

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

Functional Area - Clinical Care

Title	Assist Elderlies to perform training
Code	106091L2
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide rehabilitation care to elderlies. This Competency should be performed under supervision. Employees are required to assist and guide elderlies to perform training prescribed by healthcare professionals, and monitor the training process, so that elderlies can complete the exercises safely, and improve their health condition.
Level	2
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on elderly training</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>• Understand the health condition and level of mobility of elderlies</li> <li>• Understand the benefits and aims of elderly training</li> <li>• Understand the training prescribed by healthcare professionals, for example, <ul style="list-style-type: none"> <li>○ number of different exercises</li> <li>○ Standard movements and details of each exercise</li> <li>○ Safety and points to note</li> <li>○ Necessary supplies</li> <li>○ Preparation of venue</li> </ul> </li> <li>• Understand the skill to monitor and guide elderlies to perform training</li> <li>• Understand the techniques to report the training session clearly</li> </ul> <p>2. Assisting elderlies to perform training</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>• Do preparation work according to the training prescribed by healthcare professionals, for example, <ul style="list-style-type: none"> <li>○ Inform elderlies in advance and explain the upcoming trainings to be performed so that they are more likely to comply</li> <li>○ Adjust elderlies' schedule for other activities to make time for the training</li> <li>○ Observe elderlies' health condition; make sure they are fit for training</li> <li>○ Prepare equipment and venue</li> </ul> </li> <li>• Assist elderlies to perform training and provide appropriate guidance, for example, <ul style="list-style-type: none"> <li>○ Demonstrate to elderlies the correct way to perform the tasks</li> <li>○ Give simple and clear instructions to guide elderlies to conduct training appropriately</li> <li>○ Explain to elderlies patiently if they have any questions</li> <li>○ Correct their movements and postures by non-verbal means</li> </ul> </li> <li>• Monitor elderlies' performance during training, correct them and adjust the tasks according to their ability</li> <li>• Pay attention to elderlies' face complexion and complaints during training, terminate the training immediately if they experience discomfort and report to healthcare professionals</li> <li>• Observe the effectiveness of the exercises and take note of elderlies' conditions upon completing training; refer the cases to healthcare professionals for follow-up actions if needed, such as, <ul style="list-style-type: none"> <li>○ Elderlies are unable to complete the tasks</li> <li>○ Elderlies do not perform satisfactorily as required</li> <li>○ Elderlies refuse to participate</li> </ul> </li> </ul>

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	<ul style="list-style-type: none"> <li>• Document all circumstances throughout the process when elderlies perform training and report to healthcare professionals, including             <ul style="list-style-type: none"> <li>○ Completed tasks and the adjustments made in the process</li> <li>○ elderlies' performance and others opinions, such as how satisfied they are</li> </ul> </li> </ul> <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>• Give assistance and guidance patiently when assisting elderlies to perform training</li> <li>• Monitor elderlies' conditions during training and ensure their safety</li> <li>• Give elderlies positive feedback, encourage them to complete the training and motivate them to participate</li> </ul>
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency:</p> <ul style="list-style-type: none"> <li>• Ability to perform preparation work, assist and guide elderlies to perform training as prescribed by healthcare professionals; and</li> <li>• Ability to use appropriate skills; assist elderlies to perform training; provide appropriate guidance;</li> <li>• Ability to monitor the process when elderlies perform training and its effectiveness; make adjustments according to elderlies' ability; and</li> <li>• Ability to document all incidents when elderlies perform training and report to healthcare professionals clearly</li> </ul>
Remark	<p>Various types of training include exercises, leisure group activities and psychosocial sessions.</p>