



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.



6 Last days and hours

6.1 Anticipating changes as death nears

6.1.1	Understand and recognize expected changes as a person nears death.	N	B	C	P	E
6.1.2	Provide care and comfort measures to support the person and their designated family or caregiver(s) through physical changes in the last days and hours.	N	B	C	P	E

6.2 Facilitating death rituals

6.2.1	Provide care of the body immediately following death as per the person and designated family or caregiver's preferences and rituals, and the organization's policies/procedures.	N	B	C	P	E
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6.3 Involving and supporting designated family or caregiver(s)

6.3.1	Respect the designated family or caregiver's needs and preferences for supports and bring them to the attention of the health care team if they are beyond the scope of the PSW. Involve the interdisciplinary care team as needed.	N	B	C	P	E
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Palliative care competencies and descriptions

Knowledge/skill level

6.3.2	Support the designated family or caregiver(s) and community-specific protocols and practices surrounding death, loss, and grief when caring for members of underserved communities.	N	B	C	P	E
6.3.3	Support designated family and community-specific protocols and practices surrounding death, loss, and grief when caring for First Nations, Inuit, and Métis.	N	B	C	P	E

TOTAL 6 Last days and hours

N B C P E