

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

Functional Area - Clinical Care

Title	Develop Safety Codes for Rehabilitation Exercises
Code	110798L5
Range	This Unit of Competency is applicable to practitioners who provide management work in the elderly care service industry. The application requires the demonstration of in-depth expertise or theoretical knowledge in a range of technical, professional or managerial working environments, and its execution requires careful thinking, critical analysis and decision-making skills. Practitioners should be able to develop relevant safety guidelines according to the scope of the organization's rehabilitation exercises, the medical knowledge on rehabilitation, the professional qualifications of the staff and the characteristics of the service target, in order to protect the elderly persons receiving the service and the staff providing assistance.
Level	5
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on rehabilitation exercise safety</p> <ul style="list-style-type: none"> • Understand the definition and scope of rehabilitation exercises, such as: <ul style="list-style-type: none"> ○ Strength training ○ Active joint training ○ Active assisted joint training ○ Passive joint training ○ Cardiorespiratory training ○ Breathing exercises ○ Balance training, etc. • Understand the required knowledge and application for the safety of rehabilitation exercises, such as: <ul style="list-style-type: none"> ○ Indications and contraindications of various types of rehabilitation exercises ○ Skills to assist the elderly persons in rehabilitation exercises ○ Techniques for measuring vital signs ○ Support and transfer skills ○ Correct use of rehabilitation equipment and related auxiliary tools, etc. • Understand the types and target groups of the organization's rehabilitation exercises, as well as the relevant training provided to their staff • Understand the staff's knowledge, skills and qualifications in rehabilitation exercises • Understand the importance of safety codes on the service users and staff <p>2. Develop safety codes for rehabilitation exercises</p> <ul style="list-style-type: none"> • Comprehensively analyze the types of rehabilitation training provided to the elderly persons, the elderly's characteristics, the venues of the provided services, and develop relevant guidelines for rehabilitation exercises • Develop safety procedures for providing rehabilitation exercises, such as: <ul style="list-style-type: none"> ○ Provide the basic rehabilitation knowledge required by the staff ○ Preparations before the exercise ○ Assess the elderly's physical conditions ○ Comply with the instructions by medical professionals when providing rehabilitation exercises ○ Skills to assist in rehabilitation exercises ○ Situations where the exercise should be immediately stopped ○ Information and situations that require reporting to medical professionals, etc.

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	<ul style="list-style-type: none"> • Develop staff training to ensure that they understand and comply with the safety codes of rehabilitation exercises, and execute the relevant guidelines to ensure safety • Develop procedures to manage accidents or injuries, and store the relevant records • Establish mechanisms to regularly execute and review the relevant safety guidelines, and store the related documents in all the relevant service units for future reference purposes <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> • Consider the safety of the elderly persons and staff when developing safety guidelines for rehabilitation exercises • Establish training mechanisms so that the staff understands and executes the organization's safety codes and guidelines
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> • Able to analyze the types of rehabilitation exercises provided by the organization for the elderly persons, the elderly's characteristics, the venues of the provided services, and develop relevant guidelines for different rehabilitation exercises, regularly review and revise them as needed; and • Able to develop training programs for the staff on the safety of rehabilitation exercises, so that the staff understands and complies with the organization's guidelines.
Remark	