

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

Functional Area - Clinical Care

Title	Assist Rehabilitation Groups and Activities
Code	110792L2
Range	This Unit of Competency is applicable to practitioners who provide frontline services in the elderly care service industry. The application requires performing a range of tasks in predictable and structured working environments, and its execution requires understanding abilities and interpretation skills. Practitioners should be able to assist in providing suitable rehabilitation groups and activities for the elderly, according to the arrangements and guidelines established by the senior/supervisor, and the elderly's rehabilitation needs, in order to improve their mobility.
Level	2
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on rehabilitation groups and activities</p> <ul style="list-style-type: none"> • Understand the organization's plans and practice manual • Understand the importance of rehabilitation groups and activities and the purpose of participation, in order to maintain or improve the abilities of elderly persons, such as: <ul style="list-style-type: none"> ○ Walking and balance ○ Activities of daily living (ADLs) ○ Instrumental activities of daily living (IADLs), etc. • Understand the content and details of the execution of rehabilitation groups and activities, such as: <ul style="list-style-type: none"> ○ Group objective, content and process ○ Number of participants ○ Execution model ○ Required materials ○ Anticipated difficulties and their solutions ○ Assessment methods of activity abilities, etc. • Understand the information related to the rehabilitation needs of the elderly, such as: medical history and mobility • Understand the skills needed to execute rehabilitation groups and activities • Understand the requirements and assessment method expectations of the senior/supervisor in providing rehabilitation groups and activities <p>2. Assist rehabilitation groups and activities</p> <ul style="list-style-type: none"> • Provide rehabilitation groups and activities for the elderly according to the schedule arranged by the senior/supervisor • Before organizing groups and activities, assist in recruiting suitable participants using different methods to ensure the cost-effectiveness of the groups and activities, such as: <ul style="list-style-type: none"> ○ Event notice board ○ Event newsletter ○ Distribute leaflets to the elderly and their family members ○ Individual invitation, etc. • Assist in providing different content or types of groups and activities, to meet the requirements of the senior/supervisor and rehabilitation needs of the elderly, such as: <ul style="list-style-type: none"> ○ Strength training, such as: resistant band exercises, etc. ○ Mobility training, such as: pulley suspension rope exercises, etc. ○ Joint mobility training, such as: towel, stretching exercises, etc. • Perform adequate preparations for the groups and activities according to the instructions of the senior/supervisor, such as:

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	<ul style="list-style-type: none"> ○ Provision of materials ○ Environment layout ○ Understand the abilities and related information of the participants ○ Preview the content and procedures of the group activities, etc. ● Explain the purpose and procedures of the groups and activities to the elderly ● When assisting in leading groups and activities, utilize appropriate skills to help achieve their goals, such as: <ul style="list-style-type: none"> ○ Amend the content and procedures of the groups and activities to meet the needs of the elderly, according to the requirements of the senior/supervisor and the elderly's immediate response ○ Demonstrate the methods of use of the tools related to the group and activity content, and repeat demonstrations as necessary, so that the elderly persons can participate under safe conditions ● Collect the elderly's feedback after the rehabilitation groups and activities using different methods, such as: <ul style="list-style-type: none"> ○ Instant reactions of participants ○ Attendance rate per session ○ Questionnaire surveys ○ Directly inquire their opinions, etc. ● Record the elderly's condition in the groups and activities, and report to the senior/supervisor for analysis, and follow-up as needed ● Record and appropriately store the group and activity information after its completion ● Identify areas of improvements and execute improvements according to the opinions of the participants and instructions by the senior/supervisor <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> ● Perform adequate preparations for the groups and activities according to the instructions of the senior/supervisor and the elderly's rehabilitation needs ● Understand the knowledge and skills of leading rehabilitation groups and activities, to ensure that the elderly persons can complete them in safe environments ● Suggest areas of improvements according to the opinions of the participants and instructions by the senior/supervisor
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> ● Able to prepare and assist in leading rehabilitation groups and activities according to the arrangements, guidelines and requirements of the senior/supervisor and the rehabilitation needs of the elderly; and ● Able to respond to the purpose of the rehabilitation groups and activities, and identify areas of improvements according to the opinions of the participants and instructions by the senior/supervisor, in order to improve the elderly's activity abilities.
Remark	