

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

Functional Area - Psychosocial and Spiritual Care

Title	Assess the Carer's Psychological Stress
Code	110826L4
Range	This Unit of Competency is applicable to practitioners who provide their 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 collect the carer's information and assess their psychological stress, according to the organization's guidelines and procedures, in order to provide appropriate follow-up services to reduce their risks of stress and improve their quality of life.
Level	4
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on the carer's psychological stress</p> <ul style="list-style-type: none"> • Understand the causes of psychological stress in carers, such as: <ul style="list-style-type: none"> ○ Unable to handle the issues on the elderly's daily care ○ Disagreements or conflicts with the elderly persons • Understand the different levels of psychological stress that the carers face • Understand the tools used by the organization to assess the carer's psychological stress, such as: <ul style="list-style-type: none"> ○ Multi-dimensional carer risk assessment ○ Zarit Burden Interview, etc. • Understand the definition and calculation methods of the assessment tools of the carer's psychological stress • Understand the appropriate professional attitudes and behavioral ethics when assessing carers, such as: <ul style="list-style-type: none"> ○ Privacy and confidentiality codes ○ Respect the elderly's individuality, autonomy and do not criticize their attitudes ○ Show sympathy and consideration to the carer's psychological stress ○ Maintain unbiased and neutral attitudes ○ Affirm the carer's achievements in caring for the elderly persons, etc. • Understand the skills for the assessment of the carer's psychological stress • Understand the communication skills with carers • Understand the skills for dealing with the carer's emotions when assessing their psychological stress • Understand the possibility of conducting assessments for psychological stress in different privacy-protected venues, such as: the elderly's home or interview rooms of the service unit/center <p>2. Assess the carer's psychological stress</p> <ul style="list-style-type: none"> • Assess the carer's psychological stress according to their needs, the organization's service content and environmental facilities, such as: <ul style="list-style-type: none"> ○ Invite them to meet or conduct home visits at their estate's office/property management department of the relevant housing department and housing association ○ Promise that the interview will be confidential ○ Explain the purpose of meeting with them ○ Ask the carer and their care recipient for basic information, such as: <ul style="list-style-type: none"> ▪ Gender and year of birth

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	<ul style="list-style-type: none"> ▪ Relationship with the care recipient ▪ Whether they live together ▪ Average caregiving time per work ▪ Working conditions ▪ Economic condition ▪ The care recipient's physical condition and the conditions of their diseases ▪ The use of community services, etc. <ul style="list-style-type: none"> • Assess the carer's psychological stress using various methods, according to the organization's established mechanisms, such as: <ul style="list-style-type: none"> ○ Stress from caregiving, such as: unsure of how to deal with the elderly's problems, etc. ○ Depression symptoms, such as: loss of interest in their previous hobbies, etc. ○ Stress from the family, such as: family unwilling to cooperate, etc. ○ Health conditions, such as: insomnia, etc. <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. • Demonstrate understanding and consideration for the carer's stress • Document the assessment results and submit them to the senior/supervisor for analysis and follow-up purposes <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> • Comply with the organization's codes of conduct when assessing the carer's psychological stress • Effectively utilize appropriate assessment tools
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> • Able to assess the carer's psychological stress according to the organization's established mechanisms, identify their stress using appropriate assessment tools, and provide appropriate information for follow-up purposes.
Remark	