NDIS Support worker learning and development self-assessment tool

This resource was developed with the aim of giving providers and their workers, a starting point to assess their knowledge and skills against the training requirements outlined by the NDIS Commission.

This document can be used as a self-assessment for workers to use as part of their induction, orientation or ongoing supervision. It highlights what the NDIS Practice Standards and Code of Conduct say about training and development of workers and provides links to supporting resources which are freely available online through the NDIS Commission, Federal and State Government, NDS and other peak bodies.

It should be used in conjunction with other training appropriate to the scope and complexity of the supports being provided and adapted to suit each providers own internal systems and processes.

When developing a training program, consideration should be given to:

- What will be required in addition to this resource to meet the NDIS Commission requirements?
- What are the individual needs and risks of the supported individuals and what training is required?
- How will you test the program to ensure that it meets the training needs of your workers? For example, you could run a pilot with a small group of staff and get feedback.
- How will training be evidenced?
- How will you ensure your workers are competent to deliver supports?



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What the NDIS Commission says about Worker Obligations and Training Requirements

NDIS Code of Conduct

The NDIS Code of Conduct promotes safe and ethical service delivery by setting out expectations for the conduct of both NDIS providers and workers. It applies to all providers of supports, registered and unregistered. Information on the Code of Conduct can be found here - NDIS Code of Conduct. It is mandatory for workers to be trained in their Code of Conduct obligations.

Reportable Incidents

Under the NDIS Code of Conduct, all NDIS providers and workers are required to provide supports and services in a safe and competent manner with care and skill, and to take all reasonable steps to prevent all forms of violence against, exploitation, neglect and abuse of, people with disability. Workers are therefore provided information on how to respond to and report incidents appropriately. Registered NDIS providers are also required to:

- have an incident management system to record and manage incidents that occur while providing supports or services to people with disability.
- notify the NDIS Commission of 'reportable incidents'.

Raising Complaints and Concerns

Any individual, including support workers, can raise a complaint or concern directly to the NDIS Commission, about the quality or safety of services provided to an NDIS participant. Workers are therefore provided information on how to respond to and report complaints. If a worker has a complaint or concern about the way an NDIS provider treats its workers, the <u>Fair Work Commission</u> can be contacted.



NDIS Practice Standards and Quality Indicators (Practice Standards)

Human Resource Management Practice Standard Outcome

"Each participant's support needs are met by workers who are competent in relation to their role, hold relevant qualifications, and who have relevant expertise and experience to provide person-centred support".

In addition to this outcome, expectations of training and development of support staff appear throughout the Practice Standards.

The below table refers to the Practice Standards Core Modules (Rights and Responsibilities, Governance and Operational Management, Provision of Supports, Support Provision Environment). The table highlights indicators where the Practice Standards either explicitly state training is required for support workers or identify a need for support workers to have an understanding and/or awareness. For example, "each participant's legal and human rights are understood and incorporated into everyday practice."

Alongside each indicator, some available resources and training have been identified. This is **not** an exclusive list of the training required by support workers and these trainings do **not** in isolation meet the NDIS Commission requirements. This training does **not** replace the specific training employers will provide to new workers to perform their duties, and training on their organisation's specific policies and procedures.

Training is required to be specific to the supports being provided by the organisation (scope) and the complexity of the supports being provided.

Instructions

- Review the compliance area together with your workers
- Ask them to assess their confidence level against each compliance area outlined
- Make a plan to improve. This could include:
 - Reading internal policies and guidelines
 - Completing the organisation's internal training in this area
 - Using the additional resources provided to increase learning
 - Other options such as sourcing specialist resources or training to meet the need



Training and development self-assessment and action plan

Name				Date started			
Managers Name				Date completed			
Compliance Area Outlined in the Practice Standards	Self- Assessment	Plan to improve knowledge and skills		ome additional resou ay assist	rces which	Who / when	Sign off
 Human Resources Management – Orientation and Induction An orientation and induction process is in place that is completed by workers including completion of the mandatory NDIS worker orientation program. 	□ Very confident □ Mostly confident □ Unsure □ Not confident	□ Internal guidelines State: □ Internal training State: □ Complete additional resources Tick in the next column □ Other State:	mo mo sp	NDIS Commission e-leadules are a series of eigodules that provide new ecific information they norking in the disability servicing in the disability servicing in the disability servicing and confident of Safe workplace. NDIS Code of Condurof risk. Incident management Know the person Risk identification and management. Managing challenging	ght online workers with eed to start ctor including: tiality ct and Dignity t		□ Completed □ Partially □ Incomplete

