

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

Functional Area - Clinical Care

Title	Conduct Reminiscence Therapy
Code	106099L3
Range	This unit of competency is applicable to employees in elderly care services industry who provide rehabilitation care services to elderlies. This Competency involves ability of analysis and making judgment. Employees are required to understand elderlies' cognitive abilities and background, provide reminiscence therapy according to healthcare professionals' prescription, promote their cognitive function and allow them to express their emotions, while monitoring elderlies' performance throughout the treatment and document it properly.
Level	3
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on reminiscence therapy</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Understand the definition and principles of reminiscence therapy, and the ways to perform reminiscence therapy • Understand the goals and efficacy of reminiscence therapy, such as <ul style="list-style-type: none"> ○ re-experience the emotions of the life event that is being recalled ○ provide a sense of fulfilment and satisfaction ○ improve communication skills • Understand the indications and contraindications of reminiscence therapy • Understand the content of providing reminiscence therapy, such as <ul style="list-style-type: none"> ○ Perform the therapy in a suitable environment ○ Perform the therapy at appropriate time and in proper frequency ○ Perform the therapy in individual and group settings ○ Procedures and regulations in performing the therapy • Understand the tools commonly used in reminiscence therapy, such as prompts and picture cards • Understand the reminiscence therapy content as prescribed by healthcare professionals • Understand the skills to perform individual and group reminiscence therapy, such as: <ul style="list-style-type: none"> ○ Master good communication skills ○ Facilitate the therapy via encouraging elderlies to participate and creating a relaxing atmosphere ○ Incorporate games into the therapy ○ Review elderlies' lives ○ Perform therapy with appropriate attitude, such as being patient, flexible and be willing to try • Understand the cognitive ability and background of individual elderlies <p>2. Conduct reminiscence therapy</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Choose the appropriate theme for the reminiscence therapy according to the cognitive ability and background of individual elderlies, and the instructions of healthcare professionals • Prepare the required tools for reminiscence therapy, conduct the therapy in a suitable environment with appropriate background music • Perform reminiscence therapy using appropriate techniques and skills, according to the cognitive ability and background of elderlies, such as: <ul style="list-style-type: none"> ○ Explain to elderlies the theme of the session

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	<ul style="list-style-type: none"> ○ Show the prompts and let elderlies touch them ○ Allow enough time and give elderlies chances to share their feelings ● Perform group reminiscence therapy using appropriate techniques, such as <ul style="list-style-type: none"> ○ Create an interactive environment to encourage elderlies to participate ○ Encourage group members to introduce themselves and greet each other in the beginning of the session, to help them know each other ● Provide appropriate assistance and intervention if required, such as <ul style="list-style-type: none"> ○ Offer help when elderlies have difficulties expressing themselves ○ Calm the emotions of elderlies if they feel anxious ○ Change the topic if elderlies get agitated ○ Take intervention if needed, such as when group members have a fight and curse at each other ● Summarize the therapy after finishing the therapy, such as <ul style="list-style-type: none"> ○ Praise elderlies for their performance ○ Thank them for their participation ○ Tell them the schedule for the next session ● Report elderlies' performance to healthcare professionals, including their ability to concentrate, their level of participation, their mood and the content of their sharing. Document the relevant details properly. <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> ● Monitor elderlies' responses when performing reminiscence therapy; offer assistance when appropriate ● Show patience and empathy when the participants are sharing their personal feelings
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> ● Ability to select an appropriate theme for reminiscence therapy, prepare the required tools, facilities and environment according to the cognitive ability and background of elderlies, and healthcare professionals' prescription; ● Ability to apply appropriate skills when conducting reminiscence therapy; and ● Ability to monitor the responses and performance of elderlies and offer assistance if needed; document and report the relevant details to healthcare professionals.
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