

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

Functional Area - Clinical Care

Title	Assist the Elderly Persons in Improving Their Self-Health Management Abilities
Code	110801L3
Range	This Unit of Competency is applicable to practitioners who provide community care 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 the elderly persons in improving their self-health management abilities, according to the established plans, in order to achieve effective health management.
Level	3
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on the elderly's self-health management abilities</p> <ul style="list-style-type: none"> • Understand the elderly's common health problems and coping methods, such as: <ul style="list-style-type: none"> ○ Physical illness ○ Psychological changes ○ Social influence, etc. • Understand the importance and effectiveness of self-health management • Understand the methods and techniques to improve self-health management abilities, such as: <ul style="list-style-type: none"> ○ Effective communication ○ Positive encouragement ○ Answer questions, etc. • Understand the elderly's self-health management plan provided by the organization, such as: <ul style="list-style-type: none"> ○ The elderly's health goals ○ Recommendations on the elderly's self-health management, etc. <p>2. Assist the elderly persons in improving their self-health management abilities</p> <ul style="list-style-type: none"> • Assist the elderly persons in executing the recommended content of their self-health management plans, in order to gradually achieve their health goals • Establish good relationships with the elderly persons and their families, communicate effectively, and actively follow-up on their execution of self-health management, such as: <ul style="list-style-type: none"> ○ Phone reminders ○ Home visits ○ Follow-up groups, etc. • Regularly review the elderly's process on the execution of self-health management, identify problems and respond to them, such as: <ul style="list-style-type: none"> ○ Answer any queries that the elderly persons may have ○ Identify and solve their misunderstandings ○ Identify and assist in the correction of their errors, etc. • Pay attention to the elderly's difficulties in executing the recommendations on self-health management, and assist in dealing with them with the relevant knowledge and information, such as: <ul style="list-style-type: none"> ○ Assist illiterate elderly persons to illustrate health information or fill in application forms ○ Accompany elderly persons with limited mobility or living alone to attend health seminars

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	<ul style="list-style-type: none"> ○ Review the operating procedures of the newly learned self-examination equipment, etc. • Utilize positive encouragement techniques to enhance the elderly's self-confidence and motivation • Report the improvement of the elderly's health management abilities to medical professionals in a timely manner, seek professional opinions when necessary, and make appropriate adjustments to their self-health management plan accordingly <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> • Apply relevant knowledge and appropriately respond to the elderly's difficulties when executing self-health management plans • Assist the elderly persons in improving their self-confidence and motivation, adjust the plans according to their abilities, and report to medical professionals in a timely manner
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> • Able to assist the elderly persons in effectively executing the recommendations of the self-health management plan, according to the organization's guidelines, in order to improve their self-health management abilities, and achieve effective health management.
Remark	