- The NDIS Code of Conduct promotes safe and ethical service delivery, by setting out expectations for safe and ethical services and supports for both NDIS providers and workers. It outlines the obligations of workers and providers and applies to all workers, registered and unregistered.	□ Very confident □ Mostly confident □ Unsure □ Not confident	□ Internal guidelines State: □ Internal training State: □ Complete additional resources Tick in the next column □ Other State:	□ NDIS Commission: Worker Orientation Module 'Quality, Safety and You' is an interactive online course that explains the obligations of workers under the NDIS Code of Conduct. This training is mandatory for all support workers. □ NDIS Code of Conduct Guidance for Workers assists workers to understand their responsibilities and includes scenarios of what this looks like in practice. □ NDIS Commission 'Make it known, make it better' video series — empowering people with disability to raise a concern or complaint if they are not happy with the quality or safety of their NDIS supports or services. □ NDS Code of Conduct interactive 6 film series and facilitator guide to assist training the workforce using scenarios and embed the code of conduct in everyday practice.		□ Completed □ Partially □ Incomplete
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Mealtime Management	□ Very	☐ Internal guidelines	☐ NDIS Commission: Supporting	
Each worker responsible for providing mealtime management: - understands the mealtime management needs of those participants and the steps to take if safety incidents occur during meals, such as coughing or choking on food or fluids. - is trained in preparing and providing safe meals with participants that would reasonably be expected to be enjoyable and proactively managing emerging and chronic health risks related to mealtime difficulties, including how to seek help to manage such risks.	confident Mostly confident Unsure Not confident	State: Internal training State: Complete additional resources Tick in the next column Other State:	safe and enjoyable meals is an elearning introduction to mealtime support that demonstrates - from the perspective of NDIS participants - what effective mealtime support looks like, while enabling choice and control. Module accessed through the NDIS Commission e-learning portal NDIS Quality and Safeguards Commission: Log in to the site Do Food Safely - Department of Health: Victoria is a free, non-accredited, online learning program designed to enable workers to understand how to safely work with, and handle, food in commercial settings. NDIS Commission Practice Alerts offer guidance for NDIS providers and workers on topics such as Dysphagia, medicines associated with swallowing problems, lifestyle risk factors, oral health.	Completed ☐ Partially ☐ Incomplete

- Clear arrangements are established for workers supporting participants with communication needs. These arrangements ensure that workers understand participants' communication requirements and how they	□ Very confident □ Mostly confident □ Unsure □ Not confident	□ Internal guidelines State: □ Internal training State: □ Complete additional resources Tick in the next column □ Other State:	effective communication is an elearning module that consists of three topics. It provides scenarios, tips, and practical actions that can be taken to reduce risks associated with the communication needs of individuals with disabilities. The module includes a downloadable 'Supporting Effective Communication Checklist' and links to useful resources. This module can be accessed through the NDIS Commission e-learning portal NDIS Quality and Safeguards Commission: Log in to the site		□ Completed □ Partially □ Incomplete
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Feedback and Complaints Management - Workers are aware of, trained in, and comply with the required procedures in relation to complaints handling.	□ Very confident □ Mostly confident □ Unsure □ Not confident	□ Internal guidelines State: □ Internal training State: □ Complete additional resources □ Other State:	□ NDIS Commission Speak up resources and Make it known, make it better resources. These resources can be shared with participants (and their support workers) and empower people to raise concerns and make a complaint. □ Case Studies which can be used with workers. NDIS Commission Complaints case studies □ NDS Complaints management in disability services. NDS have developed tools that serve as regular reminders to help workers keep their skills current and feel confident when dealing with complaints. □ Risk, Incidents and Complaints Management: The 4 A's of Complaints video. This animation can be one way to revisit good complaints management. □ NDS Incident-complaint-feedback- and-CQI-Record-Form is a companion information sheet. Training in Complaint-Handling-Tips-for-Staff is		□ Completed □ Partially □ Incomplete
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Incident Management	□ Very	☐ Internal guidelines	□ NDS Risk Incidents and Complaints Interactive PDF and associated resources. □ NDIS Commission: Reportable	
 All workers are aware of, trained in, and comply with the required procedures in relation to incident management. NDIS workers have a duty to notify registered NDIS providers of reportable incidents under the National Disability Insurance Scheme (Incident Management and Reportable Incidents) Rules 2018. 	confident Mostly confident Unsure Not confident	State: Internal training State: Complete additional resources Tick in the next column Other State:	Incidents have produced a range of resources to support workers to understand their responsibilities. Detailed guidance for workers: Incident management and Reportable Incidents: worker expectations Reference Card: Incident response: Is everyone safe? Poster: Identifying and responding to incidents, a 6 step guide for workers NDIS Commission NDIS Commission Incident management (for providers) NDS Video: Risk, Incidents and Complaints Management: What role does your staff play in risk incidents and complaints management (vimeo.com) NDS Resources: Incident-Management-Resources-for-Staff-Training provides a range of resources to support staff to appreciate and implement their responsibilities.	Completed Partially Incomplete

