

## Care Certificate assessment opportunity 4

# Assisting with meal preparation

### This will involve the new care worker:

- Going to client' house
- Preparing client's meal

### Description of assessment activity

A new care worker will be assisting a client, to prepare a meal.

This process has been explained to the client who has agreed to an extra person observing the assessment. The process has also been explained to client's next of kin, who are also in support of it and see the benefit of new workers' practice being observed and signed off.

The new care worker will check with **X** what they would like to eat and support in the preparation of the meal in accordance with the care plan. X will be encouraged to do as much as they can independently. The new care worker will wash their own hands prior to any food preparation and ensure any special utensils are clean and ready for use.

The food and drink will be placed in a position easy for **X** to access. The new care worker will check any communication devices are in good working order.

#### Standard 1: Understand your role - Care Certificate Standards that could be demonstrated:

**1.1c** Demonstrate that they are working in accordance with the agreed ways of working with their employer

**1.4c** Demonstrate behaviours, attitudes and ways of working that can help improve partnership working

#### Standard 4: Equality and Diversity - Care Certificate Standards that could be demonstrated:

**4.2b** Demonstrate interaction with individuals that respects their beliefs, culture, values and preferences

**Standard 5: Work in a person centred way - Care Certificate Standards that could be demonstrated:**

**5.7a** Demonstrate that their actions promote person centred values including:

- Individuality
- Independence
- Privacy
- Partnership
- Choice
- Dignity
- Respect

**Standard 6: Communication - Care Certificate Standards that could be demonstrated:**

**6.5a** Demonstrate the use appropriate verbal and non-verbal communication:

Verbal:

- Tone
- Volume

Non-verbal:

- Position/ proximity
- Eye contact
- Body language
- Touch
- Signs
- Symbols and pictures
- Writing
- Objects of reference
- Human and technical aids

Communication may take place:

- Face to face
- By telephone or text
- By email, internet or social networks
- By written reports or letters

**6.6a** Ensure that any communication aids/ technologies are in order

**Standard 7: Privacy and Dignity - Care Certificate Standards that could be demonstrated:**

**7.2b** Demonstrate that the privacy and dignity of the individual is maintained at all times being in line with the person's individual needs and preferences when providing personal care. This could include:

- Making sure doors, screens or curtains are in the correct position
- Getting permission before entering someone's personal space
- Knocking before entering the room
- Ensuring any clothing, hospital gowns are positioned correctly
- The individual is positioned appropriately and the individual is not exposing any part of their body they would not want others to be able to see

**7.4a** Demonstrate how to support individuals to make informed choices

**Standard 8: Fluids and Nutrition - Care Certificate Standards that could be demonstrated:**

**8.2a** Ensure drinks are within reach of those that have restrictions on their movement/mobility

**8.2b** Ensure that drinks are refreshed on a regular basis

**8.2d** Support and encourage individuals to drink in accordance with their plan of care

**8.3a** Ensure any nutritional products are within reach of those that have restrictions on their movement/ mobility

**8.3b** Ensure food is provided at the appropriate temperature and in accordance with the plan of care i.e. the individual is able to eat it

**8.3c** Ensure that appropriate utensils are available to enable the individual to meet their nutritional needs as independently as possible

**8.3d** Support and encourage individuals to eat in accordance with their plan of care

**Standard 15: Infection prevention and control - Care Certificate Standards that could be demonstrated:**

**15.1b** Demonstrate effective hand hygiene