

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

Functional Area - Psychosocial and Spiritual Care

Title	Plan Carer Group Activities
Code	110824L4
Range	This Unit of Competency is applicable to practitioners who are responsible for planning carer group activities 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 design suitable group activities for the carers according to the organization's service content and environmental facilities, in order to relieve their stress and improve quality of life.
Level	4
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on carer group activities</p> <ul style="list-style-type: none"> <li>• Understand the organization's service content and environmental facilities, such as: <ul style="list-style-type: none"> <li>○ Objectives</li> <li>○ Target group</li> <li>○ Styles and types, etc.</li> </ul> </li> <li>• Understand the types of carer groups, such as: <ul style="list-style-type: none"> <li>○ Self-management support groups, such as: <ul style="list-style-type: none"> <li>▪ Stress relief</li> <li>▪ Emotion management</li> <li>▪ Mutual assistance</li> <li>▪ Positive psychology, etc.</li> </ul> </li> <li>○ Groups to improve their relationships with the elderly persons, such as: <ul style="list-style-type: none"> <li>▪ Improve two/cross-generation relationships</li> <li>▪ Positive communication</li> <li>▪ Mitigation of conflicts, etc.</li> </ul> </li> <li>○ Groups to improve the understanding of the elderly persons, such as: <ul style="list-style-type: none"> <li>▪ Understand the common diseases of the elderly persons</li> <li>▪ Exercise and health</li> <li>▪ Improve the elderly's self-care abilities</li> <li>▪ Skills of reminiscence activities</li> <li>▪ Comprehensive life plan, etc.</li> </ul> </li> <li>○ Groups to provide the resources/materials required by the elderly persons, such as: <ul style="list-style-type: none"> <li>▪ Community resource sharing</li> <li>▪ Understand the unified assessment mechanism and continuous care services</li> <li>▪ Accident prevention and home safety</li> <li>▪ Workshops for support and transfer skills</li> <li>▪ Use of rehabilitation equipment</li> <li>▪ Correct use of medications, etc.</li> </ul> </li> </ul> </li> <li>• Understand the procedures and techniques for planning carer group activities, such as: <ul style="list-style-type: none"> <li>○ Develop goals, targets and backgrounds</li> <li>○ Invite co-organizers and related groups/speakers</li> <li>○ Schedule the date, time, location, number of sessions and duration of each session</li> <li>○ Establish qualifications for participation</li> <li>○ Design activity content</li> </ul> </li> </ul>

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

Functional Area - Psychosocial and Spiritual Care

	<ul style="list-style-type: none"> <li>○ Recruitment and advertisement methods</li> <li>○ Event materials, human resources, venue and financial budget</li> <li>○ Performance indicators</li> <li>● Understand the methods to make good use of different styles of activities to enhance the participation of carers and achieve the expected results, such as: <ul style="list-style-type: none"> <li>○ Sharing sessions</li> <li>○ Interactive games</li> <li>○ Visits or outdoor activities</li> <li>○ Lectures, etc.</li> </ul> </li> <li>● Understand the methods of assessing the effectiveness of group activities</li> <li>● Understand the expected difficulties and develop contingency plans to solve them</li> <li>● Understand the appropriate arrangements for elderly care, so that the carers can participate the group at ease</li> <li>● Understand the skills of writing group activity plans</li> </ul> <p>2. Plan carer group activities</p> <ul style="list-style-type: none"> <li>● Select the type of group activities and develop goals to ensure they meet the needs of the organization and carers</li> <li>● Plan and execute relevant details according to the carer group activity plans</li> <li>● Design different review methods to assess the effectiveness of group activities and conduct satisfaction surveys such as: <ul style="list-style-type: none"> <li>○ Attendance rate</li> <li>○ Observe the carer's reactions</li> <li>○ Questionnaires before and after the group activity</li> <li>○ Individual conversations after the event</li> <li>○ Focus groups, etc.</li> </ul> </li> <li>● Write group activity plans, such as: <ul style="list-style-type: none"> <li>○ Activity goals, target groups, co-organizers and invited groups/speakers</li> <li>○ Content and program schedule of each session</li> <li>○ Recruitment and advertisement methods</li> <li>○ Event materials, human resources, venues</li> <li>○ Financial budget and solution/contingency plans</li> <li>○ Performance indicators</li> <li>○ Review methods, etc.</li> </ul> </li> <li>● Supervise and assist the staff in the preparation, execution and review of group activities</li> </ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> <li>● Carefully plan group activities suitable for carers, so that the activities can achieve the expected goals and results</li> <li>● Establish good relationships with the carer and give emotion support, and encourage the carer to actively participate</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 plan group activities by integrating the organization's service content, environmental facilities and carer's needs; and</li> <li>● Able to plan different group activities to improve the carer's motivation and participation.</li> </ul>
Remark	<p>Practitioners who perform this UoC possess knowledge on the organization's services and the different needs of carers.</p>