

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

Functional Area - Clinical Care

Title	Educate elderly on the Self-management of Chronic Diseases
Code	106012L4
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide clinical care to elderly. This Competency involves analytic and critical abilities. Employees are required to formulate proper educational measures for elderly according to their needs and values in terms of self-management of chronic diseases and to strengthen their ability and confidence in disease control, in order to improve their health quality
Level	4
Credit	5 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Educate elderly on self-management of chronic disease</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand the types, causes and treatments of common chronic diseases among the elderly • Understand the content of self-management in chronic diseases, such as: <ul style="list-style-type: none"> ○ Ways and techniques of self-management ○ Effectiveness and benefits of self-management • Understand the abilities required to assess elderly's needs in terms of self-management • Understand ways and techniques to improve effectiveness of self-management among elderly • Understand ways to review various methods of improving effectiveness of self-management of chronic diseases among elderly <p>2. Educate elderly on self-management of chronic diseases</p> <p>Be able to</p> <ul style="list-style-type: none"> • Accurately assess elderly's needs in terms of self-management, such as: <ul style="list-style-type: none"> ○ Knowledge on chronic diseases ○ Ways and techniques of self-management ○ Learning difficulties and level of such difficulties ○ Motivation of self-management • Assess elderly's values on chronic disease management and how well they accept such concept • Analyse elderly's needs and self-value, and take measures to educate elderly on improving their self-management, such as: <ul style="list-style-type: none"> ○ Teach elderly knowledge and techniques relevant to the diseases ○ Assist elderly to overcome the obstacles in self-management of diseases ○ Provide effective resources • Evaluate the effectiveness of education on self-management, and the changes elderly experienced regarding the efficacy of disease management <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> • Respect elderly's needs and values in terms of chronic disease management, personalize education plan to teach elderly self-management • Build up the confidence and self-fulfilling ability of elderly
Assessment Criteria	The integrated outcome requirements of this Unit of Competency are:

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	<ul style="list-style-type: none">• Ability to find out, through assessment, elderly's needs and values on self-management of chronic disease, perform appropriate education measures on self-management, improve the efficacy of self-management of chronic diseases among elderly; and• Ability to use effective methods to evaluate the effectiveness of education measures on self-management
Remark	Employees implementing this unit of competency are supposed to have knowledge on common chronic diseases among the elderly.