

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

Functional Area - Home and Community Care

Title	Accompany Outdoor Activities
Code	110864L2
Range	This Unit of Competency is applicable to frontline practitioners who provide home support 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 accompany the elderly persons in their outdoor activities according to their needs and the organization's guidelines and procedures, in order to ensure the elderly's safety.
Level	2
Credit	2 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on accompanying outdoor activities</p> <ul style="list-style-type: none"> • Understand the organization's guidelines and procedures for accompanying outdoor activities • Understand the organization's guidelines on occupational safety and health • Understand the purpose of accompanying outdoor activities, such as: <ul style="list-style-type: none"> ○ Reduce the loneliness of elderly persons ○ Attend to the elderly's needs and ensure their safety ○ Improve the elderly's social life, etc. • Understand the details of the elderly's outdoor activities, such as: <ul style="list-style-type: none"> ○ Purpose, such as: dates with friends, walking, shopping, doing sports, etc. ○ Location ○ Time, etc. • Understand the skills of maintaining good communication with the elderly persons • Understand all aspects of the elderly's conditions and the assistance they need, such as: <ul style="list-style-type: none"> ○ Chronic disease ○ Mobility ○ Cognitive ability ○ Mental condition ○ Medications, etc. • Understand the relevant service content and required skills • Understand what the elderly needs to bring when going out, such as: <ul style="list-style-type: none"> ○ Identification documents ○ Mobility aid/wheelchair ○ Pocket medication ○ Water and food ○ Moderate amounts of money ○ Items related to outdoor activities, shopping carts, etc. • Understand the safety measures for the elderly persons with special circumstances, such as: <ul style="list-style-type: none"> ○ Prevent the elderly persons with dementia from getting lost ○ Take precautions against falls of the elderly persons with limited mobility, etc. <p>2. Accompany outdoor activities</p> <ul style="list-style-type: none"> • Understand the elderly's conditions and needs from the senior/supervisor, and prepare related materials, according to the organization's guidelines and procedures for accompanying outdoor activities, such as: support belts, walking aids, etc.

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	<ul style="list-style-type: none"> • Assist the elderly persons to check if they have brought all the necessary items • Check with the elderly about the content and details of their outdoor activities in order to determine the route and estimated time of travel • Utilize the appropriate knowledge and correct skills to accompany the elderly persons in their outdoor activities, attend to their needs and ensure their safety, according to the elderly's physical conditions, such as: <ul style="list-style-type: none"> ○ Understanding of community facilities, use wheelchair accessible passages and facilities as much as possible ○ Skills for using assistive devices and skills for assisting the elderly persons in using assistive devices ○ Supporting skills ○ Transfer and holding skills ○ Skills for using wheelchairs, etc. • Ensure self-protection when providing services, to avoid strains or injuries, according to the organization's relevant occupational safety and health guidelines, such as: <ul style="list-style-type: none"> ○ Maintain the correct posture ○ Use energy conserving techniques, etc. • While accompanying the elderly persons, actively talk to them, and do not leave the elderly persons unattended, in order to ensure that they are being attended to throughout the process • Immediately report to the senior/supervisor in the case of emergencies • Report the elderly's conditions to the senior/supervisor in a timely manner <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> • Comply with the organization's guidelines and procedures when working • Ensure that the elderly persons are properly attended to at all times, actively talk to them, and maintain communication • Clarify the elderly's purpose of going out and assist them in completing the activity
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> • Able to accompany the elderly persons in their outdoor activities according to their needs, and utilize the appropriate knowledge and correct skills to ensure their safety; and • Able to accompany the elderly persons in their outdoor activities and actively communicate with them during the process, in order to improve their social life and emotional state.
Remark	