with their physical comfort needs
4. how to support emotional regulation during management of pain or discomfort
5. types of information, support and resources that may assist individuals with their physical comfort needs and how to access them
6. the influence of neurodivergence and additional needs on managing pain or discomfort
7. the influence of culture, background and spirituality on managing pain or discomfort
8. types of equipment, resources, digital tools and devices to support individuals with their physical comfort needs, and how to assess their suitability
9. how changes to individual preferences, conditions and circumstances can impact on their physical comfort needs and what action to take
10. how to apply trauma informed principles to support individuals with their physical comfort needs
11. how pain, discomfort and rest can impact on each other
12. different body positions that are conducive to comfortable rest and factors that may impact on positions
13. aspects of the environment which may impact on restful conditions
14. how others may be impacted by the pain and discomfort of individuals
15. why requests for additional pain relief or any concerns should be passed on immediately
16. the records and reports required for supporting the physical comfort needs of individuals
17. the relevant legal requirements, standards of practice, frameworks and guidance for supporting the physical comfort needs of individuals
18. the workplace requirements on equality, diversity, inclusion, and rights when supporting individuals with their physical comfort needs
19. how to work in partnership with others to support individuals with their physical comfort needs

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- 20. how your personal experiences and unconscious bias may impact when supporting individuals with their physical comfort needs, and how to address this
- 21. the role of supervision, reflective practice and learning and development in supporting individuals with their physical comfort needs

## Glossary

The glossary for this National Occupational Standard is available on the Skills for Care and Development website.

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