

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

Functional Area - Clinical Care

Title	Assess the Activities of Daily Living (ADLs)
Code	106104L4
Range	This unit of competency is applicable to employees in the elderly care service industry who provide rehabilitation services to elderlies. This Competency involves the ability of critical analysis and assessment. Employees are required to assess elderlies' ability to perform Activities of Daily Living (ADLs) with professional and standardized methods according to relevant guidelines and protocols of the institution, so as to analysis the assessment results and find out elderlies' functional limitations in terms of daily living and their respective causes.
Level	4
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on activities of daily living (ADLs)</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> <li>• Understand relevant guidelines and protocols of the institution for ADL assessment</li> <li>• Understand the definition and types of ADLs, including <ul style="list-style-type: none"> <li>○ Basic ADLs</li> <li>○ Instrumental ADLs</li> </ul> </li> <li>• Understand the procedures in assessing ADLs, including <ul style="list-style-type: none"> <li>○ Observe the performance of elderlies</li> <li>○ Ask elderlies about their performance</li> <li>○ Ask their carer about elderlies' performance</li> </ul> </li> <li>• Understand objective assessment tools for assessing ADLs and their uses: <ul style="list-style-type: none"> <li>○ Barthel Index</li> <li>○ Instrumental Activities of Daily Living Scale, etc.</li> </ul> </li> <li>• Understand other information needed to assess ADLs, such as <ul style="list-style-type: none"> <li>○ Medical history</li> <li>○ Cognitive ability, visual and hearing abilities</li> <li>○ Lifestyle habits</li> <li>○ Muscle strength and endurance</li> <li>○ Assistance that their carers can provide</li> </ul> </li> <li>• Understand the ways to document ADL assessment results</li> <li>• Understand the ways and skills needed to interpret ADL assessment results</li> </ul> <p>2. Conduct ADL assessment</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> <li>• Explain the assessment procedures to elderlies so that they are more likely to comply</li> <li>• Use the appropriate and objective assessment tools for ADL assessment according to standard assessment procedures</li> <li>• Take measures to ensure the accuracy and credibility of the assessment by observing elderlies' performance and asking them</li> <li>• Collect ADL information and other relevant information in order to assess properly, such as <ul style="list-style-type: none"> <li>○ Understand the diseases that elderlies are suffering from; assess their effects on ADL performance</li> <li>○ Assess the muscle strength, cognitive ability, visual and hearing abilities of elderlies</li> <li>○ Ask elderlies about their lifestyle habits</li> </ul> </li> <li>• Document the assessment result properly and systematically</li> </ul>

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

Functional Area - Clinical Care

	<ul style="list-style-type: none"> <li>• Analyse and integrate the assessment result; identify the ADL limitations experienced elderlies and their respective causes</li> </ul> <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>• Conduct ADL assessment accurately using professional knowledge</li> <li>• Update the knowledge and skills related to ADL assessment regularly, by keeping abreast of the latest medical advancements and technologies</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 use suitable and objective ADL assessment tools to assess elderlies' ADL ability according to the relevant protocols and guidelines of the institution;</li> <li>• Ability to observe elderlies' ADL performance and ask them about it in order to conduct accurate and credible assessment; and</li> <li>• Ability to properly document the assessment result and analyse the result to find out the functional limitations elderlies' experience in terms of daily activities and their respective causes.</li> </ul>
Remark	