

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

Functional Area - Psychosocial and Spiritual Care

Title	Provide Leisure Activities
Code	110812L2
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 provide the elderly persons with appropriate leisure activities, improve their motivation and commitment, and promote their physical and mental health, according to the organization's established activity schedules and arrangement guidelines.
Level	2
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on leisure activities</p> <ul style="list-style-type: none"> • Understand the organization's established activity schedules and arrangement guidelines • Understand the importance of leisure activities and the purpose of participation, such as: <ul style="list-style-type: none"> ○ Promote physical and mental health ○ Enrichment and learn new things ○ Meet new friends, broaden their social circle, etc. • Understand the types of leisure activities, such as: <ul style="list-style-type: none"> ○ Handicraft ○ Cooking ○ Musical activities ○ Electronic games ○ Board games ○ Fitness activities ○ Movies, etc. • Understand the requirements for arranging leisure activities, such as: <ul style="list-style-type: none"> ○ Number of participants ○ Required materials ○ Duration ○ Field facilities, etc. • Understand the skills to provide leisure activities <p>2. Provide leisure activities</p> <ul style="list-style-type: none"> • Regularly organize different types of leisure activities, and encourage the elderly persons to participate, according to their interests and hobbies, as well as the organization's daily activity schedules • Perform preparations according to the organization's activity arrangement guidelines, such as: <ul style="list-style-type: none"> ○ Recruit the appropriate target groups ○ Assemble adequate participants ○ Purchase or prepare the required materials ○ Organize the venue, etc. • Utilize appropriate skills to increase the elderly's rate of participation and sense of involvement, such as: <ul style="list-style-type: none"> ○ Organize diversified activities ○ Join creative and challenging activities

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	<ul style="list-style-type: none"> ○ Provide encouragement and appreciation ○ Adjust the activity's level of difficulty according to the elderly's response ○ Timely participation of the staff ○ Create relaxed atmospheres, etc. ● Report to the senior/supervisor on the activity's condition and effectiveness, such as: <ul style="list-style-type: none"> ○ Participant's overall response ○ Opinions of individual participants ○ Attendance rate of each session, etc. ● Upon completion of the activity, record and appropriately store the relevant information <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> ● Understand the skills of providing leisure activities, to ensure that they can be provided in relaxed and pleasant atmospheres ● Attend to the elderly's physical fitness and rest needs, in order to maintain their interest and confidence levels ● Regularly review the effectiveness of activities with the senior/supervisor, and adjust the model and types of activities as needed
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> ● Able to regularly provide appropriate leisure activities for the elderly persons, according to the organization's established activity schedules and arrangement guidelines; and ● Able to utilize appropriate skills to increase the elderly's motivation, commitment and participation in leisure activities.
Remark	