



Self-assessment for Personal Support Workers

Name _____ Date _____

Title/Role _____ Organization/Location _____

- **Novice (N)** – may be experienced in psychosocial care but new to palliative care. Needs regular support.
- **Advanced beginner (B)** – can practice independently using some psychosocial skills specific to palliative care but still needs support.
- **Competent (C)** – mostly independent, occasionally seeks out support.
- **Proficient (P)** – autonomous practice, seeks out leadership opportunities.
- **Expert (E)** – highly proficient, is regularly sought out by others.



Palliative care competencies and descriptions

Knowledge/skill level

3 Communication

3.1 Recognizing and respecting that each person and their designated family or caregiver(s) has a unique perspective

- 3.1.1** Ask and seek to understand the unique perspective of each person and their designated family or caregiver(s).

N B C P E

3.2 Listening and providing emotional support

- 3.2.1** Listen and provide emotional support to the person and their designated family or caregiver(s).

N B C P E

- 3.2.2** Develop and maintain supportive and therapeutic relationships, by connecting, communicating, and establishing professional boundaries.

N B C P E

3.3 Adapting communication for children

- 3.3.1** Adapt communication when children are involved.

N B C P E

3.4 Using appropriate supports to communicate effectively

- 3.4.1** Utilize supports as needed for effective communication (e.g. interpreters, assistive technology).

N B C P E

- 3.4.2** Understand that for members of underserved populations, designated family and community members may have a role in the care team.

Acknowledge and respect that responsibility for communication with the health care provider may be designated to a family member or caregiver(s), and incorporate these wishes in the provision of care.

N B C P E

- 3.4.3** Understand that First Nations, Inuit, and Métis designated family and community members may have a role in the care team.

Acknowledge and respect that responsibility for communication with the health care provider may be designated to a family member or caregiver(s), and incorporate these wishes in the provision of care.

N B C P E

3.5 Communicating collaboratively

- 3.5.1** Communicate health changes and concerns of the person and their designated family or caregiver(s) with the rest of the health care team.

N B C P E

TOTAL 3 Communication

N B C P E