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

Functional Area - Clinical Care

Title	Conduct Preliminary Depression Assessments
Code	110807L4
Range	This Unit of Competency is applicable to practitioners who provide case management and mental health services in the elderly care service industry.The application requires performing skilled tasks in familiar and some new working environments, and its execution requires analytical and decision-making skills.Practitioners should be able to utilize professional knowledge and appropriate tools to assess the mental health of the elderly persons, according to the organization's procedures and guidelines for preliminary depression assessment, in order to screen the elderly persons with risks of depression and determine their severity.
Level	3
Credit	6 （For Reference Only）

Competency	Performance Requirements
	1. Relevant knowledge on depression
	
	• Understand the organization's procedures and guidelines on preliminary depression assessment
	• Understand the causes of depression in the elderly, such as:
	    o Genetic factors
	    o Psychological factors
	    o Physiological factors
	    o Social factors
	• Understand the definition and common symptoms of depression, such as:
	    o Mood changes: low mood
	    o Slow thoughts: slow response, and sleep disturbance
	    o Psychological disorders: decline in self-awareness
	    o Physical symptoms: loss of appetite, etc.
	• Understand the precursors of depression, such as:
	    o Patients with mild depression may show negative emotions, such as: low mood, sadness, pessimism, etc.
	    o Patients with severe depression may have psychotic symptoms, such as: delusions, hallucinations, etc.
	• Understand the main evaluation tools and methods oof depression in the elderly persons, such as: Geriatric Depression Scale (GDS), etc.
	• Understand the methods of recording the results of the depression assessments
	• Understand the methods and techniques of analyzing the results of depression assessments
	
	2. Conduct preliminary depression assessments
	
	• Explain the purpose and procedures of the assessment to the elderly persons in order to obtain their cooperation
	• Provide a suitable environment, to ensure that the elderly persons can express their emotions and avoid affecting their performance during the assessments, such as: confidential room, comfortable temperature, etc.
	• Pay attention to the emotional and behavioral reactions of the elderly during the assessment, identify their mental health and analyze the information along with the assessment results
	• Accurately and systematically record all assessment results
	• Summarize the assessment results, determine whether the elderly has a risk of depression, and analyze the degree of effect on their daily lives

Functional Area - Clinical Care

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<td>3. Exhibit professionalism

• Utilize professional knowledge to accurately conduct preliminary depression assessments
• Observe and concern for the elderly's emotions and reactions during the assessment to help analyze the fluency and results of the assessment</td>
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<td>Assessment Criteria</td>
<td>The integrated outcome requirements of this Unit of Competency are:

• Able to conduct preliminary depression assessment for the elderly persons according to the organization's procedures and guidelines, and utilize appropriate assessment tools to ensure accurate assessment results; and
• Able to correctly record and analyze the assessment results, and determine the risk of depression in the elderly.</td>
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