

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

Functional Area - Clinical Care

Title	Teach Elderlies to Use Walking Aids
Code	106109L5
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' physical conditions and level of mobility, choose appropriate walking aids, provide proper instructions and training, and ensure elderlies can master the use of walking aids, so as to boost their mobility and independence.
Level	5
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Elderly rehabilitation and basic nursing knowledge</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand elderlies' physical conditions and relevant information, including: <ul style="list-style-type: none"> ○ Medical history ○ Treatment currently receiving ○ Reasons for consultation and admission ○ Financial status ○ Home environment • Understand the skills to assess elderlies' level of mobility and the content of such assessment, including: <ul style="list-style-type: none"> ○ Range of motion of joints ○ Muscle strength, endurance, visual acuity and balancing ability ○ Ability to sit straight, walk and transfer • Understand various types of walking aids and relevant information, such as: <ul style="list-style-type: none"> ○ indications ○ Characteristics, benefits and drawbacks ○ Methods of use and limitations ○ Maintenance ○ Methods of measurement • Understand the skills to observe and instruct elderlies to use walking aids <p>2. Train elderly to use walking aids</p> <p>Be able to</p> <ul style="list-style-type: none"> • Assess elderlies' condition, such as their physical conditions and level of mobility, so as to choose the appropriate walking aids for them • Measure and adjust walking aids to the right height or length for elderlies • Demonstrate and explain to elderlies the proper way to use walking aids, as well as to provide training and proper guidance • Observe how elderlies use the walking aids; correct their mistakes or adjust the walking aids accordingly • Teach elderlies the ways to maintain walking aids, and points to note when using walking aids • Document how well elderlies use the walking aids and all training details, including: <ul style="list-style-type: none"> ○ Types of walking aids used ○ Weight bearing ○ Walking distance ○ How much assistance is needed

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	<p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none">• Ability to choose appropriate walking aids for elderlies using professional knowledge, as well as respect elderlies' right of choice• Ability to provide clear instructions and show patience when training elderlies to use walking aids
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none">• Ability to assess elderlies' physical conditions and level of mobility, in order to choose the appropriate walking aids for them; and• Ability to provide proper instructions and correct any mistake according to how well elderlies use the walking aids; ensure the elderlies can master the use of walking aids.
Remark	