

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

Functional Area - Psychosocial & Spiritual Care

Title	Assist Carers to Cope With Physical Degeneration of Elderlies
Code	106135L4
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide counselling or case management services. This competency involves the ability of analysis and making judgment. Employees are required to build a trustful relationship with carers, assess and analyse the stress and issues carers may encounter due to elderlies' bodily degeneration, so as to provide the appropriate emotional support.
Level	4
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on elderlies' bodily degeneration and provision of assistance to carers</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> <li>• Understand the possible psychological responses of carers when facing elderlies' bodily degeneration, such as denial, anger, bargaining, and depression</li> <li>• Understand the various methods to relieve pressure, such as building a social support network, eating a healthy diet, exercising regularly and making good use of various resources for elderly care</li> <li>• Understand the skills to build a trustful relationship with carers</li> <li>• Understand the knowledge and skills to provide emotional support and counselling</li> <li>• Understand the other resources for elderly care in the community</li> </ul> <p>2. Assist carers to face elderlies' bodily degeneration</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> <li>• Acquire good social and communication skills; build trustful relationship with carers, such as expressing concern or paying regular visits to them, listen attentively and show empathy</li> <li>• Help carers come to terms with elderlies' bodily degeneration <ul style="list-style-type: none"> <li>○ Help carers accept that bodily degeneration is a normal ageing process that happens naturally to every elderly</li> <li>○ Help carers understand their own situation, such as stress level, emotional distress and changes in their daily life due to taking care of elderlies</li> <li>○ Provide counselling to help carers express inner fear and worries</li> <li>○ Devise a feasible elderly care plan together with carers according to the status and wishes of both the carers and elderlies, such as re-assignment of care chores among family members; hiring domestic helper for care chores; apply for or move elderlies to residential care home; or consider hospice service</li> <li>○ Assist carers and family members to make decision, and help them put that decision into action, in order to meet elderlies' nursing care needs; propose an action plan that is acceptable to carers</li> <li>○ Evaluate the implementation of elderly care plan regularly with carers, and make adjustments when needed</li> <li>○ Make good use of other elderly care resources, or contact relevant professional medical institutions/agencies to provide the support needed to caregiver</li> </ul> </li> </ul> <p>3. Exhibit professionalism</p> <p style="padding-left: 40px;">Be able to</p>

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	<ul style="list-style-type: none"><li>• Show empathy when providing counselling to carers, build a trustful relationship with carers effectively, respect and accept that each family with elderly care needs is unique and different</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 assess and analyse the mental stress and difficulties faced by carers due to elderlies' bodily degeneration; and</li><li>• Ability to formulate and implement the elderly care plan together with the carers, so that they can adapt to the changes brought along by elderlies' bodily degeneration.</li></ul>
Remark	