Emergency and Disaster Management The governing body develops emergency and disaster management plans (the plans), consults with participants and their support networks about the plans and puts the plans in place. Each worker is trained in the implementation of the plans. Safe Environment – Training to respond to medical emergencies.	□ Very confident □ Mostly confident □ Unsure □ Not confident	□ Internal guidelines State: □ Internal training State: □ Complete additional resources Tick in the next column □ Other State:	□ NDS Sector Readiness: Emergency and Disaster management resources includes the Key Conversations resource to help direct support workers to reflect on continuity planning. □ Collaborate 4 Inclusion: Personcentred emergency preparedness PCEP enables people to self-assess their preparedness, capabilities and support needs and develop a personal emergency plan. These resources can be used with participants but include some tools and information that is useful to teams.	□ Completed □ Partially □ Incomplete
 Provision of Support Environment / Safe Environment Each worker is trained, and has refresher training, in infection prevention and control standard precautions including hand hygiene practices, respiratory hygiene and cough etiquette. Each worker who provides supports directly to participants is trained, and has refresher training, in the use of PPE. 	□ Very confident □ Mostly confident □ Unsure □ Not confident	□ Internal guidelines State: □ Internal training State: □ Complete additional resources Tick in the next column □ Other State: □ State:	□ NDIS Commission: COVID-19 information pack for NDIS providers and workers refers to guidance and advice the NDIS Commission issued during the pandemic to inform and educate providers. □ Australian Commission on Safety and Quality in Health Care (ACSQHC) National Hand Hygiene Initiative's Learning Management System offers Basics of Infection Prevention and the Control Orientation module is suitable	□ Completed □ Partially □ Incomplete



for all health care workers and students,
including disability support workers.
☐ The Australian Commission on
Safety and Quality in Health Care has
developed 10 advanced infection
prevention and control eLearning
modules that can be undertaken
individually, or as a suite, dependent
on need. Modules can be accessed
from this website - <u>Infection prevention</u>
and control - advanced education
eLearning modules Australian
Commission on Safety and Quality in
Health Care
☐ Clinical Educators Guide: Infection
Prevention and Control is a free online
Infection prevention and control for
COVID-19 training module. It covers the
fundamentals of infection prevention
and control for COVID-19.
☐ Department of Health free online
training module: Infection prevention
and control for COVID-19 can be
accessed here - Aged Care COVID-19
infection control training Australian
Government Department of Health and
Aged Care
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Person Centred Supports - Each participant's legal and human rights are understood and incorporated into everyday practice.	□ Very confident □ Mostly confident □ Unsure □ Not confident	☐ Internal guidelines State: ☐ Internal training State: ☐ Complete additional resources Tick in the next column ☐ Other State:	□ NDS: Hand Hygiene Short Course covers crucial elements of hand hygiene, including how to hand-wash and the impacts of poor hand hygiene. □ NDS Human Rights and You eLearning Program is a national video-based eLearning program for disability support workers, families and practitioners about why human rights matter when supporting people with disability. Including: • What are human rights? • Rights and responsibilities • When rights go wrong • Asking for help □ Australian Human Rights Commission About Disability Rights website can be used to access	□ Completed □ Partially □ Incomplete
			website can be used to access information and resources	

