

Overview

This standard identifies the requirements when you work with individuals to support them to maintain their mobility. This includes preparing for activities to maintain mobility and supporting individuals during these activities. It also includes contributing to monitoring the activities and individuals' mobility.

Performance criteria

You must be able to:

1. establish consent and access information about the mobility requirements of individuals
2. work in partnership with individuals and others to agree ways to maintain mobility in line with preferences and needs and care or support plans
3. check mobility aids are safe and ready for use
4. prepare environments for mobility activities
5. support individuals to select and wear footwear and clothing suitable for mobility activities
6. support individuals to use mobility aids in line with care or support plans
7. encourage and support the independence of individuals with mobility activities
8. support individuals and others to feedback on how mobility activities met their preferences and needs to maintain mobility
9. contribute to feedback on how mobility aids and activities met the preferences and needs of individuals to maintain mobility
10. work in partnership with individuals and others to identify and agree any changes to mobility activities
11. contribute to records and reports required to support individuals to maintain mobility
12. reflect on how you carried out your roles and responsibilities to support individuals to maintain mobility, with feedback from others

Knowledge and understanding

You need to know and understand:

1. how to access and review information about individuals and their mobility requirements
2. how the body moves in relation to mobility
3. the mobility limitations of individuals and impact this may have
4. the influence of culture and background on mobility activities and requirements of individuals
5. how health conditions can impact movement and mobility
6. the influence of neurodivergence and additional needs on mobility of individuals
7. the benefits of using suitable mobility aids and supporting independence in mobility activities
8. the importance of ensuring mobility aids are clean, in good working order and used safely
9. types of digital tools and devices that can support individuals to maintain mobility
10. how to use mobility aids and keep up to date with changes
11. methods of providing individuals with support when mobilising
12. the importance of a safe environment and walking surfaces when mobilising
13. how to apply trauma informed principles to support individuals to maintain their mobility
14. how to work in partnership with individuals and others to review and feedback on mobility aids and activities
15. how changes to individual preferences, conditions and circumstances can impact the mobility aids used and activity choice
16. the importance of dignity, kindness and compassion when supporting individuals to maintain mobility
17. how to support emotional regulation during mobility activities
18. the records and reports required for supporting individuals to maintain mobility
19. the relevant legal requirements, standards of practice, frameworks and guidance for supporting individuals to maintain mobility
20. the workplace requirements on equality, diversity, inclusion, and rights when supporting individuals to maintain mobility
21. how to work in partnership with others to support individuals to maintain mobility
22. how to respond to issues and concerns that may occur during the mobility

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activity

23. how your personal experiences and unconscious bias may impact when supporting individuals to maintain mobility, and how to address this

24. the role of supervision, reflective practice and learning and development in supporting individuals to maintain mobility

Glossary

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

HSCCLD214



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Developed by	Skills for Care & Development
Version Number	1
Date Approved	31 Jan 2026
Indicative Review Date	31 Jan 2031
Validity	Current
Status	Original
Originating Organisation	Skills for Care & Development
Original URN	HSCCLD214
Relevant Occupations	Social Care and Childrens Care
Suite	Health and Social Care & Childcare Learning and Development
Keywords	Mobility, Health and Social Care & Children's Care Learning and Development
