

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

Functional Area - Psychosocial & Spiritual Care

Title	Provide Care for elderlies' Activities of Daily Living (ADLs)
Code	106141L3
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide daily care to elderlies. This competency involves the ability to make judgment. Employees are required to provide care for elderlies' activities of daily living (ADLs) using proper skills, according to their ADLs assessment by healthcare professionals and the care they need, in order to assist them to maintain basic living condition.
Level	3
Credit	9 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on care for Activities of Daily Living (ADLs) of elderlies</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand the range of Activities of Daily Living (ADLs), for example, <ul style="list-style-type: none"> ○ Brushing teeth and washing face ○ Showering ○ Dressing and undressing ○ Eating ○ Transferring between bed and chair ○ Urinary and faecal continence ○ Walking and ambulating ○ Walking up and down the stairs • Understand the working procedures to provide care for Activities of Daily Living (ADLs) of elderlies and issues that need extra attention • Understand the health condition, level of mobility and Activities of Daily Living (ADLs) of elderlies <p>2. Provide care for Activities of Daily Living (ADLs) of elderlies</p> <p>Be able to</p> <ul style="list-style-type: none"> • Provide appropriate care to elderlies according to recommendations from healthcare professionals based on assessment result of elderlies' Activities of Daily Living (ADLs), following the working procedures and points to note of each care item, such as, <ul style="list-style-type: none"> ○ Prepare clothing, towel, shower gel and assistive devices before shower ○ Assist elderlies to safely enter shower stall or bath tub ○ When assisting elderlies to get changed, give them verbal instructions or provide operative assistance ○ Take safety precautions, use shower chair, anti-slippery mat and handrails ○ Correctly support and walk with elderlies to the washroom ○ Correctly use appropriate assistive devices, such as walking aid, walking frame or wheelchair to assist elderlies to walk or move around • Encourage and assist elderlies to perform Activities of Daily Living (ADLs) by themselves according to their abilities; let them aptly use their abilities, and avoid dependence on others • Build rapport with elderlies and keep in touch with them, take initiative to understand their needs and wishes • Ask elderlies for opinions after providing care, for example ask whether they are in a comfortable posture after transferring them to bed • Document the date, time and procedures of the care provided for follow-up action in future

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	<ul style="list-style-type: none"> • Report to healthcare professionals when noticing an obvious change in elderlies' ability <p>3. Exhibit professionalism</p> <p style="padding-left: 20px;">Be able to</p> <ul style="list-style-type: none"> • Always put elderlies' safety in the first place when helping them perform Activities of Daily Living (ADLs) • Maintain good communication with elderlies, understand their wishes, preferences and feeling, respect their autonomy • Allow elderlies to perform ADLs themselves as much as possible so as to avoid instilling a habit of overdependence
Assessment Criteria	<p>The integrated outcome requirement of this Unit of Competency is:</p> <ul style="list-style-type: none"> • Ability to perform relevant procedures according to elderlies' needs of Activities of Daily Living (ADLs) and the recommendations from healthcare professionals; provide appropriate care for elderlies' Activities of Daily Living (ADLs)
Remark	