

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

Functional Area - Psychosocial & Spiritual Care

Title	Prevention of Elderly Suicide
Code	106115L3
Range	This unit of competency is applicable on employees in elderly care service industry who provide care services to elderlies. This Competency involves the ability of analysis and judgment. Employees are required to perform various tasks to prevent elderlies from committing suicide according to relevant guidelines of the institution and professional judgments, so as to assist elderlies and their family to handle problems that may trigger suicidal intents among elderlies .
Level	3
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on suicide among elderlies</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>• Understand the methods and procedures to handle cases in the guideline of the institution regarding the prevention of suicide among elderlies</li> <li>• Points to note in preventing suicide among elderlies, such as <ul style="list-style-type: none"> <li>○ Traceable intention of suicide</li> <li>○ It is necessary to provide long-term follow-up counselling and observation to elderlies who once displayed risk of suicide, even when the suicidal ideation is over and the triggers no longer exist</li> <li>○ Do not avoid talking about suicide; elderlies with suicidal risk should be confronted directly and be asked about their ideation</li> </ul> </li> <li>• Understand causes of suicide among elderlies</li> <li>• Understand the techniques to prevent suicide among elderlies</li> <li>• Understand the techniques to building trustful relationships with elderlies and their family</li> </ul> <p>2. Prevent suicide among elderlies</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>• Perform different initial assessments to prevent suicide among elderlies, so as to identify high-risk elderlies, such as <ul style="list-style-type: none"> <li>○ Emotional status of elderlies</li> <li>○ Signs of suicide in elderlies</li> <li>○ Counselling record of elderlies, if there is any personal or family history of suicide</li> </ul> </li> <li>• Implement concrete working plan to prevent suicide in elderlies according to individual assessment results of elderlies, such as <ul style="list-style-type: none"> <li>○ Prevent elderly suicide to establish a positive value of life and reduce their suicidal ideation</li> <li>○ Discuss the issues of suicide and death with elderlies and allow them to share their ideas and express their emotions</li> <li>○ Proactively respond to the physical and psychological needs of elderlies to help elderlies and their family handle problems that may trigger suicide, such as helping them cope with stress due to diseases, easing their negative emotions and boost their self-esteem, letting them feel respected and improve their emotions</li> <li>○ Help elderlies understand and confront with their own problems, and learn to find solution to handle them</li> <li>○ Make reference for elderlies to use relevant community resources, such as The Samaritan Befrienders Hong Kong (SBHK), and Suicide Prevention Service</li> </ul> </li> </ul>

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

Functional Area - Psychosocial & Spiritual Care

	<ul style="list-style-type: none"> <li>○ Organize case discussion meeting according to the needs of certain cases; cooperate with elderlies' family and different professionals, such as doctors, nurses, clinical psychologists, and social workers, to investigate what can be done to assist elderlies with suicidal ideation from different professional perspectives</li> <li>● Establish a trustful relationship and effective communication channels with elderlies and their family, so as to immediately identify elderlies' suicidal ideation and prevent them from putting that thought into action</li> <li>● Assess elderlies' emotional status regularly and perform proper preventive work</li> <li>● Provide long-term follow-up counselling and observation to elderlies who once showed suicidal risk, even when the suicidal ideation is over and the triggers no long exist</li> <li>● Document implemented plans; review their effectiveness and use them as references for improving suicide preventive work in future</li> </ul> <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>● Follow guidelines of the institution regarding prevention of suicide among elderlies when performing preventive work</li> <li>● Maintain a positive attitude to help high-risk elderlies, so as to prevent them from committing suicide</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 concrete and feasible work to prevent suicide among elderlies according to relevant guidelines of the institution; and</li> <li>● Ability to assist elderlies and their family to handle problems that may trigger suicide according to various assessment results, so as to prevent elderlies from committing suicide.</li> </ul>
Remark	