

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

Functional Area - Clinical Care

Title	Assist in Brain Exercise Groups and Activities
Code	110805L2
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 brain exercise groups and activities for the elderly according to the established arrangements and guidelines by the senior/supervisor, in order to improve their brain health.
Level	2
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on brain exercise groups and activities</p> <ul style="list-style-type: none"> <li>• Understand the organization's plans and practice manual for brain exercise groups and activities</li> <li>• Understand the importance and purpose of participation in brain exercise groups and activities, such as: <ul style="list-style-type: none"> <li>○ Training concentration, memory and problem-solving skills</li> <li>○ Improve thoughts</li> <li>○ Maintain physical flexibility</li> <li>○ Delay deterioration</li> <li>○ Improve the elderly's social interaction, enhance their brain health through social activities, etc.</li> </ul> </li> <li>• Understand the content and details of the execution of brain exercise groups and activities, such as: <ul style="list-style-type: none"> <li>○ Group objective, content and process</li> <li>○ Number of participants</li> <li>○ Target groups</li> <li>○ Execution model</li> <li>○ Required materials</li> <li>○ Anticipated difficulties and their solutions</li> <li>○ Assessment methods, etc.</li> </ul> </li> <li>• Understand the information related to the elderly's brain exercises, such as: their support network, memory, etc.</li> <li>• Understand the skills required to execute brain exercise groups and activities</li> <li>• Understand the requirements and assessment methods of the senior/supervisor in providing brain exercise groups and activities</li> </ul> <p>2. Assist in brain exercise groups and activities</p> <ul style="list-style-type: none"> <li>• Provide brain exercise groups and activities for the elderly persons according to the schedules arranged by the senior/supervisor</li> <li>• Before organizing groups and activities, assist in recruiting suitable participants by using various methods, to ensure the cost-effectiveness of the groups and activities, such as: <ul style="list-style-type: none"> <li>○ Event notice board</li> <li>○ Event newsletter</li> <li>○ Distribute leaflets to the elderly persons and their family members</li> <li>○ Individual invitations, etc.</li> </ul> </li> <li>• Assist in providing groups and activities of different styles and contents according to the requirements of the senior/supervisor and the elderly's needs, such as:</li> </ul>

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	<ul style="list-style-type: none"><li>○ Study/interest groups/activities</li><li>○ Tournaments/competitions</li><li>○ Board games</li><li>○ Brain exercises, ten hand exercises</li><li>○ Use electronics, etc.</li><li>● Perform adequate preparations before the group and activities according to the instructions by the senior/supervisor, such as:<ul style="list-style-type: none"><li>○ Provision of materials</li><li>○ Environment layout</li><li>○ Understand the participant's brain exercise</li><li>○ Preview the content and procedures of the groups and activities, etc.</li></ul></li><li>● Explain the purpose and procedures of the groups and activities to the elderly</li><li>● When assist in leading groups and activities, utilize appropriate skills to help achieve their goals, such as:<ul style="list-style-type: none"><li>○ Amend the content and procedures of the groups and activities according to the requirements of the senior/supervisor and the elderly's immediate response, in order to meet their needs</li><li>○ Use electronics for groups and activities to help the elderly persons train their concentration and hand-eye coordination skills, such as: tablets, desktop computers and projectors, etc.</li><li>○ Use daily necessities and activity materials to help improve the elderly's cognitive ability and commitment</li><li>○ Insert simple, suitable and helpful games according to the requirements of the senior/supervisor and the elderly's abilities, encourage and appreciate the elderly when appropriate, in order to increase their participation through joy and satisfaction of the session</li><li>○ Conduct groups and activities in groups to improve the elderly's social interactions and problem-solving skills</li><li>○ Provide guidance and assistance if the elderly experiences difficulties during the sessions, etc.</li></ul></li><li>● Collect the elderly's opinions using different methods after brain exercise groups and activities, such as:<ul style="list-style-type: none"><li>○ The participant's instant reactions</li><li>○ Attendance rates per session</li><li>○ Questionnaires</li><li>○ Direct interviews, etc.</li></ul></li><li>● Record the elderly's condition during groups and activities, report to the senior/supervisor for analysis, and follow-up as needed</li><li>● Record and appropriately store the information of groups and activities, and identify areas of improvements and make amendments according to the opinions of the participants, effectiveness of groups and activities, and the instructions by the senior/supervisor</li></ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"><li>● Perform adequate preparations before brain exercise groups and activities according to the instructions by the senior/supervisor and the needs of the elderly persons</li><li>● Understand the knowledge and skills of leading brain exercise groups and activities, to ensure they are provided in a relaxed and pleasant atmosphere</li><li>● Suggest improvements according to the opinions of the participants and instructors by the senior/supervisor</li></ul>
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Assessment Criteria	The integrated outcome requirements of this Unit of Competency are: <ul style="list-style-type: none"><li>• Able to prepare and assist in leading brain exercise groups and activities according to the arrangements, guidelines and requirements of the senior/supervisor and the needs of the elderly persons; and</li><li>• Able to assist in reviewing and identifying areas of improvements and make amendments according to the purpose of groups and activities, opinions of the participants, and the instructions by the senior/supervisor.</li></ul>
Remark	