

Overview

This standard identifies the requirements when supporting individuals to participate in activities. The standard includes preparing for new and continuing individual and group activities, supporting participation and contributing to evaluation of the activities.

Performance criteria

You must be able to:

1. identify and agree the roles and responsibilities of yourself and others to support individuals to participate in activities
2. establish consent and access information on individuals and activities
3. work in partnership to confirm the activity outcomes in line with the preferences, needs, and care or support plans of individuals
4. work in partnership with individuals and others to identify and agree individuals preferred support to participate in new and continuing activities
5. support individuals to identify and access information, resources or support they need to participate in activities
6. encourage and support the independence of individuals to select and participate in activities
7. prompt and assist individuals whilst they participate in activities
8. support individuals and others to feedback on how activities met the preferences, needs and agreed outcomes of individuals
9. contribute to feedback on how activities met the preferences, needs and agreed outcomes of individuals
10. work in partnership to contribute to changes required to support individuals' participation in activities
11. contribute to records and reports required to support individuals to participate in activities
12. reflect on how you carried out your roles and responsibilities to support individuals to take part in activities, with feedback from others

Knowledge and understanding

You need to know and understand:

1. the role activities have on the identity and self-esteem of individuals
2. how to access and review information about individuals and activities
3. how to access and follow risk assessments and risk management plans for individual and group activities
4. how to encourage and support the independence of individuals to select and participate in individual and group activities
5. how to support individuals neurodivergence and additional needs through adaptations to activities
6. how to consider individuals accessibility needs to provide a safe environment for activities
7. the influence of culture, background and spirituality on selection and participation in activities
8. types of information, resources and support that may assist individuals during activities and how to access them
9. types of sustainable practices that can be used for activities
10. different types of individual and group activities and outcomes they will achieve
11. how to apply trauma informed principles to support individuals to participate in activities
12. types of digital tools and devices that can support individuals to participate in activities
13. how to work in partnership with individuals and others to review and feedback on activities
14. the importance of dignity, kindness and compassion when supporting individuals to participate in activities
15. how to support emotional regulation during activities
16. how changes to individual preferences, conditions and circumstances can impact the support required for activities
17. the records and reports required for supporting individuals to participate in activities
18. the relevant legal requirements, standards of practice, frameworks and guidance for supporting individuals with activities
19. the workplace requirements on equality, diversity, inclusion, and rights when supporting individuals to participate in activities

Support individuals to participate in activities

- 20. how to work in partnership with others to support individuals to participate in activities
- 21. how to respond to issues and concerns that may occur during individual and group activities
- 22. how your personal experiences and unconscious bias may impact when supporting individuals with activities, and how to address this
- 23. the role of supervision, reflective practice and learning and development when supporting individuals with activities

Glossary

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

HSCCLD220



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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	HSCCLD220
Relevant Occupations	Social Care and Childrens Care
Suite	Health and Social Care & Childcare Learning and Development
Keywords	Activities, Health and Social Care & Children's Care Learning and Development
