

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

Functional Area - Psychosocial and Spiritual Care

Title	Provide Spiritual Support for Carers
Code	110825L4
Range	This Unit of Competency is applicable to practitioners who provide spiritual support 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 provide spiritual support for carers, in order to relieve their stress and improve their quality of life.
Level	4
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on the carer's spiritual needs</p> <ul style="list-style-type: none"> • Understand the organization's relevant procedures and guidelines on providing spiritual support for carers • Understand the methods of assessing the carer's psychological stress • Understand the performance of good spiritual health, such as: <ul style="list-style-type: none"> ○ High self-esteem ○ Self-improvement ability ○ Establish meaningful life goals • Understand the contents of the four pillars of life, namely the "body, mind, social and spirit", with spiritual health being one component, and each component complements each other • Understand the purpose of providing spiritual support, such as: <ul style="list-style-type: none"> ○ Relieve the carer's stress and problems caused by it, illness, elderly abuse, and mental disorders, etc. ○ Improve the quality of life of the carers and the elderly persons they care for, etc. • Understand the theories, models and techniques for achieving spiritual health, such as: positive psychology improves the carer's mental health, and achieve happiness, methods such as: <ul style="list-style-type: none"> ○ Establish positive emotions, optimism and gratitude for the carers so that they achieve happiness ○ Use the carer's strengths and virtues to establish positive relationships in life events (such as: family and work, etc.), leading to optimistic lifestyles ○ Use the carer's strengths and virtues to help others and themselves, in order to achieve meaningful lifestyles, etc. • Understand the content, model and process of spiritual support services • Understand the activity models of different spiritual support • Understand the skills of building good relationships with the carers • Understand the community resources and partnerships related to spiritual support • Understand the skills of writing service assessments and reports <p>2. Provide spiritual support for carers</p> <ul style="list-style-type: none"> • Set the goals and performance indicators for providing spiritual support to carers • Set the activity goals and standards with the carers • Arrange different spiritual support activities according to the characteristics and needs of different carers, such as: relieving stress <ul style="list-style-type: none"> ○ Spiritual support with the concept of "Happiness", such as: <ul style="list-style-type: none"> ▪ Happy diary: share happy events with their family at a specific time every day

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	<ul style="list-style-type: none"> <ul style="list-style-type: none"> <ul style="list-style-type: none"> ▪ Pleasure food: increase happiness index by sharing stress relieving food ○ Spiritual support with the concept of “Flow”, such as: <ul style="list-style-type: none"> ▪ Music/art/garden themed activities ▪ Zen painting, etc. ○ Spiritual support with the concept of “Gratitude”, such as: <ul style="list-style-type: none"> ▪ Gratitude log ▪ The lifestyle of gratitude and sharing, etc. ○ Spiritual support with the concept of “Mindfulness” and “Savoring”, such as: <ul style="list-style-type: none"> ▪ Mindful walking ▪ Abdominal breathing/muscle relaxation exercises ▪ Mindful savoring, etc. ○ Activities with the concept of “Optimism”, such as: <ul style="list-style-type: none"> ▪ Training on cultivating positive thoughts, etc. • Perform the adequate preparations before providing spiritual support, to ensure smooth service operation, such as: <ul style="list-style-type: none"> ○ For carers, such as: <ul style="list-style-type: none"> ▪ Collect personal data and background information ▪ Assess for the carer’s stress ▪ Examine the carer’s characteristics, such as: their preferences and habits, etc. ▪ Establish an initial relationship with the carer, etc. ○ Environmental factors, such as: arranging a safe environment where the carers feel at ease and safe, etc. ○ Accessory factors, such as: prepare relevant music, pictures or audio-visual equipment, according to the carer’s characteristics and activity needs, etc. • Instruct staff on the service or activities, so that they can provide assistance, such as: the preparation of materials and venue, contacting participants, etc. • Liaise and coordinate community resources and partnerships to assist in promoting spiritual support services • Regularly review/observe the carer’s conditions, and make adjustments as needed • Conduct effectiveness and satisfaction surveys before and after the activities, for future follow-up purposes • Record and compile the service content, carer’s response and assessment report, then submit them to the senior for approval and storage <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> • Able to fully prepare and effectively lead different spiritual support activities, while demonstrating professional attitudes and abilities • Effectively detect the carer’s performance during the activity, and make appropriate adjustments accordingly
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> • Able to assess for the carer’s stress and needs, according to the organization’s procedures and guidelines, and provide them with different spiritual support services, in order to relieve their stress.
Remark	