

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

Functional Area - Clinical Care

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| Title | Conduct Cognitive Training for the Elderly Persons |
| Code | 110806L3 |
| 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 conduct appropriate cognitive training for the elderly persons according to their cognitive abilities, in order to improve their cognitive ability. |
| Level | 3 |
| Credit | 6 (For Reference Only) |
| Competency | <p>Performance Requirements</p> <p>1. Relevant knowledge on cognitive training</p> <ul style="list-style-type: none"> • Understand the organization's plans and practice manual for cognitive training • Understand the definition, methods and methods of cognitive training • Understand the purpose and effectiveness of cognitive training, such as: <ul style="list-style-type: none"> ○ Improve cognitive ability ○ Delay cognitive impairment, etc. • Understand the scope and content of cognitive training, such as: <ul style="list-style-type: none"> ○ Concentration ○ Comprehension ○ Expression ○ Problem-solving, etc. • Understand the skills and attitudes of cognitive training, such as: <ul style="list-style-type: none"> ○ Communication skills, especially with the elderly persons who are suspicious or have cognitive impairment ○ Create a group atmosphere, promote participation and commitment ○ Patience, flexibility, and courage to try new things, etc. • Understand the cognitive training tools, their methods of use and the effectiveness of training • Understand the cognitive training content prescribed by medical professionals for the elderly • Understand the elderly's cognitive abilities and background information • Understand the methods of recording data of the elderly persons after cognitive training <p>2. Conduct cognitive training for the elderly persons</p> <ul style="list-style-type: none"> • Identify the training needs of the elderly persons according to their cognitive abilities and the cognitive training content prescribed by medical professionals • Understand the methods and techniques used to assess the elderly's cognitive abilities • Utilize different styles of cognitive training for the elderly, including group and individual training • Attitudes when conducting cognitive training, such as: <ul style="list-style-type: none"> ○ Respect the elderly's wishes and abilities: training should not be forced or cause negative emotions ○ Patience: assist on the side and repeat demonstrations if necessary ○ Flexibility: amend training content and progress according to the elderly's immediate response, so that they can train in relaxed and pleasant atmospheres ○ Positive and optimistic: adopt positive attitudes and encourage the elderly persons to try if they resist or feel unfamiliar with the cognitive training • Utilize various auxiliary tools to improve the training effectiveness, such as: |

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| | <ul style="list-style-type: none"> ○ Computer and game software, multimedia memory exercises, etc. ○ Games, such as: mahjong, chess, cards, etc. ○ Daily necessities, such as: paper, newspapers, large print clocks, etc. ● Utilize appropriate skills to help achieve the training goals of cognitive training, such as: <ul style="list-style-type: none"> ○ Communication skills: improve the elderly's social interactions, participation and commitment ○ Relaxed atmosphere: create a pleasant atmosphere and encourage the elderly persons to try ○ Living elements: close to the daily life of the elderly, increase intimacy and help improve their memory ● Provide a summary after the elderly persons complete their cognitive training, in order to encourage their continuous participation, such as: <ul style="list-style-type: none"> ○ Appreciate their performances ○ Thank them for participating ○ Preview the training time and content of the next training session, etc. ● Record the elderly's performance during cognitive training, analyze the information and perform appropriate amendments, and follow-up if necessary <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> ● Establish a relationship of mutual trust with the elderly persons and adopt encouraging attitudes when conducting cognitive training ● Strictly comply with the cognitive training content prescribed by medical professionals, and conduct appropriate cognitive training for the elderly persons |
| Assessment Criteria | <p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> ● Able to select and conduct appropriate cognitive training for the elderly persons according to the cognitive training content prescribed by medical professionals and their cognitive abilities; and ● Able to amend the cognitive training content and progress accordingly to the elderly's response and performance, in order to improve their cognitive abilities. |
| Remark | |