

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

Functional Area - Clinical Care

Title	Conduct Multi-sensory Therapy
Code	106101L3
Range	This unit of competency is applicable to employees in the elderly care services industry who provide rehabilitation services to elderlies. This Competency involves the ability of analysis and making judgment. Employees are required to understand elderlies' cognitive ability, and conduct or assist multi-sensory therapy according to healthcare professionals' prescriptions, in order to promote the cognitive ability of elderlies and relieve their emotional problems, while monitoring and documenting elderlies' performance throughout the treatment process.
Level	3
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. relevant knowledge on multi-sensory therapy</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> <li>• Understand the definition and principles of multi-sensory therapy, and the ways to perform the therapy</li> <li>• Understand the goals and efficacy of multi-sensory therapy</li> <li>• Understand the indications and contraindications of multi-sensory therapy</li> <li>• Understand the content in providing multi-sensory therapy, such as: <ul style="list-style-type: none"> <li>○ Venues and facilities</li> <li>○ Duration and frequency</li> <li>○ Procedures</li> <li>○ Suitable number of participants in a group</li> </ul> </li> <li>• Understand the tools commonly used in multi-sensory therapy</li> <li>• Understand the prescriptions from healthcare professionals</li> <li>• Understand the procedures to lead a group during multi-sensory therapy</li> <li>• Understand the skills to conduct group multi-sensory therapy, such as <ul style="list-style-type: none"> <li>○ Master good communication skills</li> <li>○ create a relaxing atmosphere; encourage elderlies to get in touch with each other</li> <li>○ Conduct therapy with appropriate attitude, such as being patient, flexible and vigilant about safety</li> </ul> </li> <li>• Understand the cognitive ability of each elderly</li> </ul> <p>2. Perform multi-sensory therapy</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> <li>• Understand the contents of the multi-sensory therapy, including: <ul style="list-style-type: none"> <li>○ Therapeutic goal of the group</li> <li>○ Name list of the group members</li> <li>○ Number of participants in the group</li> <li>○ Frequency of therapy</li> </ul> </li> <li>• Prepare the required tools and facilities for multi-sensory therapy, and conduct the therapy in a suitable environment according to the prescriptions by healthcare professionals</li> <li>• Encourage group members to introduce themselves and greet each other, so that they understand each other more and are more likely to interact with each other</li> <li>• Conduct or assist multi-sensory therapy using appropriate techniques and skills, according to the relevant procedures and guidelines of the institution, as well as cognitive ability of elderlies, such as:</li> </ul>

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	<ul style="list-style-type: none"> <li>○ Explain to elderlies the goal, the procedures and regulations of the therapy session</li> <li>○ Raise elderlies' awareness via sensory stimulations, such as playing music, sound of the nature or animals and ask elderlies to differentiate them</li> <li>○ Provide a pleasant sensory experience</li> <li>○ Provide opportunities for elderlies to communicate and express their emotions</li> <li>○ Allow elderlies to share their feelings</li> <li>● Monitor elderlies' responses during multi-sensory therapy and provide appropriate assistance and intervention if required, such as <ul style="list-style-type: none"> <li>○ Offer help when elderlies have difficulty expressing themselves</li> <li>○ Calm elderlies' emotions if they experience anxiety</li> <li>○ Tone down the sensory stimulation if elderlies get too agitated or emotional</li> </ul> </li> <li>● Summarize the therapy after finishing the activity, such as: <ul style="list-style-type: none"> <li>○ Praise elderlies</li> <li>○ Thank them for their participation</li> <li>○ Tell them of the schedule of the next session</li> </ul> </li> <li>● Report elderlies' performance to healthcare professionals, including their level of participation and interaction, and their moods. Document the relevant details properly</li> </ul> <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>● Conduct multi-sensory therapy strictly according to healthcare professionals' prescription</li> <li>● Monitor elderlies' responses when conducting multi-sensory therapy and offer appropriate assistance</li> </ul>
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> <li>● Ability to perform multi-sensory therapy, prepare relevant tools and decorate the venue according to the prescriptions of healthcare professionals;</li> <li>● Ability to perform or assist multi-sensory therapy using the appropriate skills according to the procedures of the activity and cognitive ability of elderlies; and</li> <li>● Ability to monitor elderlies' responses; provide appropriate assistance and sensory stimulation; document the relevant details properly and report to medical professional.</li> </ul>
Remark	