

## Knowledge, values & principles

1. Understanding the values and principles of supporting people with kidney disease and informal carers

1.1 Values of AWP; Renal

1.2 Principles of supporting people with kidney disease and informal carers

2. Knowledge for AWP; Renal

2.1 Mental health

2.2 Physiology, health and social care relevant to people with kidney disease

2.3 Core clinical competences to support psychosocial working for people with kidney disease

2.4 Local services and sources of mental health and renal care, social care and support in the voluntary, community or statutory sector

2.5 Professional, legal and ethical frameworks

2.6 Issues of confidentiality, consent and information sharing

2.7 Safeguarding procedures

2.8 Self-harm suicide prevention, and procedures for maintaining safety

## Core skills

3. Core relational skills

3.1 Understanding self-management-focused and person-centred approaches

3.2 Develop and maintain a supportive relationship with people with kidney disease and informal carers

3.3 Engaging and supporting families

3.4 Using active listening and communication skills in the clinical relationship

3.5 Working with difference

7. Using psychologically informed approaches to support people with kidney disease and informal carers

7.1 Support engagement with self-management approaches

7.2 Work with people with kidney disease and informal carers in groups

7.3 Support the use of digital interventions by the person with kidney disease and informal carer

7.4 Supporting psychological practice for people with kidney disease and informal carers

7.5 Help people with kidney disease and informal carers develop problem-solving skills and enhance resiliency

4. Supporting people with kidney disease and informal carers as an AWP; Renal

4.1 Supporting people with kidney disease and informal carers in their self-management

4.2 Help people with kidney disease and informal carers engage in activities that are meaningful to them and give their life a routine

4.3 Help people with kidney disease and informal carers develop coping skills

4.4 Collaboratively discuss psychosocial care and support options

4.5 Enable patient engagement with individual care and self-management plans

4.6 Facilitate access to care and sources of support

4.7 Support transitions in care for the person with kidney disease

4.8 Developing and maintaining a supportive environment

6. Self-care and support

6.1 Ability for the AWP (Renal) to reflect on their own self-management and self-care

6.2 Make effective use of supervision

6.3 Recognise and adopt ways to promote and maintain personal resilience

5. Working with teams and promoting people's rights

5.1 Work as part of a multidisciplinary team team

5.2 Work within a collaborative care model

5.3 Offer a personalised perspective to different groups of professionals

5.4 Promote the rights of people with kidney disease and informal carers being supported

## Meta-competencies

8. Meta-competencies

8.1 Attitudes, values and style of interaction

8.2 Engagement and intervention

8.3 Support

8.4 Respond to feedback