

Specification of Competency Standards
for the Elderly Care Service Industry
Unit of Competency

Functional Area - Clinical Care

Title	Recognize Normal Ageing
Code	106000L2
Range	This Unit of Competency is applicable to employees providing care services in the elderly care service industry. Employees are required to assess the health conditions of elderlies and identify whether those are part of the normal ageing process or not. They also need to identify any potential diseases and their possible consequences on elderlies in order to ensure their good health.
Level	2
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on normal ageing</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand the definition of ageing and the various changes an ageing person experiences such as: <ul style="list-style-type: none"> ○ Physiological changes ○ Cognitive changes ○ Psychosocial changes • Understand how normal ageing changes the daily life among the elderly such as: <ul style="list-style-type: none"> ○ Loss of teeth affecting chewing and digestion ○ Decline of muscle strength and balance negatively affecting mobility and sense of balance • Understand common diseases among the elderly and their respective symptoms such as: <ul style="list-style-type: none"> ○ Diabetes ○ High blood pressure ○ Arthritis ○ Emotional disorders such as depression and anxiety <p>2. Recognize normal ageing</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand the deterioration of health conditions and functional declines of elderlies by different assessments such as: <ul style="list-style-type: none"> ○ Daily observation ○ Asking the elderlies directly ○ Communication with caregivers • Judging from elderlies' condition, preliminarily find out whether elderlies are experiencing normal ageing or not • Report to healthcare professionals for any abnormality in elderlies' health condition <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> • Communicate with and listen to elderlies carefully and patiently, and care for their health condition
Assessment Criteria	The integrated outcome requirement of this Unit of Competency is:

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	<ul style="list-style-type: none">• Ability to assess the condition of elderlies and identify whether they are experiencing normal ageing or not, by means of daily observation and thorough understanding of the ageing process; ability to make relevant referrals when appropriate.
Remark	