

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

Functional Area - Clinical Care

Title	Assist Elderly Persons with Special Care Needs in Rehabilitation Exercises
Code	110795L3
Range	This Unit of Competency is applicable to practitioners who provide rehabilitation services in the elderly care service industry. The application requires performing a broad range of tasks in familiar and some unfamiliar working environments, and its execution requires analytical skills. Practitioners should be able to assist and monitor the elderly persons in rehabilitation exercises, according to the elderly's needs in special care, and the recommendations and prescriptions by medical professionals, so that the elderly persons can safely complete their training and improve their physical conditions.
Level	3
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on assisting the elderly persons with special needs in rehabilitation exercises</p> <ul style="list-style-type: none"> <li>• Understand the principles and safety issues of rehabilitation exercises</li> <li>• Understand the safety and precautions related to the exercises for elderly persons with special care needs, such as: <ul style="list-style-type: none"> <li>○ Nasogastric and throat care</li> <li>○ Catheter care</li> <li>○ Stoma (including tracheostomy) care</li> <li>○ Bedsore care</li> <li>○ Chronic obstructive pulmonary disease care</li> <li>○ Nasal cannula care, etc.</li> </ul> </li> <li>• Understand the conditions that affect the participation of elderly persons with special care needs, such as: <ul style="list-style-type: none"> <li>○ Long-term bedridden patients</li> <li>○ Diabetics</li> <li>○ Patients with cardiovascular diseases, such as: stroke, high/low blood pressure, coronary heart disease, etc.</li> <li>○ Patients with neurological disorders, such as: Parkinson's disease, brain trauma, dementia, etc.</li> <li>○ Patients with orthopedic trauma, such as: fractures, patients who have had joint replacement surgery, arthritis, etc.</li> <li>○ Patients with cardiopulmonary diseases, such as: chronic obstructive pulmonary disease, asthma, etc.</li> <li>○ Patients with terminal cancer, etc.</li> </ul> </li> <li>• Understand the physical conditions and mobility of the elderly persons</li> <li>• Understand the relevant knowledge of rehabilitation exercises, such as: <ul style="list-style-type: none"> <li>○ The correct use of various rehabilitation equipment</li> <li>○ Correctly measure vital signs</li> <li>○ Correct support and transfer skills</li> <li>○ Basic knowledge and skills on rehabilitation exercises, etc.</li> </ul> </li> <li>• Understand the exercise content prescribed by medical professionals for the elderly persons, such as: <ul style="list-style-type: none"> <li>○ Exercise type and quantity</li> <li>○ Exercise details and standards</li> <li>○ Safety and precautions</li> <li>○ Required materials</li> </ul> </li> </ul>

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

Functional Area - Clinical Care

	<ul style="list-style-type: none"><li>○ Site preparation, etc.</li><li>● Understand the skills of monitoring and guiding the elderly's exercise</li><li>● Understand the skills of clear reporting and accurate recording</li></ul> <p>2. Assist the elderly persons with special care needs in rehabilitation exercises</p> <ul style="list-style-type: none"><li>● Perform preparations according to the exercise content prescribed by medical professionals for the elderly persons, such as:<ul style="list-style-type: none"><li>○ Ensure that the elderly's physical condition is suitable for exercise</li><li>○ Execute relevant safety and precautions, such as:<ul style="list-style-type: none"><li>▪ Whether the oxygen nasal cannula is properly worn and adjusted for appropriate oxygen flow</li><li>▪ Whether there was adequate rest time after receiving nasogastric feeding, before commencing their exercises</li><li>▪ Whether the elderly persons are placed in appropriate positions for their exercises if they suffer from bedsores or wounds</li><li>▪ Prepare the appropriate placement of urine catheters and bags</li><li>▪ Exercise intensity, joint range of motion, guidance skills, etc., determined by medical professionals, according to the elderly's needs and physical conditions</li></ul></li><li>○ Inform and explain to the elderly the exercise to perform in order to obtain their cooperation</li><li>○ Preparation of materials and the venue, etc.</li></ul></li><li>● Assist the elderly in training and provide appropriate guidance, such as:<ul style="list-style-type: none"><li>○ Demonstrate the correct movements to the elderly persons</li><li>○ Use simple and clear instructions to guide the elderly to train correctly</li><li>○ Explain the answers patiently when the elderly persons have questions about the training</li><li>○ Correct the elderly's movements and postures, etc.</li></ul></li><li>● Attend to the complexion and complaints of the elderly persons during their exercises, immediately cease the exercise if they feel discomfort, and report to medical professionals</li><li>● Monitor the elderly's vital signs during their exercises, according to the instructions by medical professionals, and if the vital signs exceed the recommended safety range, immediately terminate the exercise and report to medical professionals</li><li>● Observe the elderly's effects and conditions after completing the exercise, and refer them to medical professionals for follow-up as necessary, such as:<ul style="list-style-type: none"><li>○ Failure to complete the exercise</li><li>○ Performance is not as good as expected, etc.</li></ul></li><li>● Appropriately record the elderly's exercises, and report to medical professionals, such as:<ul style="list-style-type: none"><li>○ The completed exercises, and the adjustments made during the exercise according to the elderly's condition</li><li>○ Vital signs before, during and after exercises</li><li>○ The elderly's performance and opinions, such as: satisfaction, appropriate intensity, etc.</li></ul></li></ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"><li>● Observe whether the elderly's physical condition is suitable for rehabilitation</li><li>● Monitor the elderly's movement to ensure their safety</li></ul>
--	---

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

Functional Area - Clinical Care

	<ul style="list-style-type: none"> <li>Maintain good communication with medical professionals, in order to help them understand the elderly's exercise conditions and make appropriate adjustments accordingly</li> </ul>
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> <li>Able to comply with the rehabilitation exercises and safety precautions prescribed by medical professionals for the elderly persons, perform adequate preparations, use the correct skills to assist and guide the elderly persons in their rehabilitation;</li> <li>Able to monitor the elderly's condition and effectiveness of their rehabilitation exercises, and perform adjustments and amendments according to their abilities; and</li> <li>Able to appropriately record the content of the elderly's rehabilitation exercise, and clearly report to medical professionals.</li> </ul>
Remark	Practitioners who perform this UoC possess knowledge on the special care of the elderly.