

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

Unit of Competency is applicable across different functional areas

Title	Assist Elderly with Self-care Difficulties to Eat
Code	106210L2
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide care services to elderlies. This Competency must be performed under supervision. Employees are required to assist elderlies to consume food according to the procedures of the institution, ensuring adequate nutrient intake and avoid malnutrition among elderlies .
Level	2
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on elderly's food consumption</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>• Understand the procedures of institution in assisting elderlies to eat</li> <li>• Understand the common issues that affect eating among elderlies, such as: <ul style="list-style-type: none"> <li>○ Limited mobility</li> <li>○ Refusal to eat.</li> </ul> </li> <li>• Understand the skills to help elderlies eat</li> <li>• Understand the common dining aids for the elderly, such as: <ul style="list-style-type: none"> <li>○ Forks and spoons with enlarged handles</li> <li>○ Forks and spoons with angled handles</li> <li>○ Anti-slippery mat etc.</li> </ul> </li> <li>• Understand special meals and liquidized food common among elderlies, such as: <ul style="list-style-type: none"> <li>○ Mushy rice</li> <li>○ Finely diced vegetables</li> <li>○ Congee with meat</li> </ul> </li> </ul> <p>2. Assist elderlies to eat</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>• Properly conduct preparation steps according to the institution's procedures regarding assisting elderlies to eat such as: <ul style="list-style-type: none"> <li>○ Wash hands</li> <li>○ Prepare clean utensils and appropriate assistive devices</li> <li>○ Assist elderlies to stay in sitting position</li> <li>○ Put bibs under elderlies' chin</li> <li>○ Heat the food</li> </ul> </li> <li>• Explain the dining procedures to elderlies before meals to achieve understanding and seek their cooperation</li> <li>• Clean the oral cavity for elderlies if required in order to whet their appetite, and put on dentures for them if necessary</li> <li>• Use proper skills to assist elderlies to dine; adopt safety procedures to avoid choking according to eating problems of individual elderlies, such as: <ul style="list-style-type: none"> <li>○ Face-to-face feeding and observe elderlies' conditions</li> <li>○ Limit each bite to one teaspoonful</li> <li>○ Ensure elderlies have swallowed the food before feeding another teaspoonful again</li> <li>○ Allow elderlies to take breaks and rest throughout the feeding process</li> <li>○ Encourage elderlies to feed themselves and guide them with verbal instructions</li> <li>○ Allow adequate time for swallowing</li> </ul> </li> <li>• Keep the elderlies in proper position when dining and keep their head in upright position</li> </ul>

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	<ul style="list-style-type: none"> <li>• After the meal, assist elderlies to clean their mouth; let them resume a comfortable position; ensure elderlies' safety before leaving</li> <li>• Provide elderlies with appropriate drinks and food from time to time</li> <li>• Document the conditions of the elderlies including:             <ul style="list-style-type: none"> <li>○ Dining time</li> <li>○ Portion size and appetite</li> <li>○ Reaction during the meal</li> </ul> </li> </ul> <p>3. Exhibit professionalism</p> <p style="padding-left: 20px;">Be able to</p> <ul style="list-style-type: none"> <li>• Encourage elderlies to feed themselves; avoid overfeeding and strictly adhere to safety protocols</li> <li>• Take note of individual elderlies' personal dietary habits and preferences; provide guidance and support</li> <li>• Promote elderlies' self-care ability, adaptability as well as confidence</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 assist elderlies to eat and properly perform preparation work in accordance with the procedures of the institution; and</li> <li>• Proper skills to assist elderlies to dine and adhere to safety procedures according to the eating problems of individual elderlies</li> </ul>
Remark	<p>Refer to Appendix 13.1 and 13.2 for the Code of Practice for Residential Care Homes (Elderly Persons) from the Social Welfare Department.</p>