

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

Functional Area - Clinical Care

Title	Develop Self-Health Management Plans for the Elderly Persons
Code	110803L5
Range	This Unit of Competency is applicable to practitioners who provide community care services 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 conduct comprehensive assessment and analysis on the elderly's health, integrate the relevant information to develop appropriate self-health management plans according to the values and needs of the elderly in self-health management, and improve the elderly's quality of health.
Level	5
Credit	5 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on self-health management plans for the elderly persons</p> <ul style="list-style-type: none"> <li>• Understand the elderly's knowledge on self-health management and chronic diseases, such as: <ul style="list-style-type: none"> <li>○ The changes of body, mind, society and spirit during the aging process, and the influence of adjustments on methods and self-health management</li> <li>○ Use the concept of preventive medicine, including primary, secondary and tertiary prevention to manage common health problems in the elderly</li> <li>○ The control of chronic diseases and prevention of complications</li> </ul> </li> <li>• Understand the functions and importance of develop self-health management plans</li> <li>• Understand the impact of living habits and cultural differences on the self-health management of the elderly</li> <li>• Understand the personal and related community resources of the elderly</li> <li>• Understand the methods and techniques to improve the effectiveness of self-health management</li> <li>• Understand the content and methods of assessing the needs of the elderly's self-health management</li> <li>• Understand the skills of setting goals for self-health management plans, such as: short, middle and long-term goals, and utilize the SMART format to set goals, etc.</li> <li>• Understand the skills of establishing and assessing the effectiveness of self-health management methods</li> <li>• Understand the principles and methods for writing plans</li> </ul> <p>2. Develop self-health management plans for the elderly persons</p> <ul style="list-style-type: none"> <li>• Comprehensively assess the physical, mental, social and spiritual health of the elderly using different methods to collect and analyze health data, such as: <ul style="list-style-type: none"> <li>○ Interviews</li> <li>○ Record charts</li> <li>○ Body checkups</li> <li>○ Investigation reports, etc.</li> </ul> </li> <li>• Design personalized self-health management plans for the elderly's abilities and health needs, such as: <ul style="list-style-type: none"> <li>○ Correspond to the elderly's perceptions and values on their health, aging and disease</li> <li>○ Consider the elderly's understanding of self-health management tools and techniques, such as: high blood pressure, diabetes mellitus, etc.</li> </ul> </li> </ul>

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	<ul style="list-style-type: none"> <li>○ Cater to the elderly's cultural differences, education levels and self-efficacy</li> <li>○ Assess the elderly's health conditions and potential risks, etc.</li> <li>● Integrate and analyze the results and set short, medium and long-term goals for self-health management according to the priority of care needs</li> <li>● Design personalized self-health management methods and provide effective resources according to the established goals and the elderly's abilities or limitations, such as: <ul style="list-style-type: none"> <li>○ Adjust daily eating habits</li> <li>○ Medication compliance</li> <li>○ Appropriate physical exercise</li> <li>○ Participate in local health center or disease screening program</li> <li>○ Participate in lectures, workshops, patient organizations</li> <li>○ Health data records</li> <li>○ Tablet or mobile phone health management application, etc.</li> </ul> </li> <li>● Develop personalized plans for the elderly persons according to the collected data and analysis results</li> <li>● Adjust the content of the plan in response to the changes in the elderly's health conditions, to ensure that the self-health management plans meet their needs</li> </ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> <li>● Utilize professional knowledge to conduct accurate and comprehensive health assessments for the elderly</li> <li>● Analyze the needs of the elderly, provide self-health management suggestions with an objective and respectful attitude towards their values and autonomy, and develop appropriate personal plans</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 develop appropriate self-health management plans through comprehensive health assessment, data analysis, and integration of information related to the health management of the elderly; and</li> <li>● Able to assess and analyze the progress of the plan, perform amendments to improve the elderly's quality of health.</li> </ul>
Remark	