

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

Functional Area - Clinical Care

Title	Conduct Cognitive Training
Code	106102L3
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 assist the provision of cognitive training to elderlies according to the prescriptions by and requirements of healthcare professionals, in order to promote elderlies' cognitive ability, while monitoring and documenting their performance during the training session.
Level	3
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on cognitive training</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Understand the definition and principles of cognitive training, and the ways to perform cognitive training • Understand the goals and efficacy of cognitive training • Understand the indications and contraindications of cognitive therapy • Understand the contents of cognitive training, such as: <ul style="list-style-type: none"> ○ Perform the training in a suitable environment ○ Perform the training at an appropriate time and in the right frequency ○ Perform the training in individual and group settings ○ Procedures and regulations of such training • Understand the tools commonly used in cognitive training, such as computers and picture cards • Understand the prescriptions by healthcare professionals, such as: <ul style="list-style-type: none"> ○ Goal of the training ○ Target service users ○ Number of persons in a group ○ Number of sessions ○ Procedures and regulations ○ Tools and venues • Understand the procedures and the skills required to conduct individual and group cognitive training • Understand the skills and attitude to lead a group training, such as: <ul style="list-style-type: none"> ○ Master good communication skills ○ Manage the atmosphere, such as create a relaxing atmosphere, ways to arouse elderlies' interest and motivate them ○ Conduct training with appropriate attitude, such as being patient, flexible and willing to try <p>2. Conduct cognitive training</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Prepare the required tools, facilities and venue decorations for cognitive training, according to the prescriptions by healthcare professionals • Perform or assist to perform group or individual cognitive training using appropriate techniques and skills, according to the cognitive ability of elderlies and the relevant procedures and guidelines, such as <ul style="list-style-type: none"> ○ Explain to elderlies the goal, procedures and regulations of the training

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	<ul style="list-style-type: none"> ○ Break down the cognitive training into simple components so that elderlies can complete all tasks ○ Provide appropriate tools and use them properly ○ Demonstrate the training to elderlies, instruct them and explain properly ○ In group training, boost elderlies' level of participation via group interaction ● Pay attention to elderlies' responses and performance throughout the training session; provide appropriate assistance and intervention if required, such as <ul style="list-style-type: none"> ○ Allow adequate time for elderlies to complete the task and never rush them ○ Do the tasks with elderlies and give them clear instructions ● Summarize the therapy after finishing the activity, such as <ul style="list-style-type: none"> ○ Praise elderlies ○ Thank them for their participation ○ Tell them of the schedule of the next session ● Report elderlies' performance to healthcare professionals, including their ability to concentrate, their level of participation and their moods. Document the relevant details properly <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> ● Follow strictly the instructions and prescriptions by healthcare professionals ● Monitor elderlies' responses when performing cognitive training and ensure their safety
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> ● Ability to prepare relevant tools, facilities and venue decorations according to the training content as prescribed by healthcare professions; ● Ability to assist elderlies to receive cognitive training by providing suitable guidance and explanation according to the prescribe procedures of such training; and ● Ability to monitor elderlies' responses and performance and offer assistance when appropriate; document and report the relevant details to healthcare professionals.
Remark	