- Where a participant has specific needs which require monitoring and/or daily support, workers are appropriately trained and understand the participant's needs and preferences.	□ Very confident □ Mostly confident □ Unsure □ Not confident	□ Internal guidelines State: □ Internal training State: □ Complete additional resources Tick in the next column □ Other State:	 NDIS Commission Practice Alerts are short research summaries that provide important information on best-practice, safe and quality service delivery to people with disability. These include subjects such as: Comprehensive Health Dysphagia Epilepsy management Lifestyle Risk Factors Medicines associated with swallowing problems Oral Health Polypharmacy Transitions of care between disability services and hospitals Influenza vaccine Cardiovascular Disease Prevention of Respiratory Infections Pain Management ++These do not replace the need for support plans to address any specific needs and training for workers in these plans. 	□ Completed □ Partially □ Incomplete

Information Management - Management of each participant's information ensures that it is identifiable, accurately recorded, current and confidential. Each participant's information is easily accessible to the participant and appropriately utilised by relevant workers.	□ Very confident □ Mostly confident □ Unsure □ Not confident	□ Internal guidelines State: □ Internal training State: □ Complete additional resources Tick in the next column □ Other State:	 □ NDS Team meeting training sessions Writing progress notes is a workbook and trainer guide on writing objective progress notes. Objectives cover: Define objective writing Recognise the benefits of objective writing Identify when to write objectively Write objectively, appropriate to workplace document □ The NDIS Commission Incident management and Reportable Incidents: worker expectations provides information on how to record and report incidents (pg. 23) and how and when to protect evidence (pg. 22). 		□ Completed □ Partially □ Incomplete
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 Management of Medication All medications are stored safely and securely, can be easily identified, and differentiated, and are only accessed by appropriately trained workers. All workers responsible for administering medication understand the effects and side-effects of the medication and the steps to take in the event of an incident involving medication. 	□ Very confident □ Mostly confident □ Unsure □ Not confident	□ Internal guidelines State: □ Internal training State: □ Complete additional resources Tick in the next column □ Other State:	These resources may provide some useful information for your systems and processes and information for workers. Tasmanian Government Disability Services Medication Management Framework NDS Get Ready to Assist Clients with Medication ++These do not replace the need for support plans to address any specific needs and training for workers in these plans.	□ Completed □ Partially □ Incomplete
 Each worker involved in the management of waste, or infectious or hazardous substances, is trained in the safe and appropriate handling of the waste or substances, including the use of PPE or any other clothing required when handling the waste or substances. 	□ Very confident □ Mostly confident □ Unsure □ Not confident	☐ Internal guidelines State: ☐ Internal training State: ☐ Complete additional resources Tick in the next column ☐ Other State:	These resources provide useful information for your systems and processes and information for workers. Department of Health Code of Practice for Clinical and Related Waste Management Department of Health eLearning Module 5 Waste Summary Sheet Cleaning and waste disposal procedures - infection control	□ Completed □ Partially □ Incomplete

- Each participant's support plan is readily accessible by them and by workers providing supports to them and is understood by each worker supporting them.	□ Very confident □ Mostly confident □ Unsure □ Not confident	□ Internal guidelines State: □ Internal training State: □ Complete additional resources Tick in the next column □ Other State:	As this would be very specific to each organisation, careful consideration must be given to how training in support plans is documented and understood.		□ Completed □ Partially □ Incomplete
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For access to more resources for building, optimising, knowing and developing supporting and developing your workforce, visit the <u>NDS Workforce Hub.</u>

Please note: The Safer Services toolkit was funded by Lotterywest in 2018 and reviewed by the NDS Quality and Safeguards Sector Readiness Project in January 2024. This resource is general in nature and is provided as a guide only. NDS believes that the information contained in this publication is correct at the time of publishing, however, NDS reserves the right to vary any of this publication without further notice. The information provided in this publication should not be relied upon instead of other legal, medical, financial, or professional advice. Please always refer to online documents for the latest versions including the NDIS Practice Standards and advice to providers on the Code of Conduct.