

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

Functional Area - Common

Title	Assist in Health Groups and Activities
Code	110894L2
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 suitable health groups and activities for the elderly persons to improve their health conditions, according to the senior/supervisor's established arrangements and guidelines and the health needs of the elderly persons.
Level	2
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on health groups and activities</p> <ul style="list-style-type: none"> <li>• Understand the organization's plans and practice manual on health groups and activities</li> <li>• Understand the importance of health groups and activities and the purpose of participation, such as: <ul style="list-style-type: none"> <li>○ Raise the elderly's attention to their health</li> <li>○ Deepen the understanding of the concept of elderly health</li> <li>○ Methods to improve their own health</li> <li>○ Learn about resources and information related to the health of the elderly, etc.</li> </ul> </li> <li>• Understand the content and details of the execution of health groups and activities, such as: <ul style="list-style-type: none"> <li>○ Group objective, content and process</li> <li>○ Number of participants</li> <li>○ Target group</li> <li>○ Execution model</li> <li>○ Required materials</li> <li>○ Anticipated difficulties and their solutions</li> <li>○ Assessment methods, etc.</li> </ul> </li> <li>• Understand the basic information related to the health of the elderly, such as: chronic diseases of the elderly, etc.</li> <li>• Understand the skills needed to execute health groups and activities</li> <li>• Understand the requirements and assessment methods of the senior/supervisor in the execution of health groups and activities</li> </ul> <p>2. Assist in health groups and activities</p> <ul style="list-style-type: none"> <li>• Provide health groups and activities for the elderly according to the schedule arranged by the senior/supervisor</li> <li>• Before organizing groups and activities, assist in recruiting suitable participants by using various methods, to ensure the cost-effectiveness of the groups and activities, such as: <ul style="list-style-type: none"> <li>○ Event notice board</li> <li>○ Event newsletter</li> <li>○ Distribute leaflets to the elderly persons and their family members</li> <li>○ Individual invitations, etc.</li> </ul> </li> <li>• Assist in providing groups and activities of different contents or categories, to meet the requirements of the senior/supervisor and the health needs of the elderly, such as: <ul style="list-style-type: none"> <li>○ Physical health, such as: disease prevention, pain management, etc.</li> <li>○ Psychological and mental health, such as: elderly depression, dementia, etc.</li> <li>○ Health information, such as: medication management, healthy diet, etc.</li> </ul> </li> </ul>

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	<ul style="list-style-type: none"> <li>• Perform adequate preparations before the groups and activities according to the instructions by the senior/supervisor, such as: <ul style="list-style-type: none"> <li>○ Provision of materials</li> <li>○ Environment layout</li> <li>○ Understand the basic information and health conditions of the participants</li> <li>○ Preview the content and procedures of the group activities, etc.</li> </ul> </li> <li>• Explain the purpose and procedures of the group activities to the elderly persons</li> <li>• Utilize appropriate skills when assisting in leading groups and activities to help achieve its goals, such as: <ul style="list-style-type: none"> <li>○ Amend the content and procedures of the groups and activities, according to the requirements of the senior/supervisor and the elderly's immediate response, in order to meet the needs of the elderly</li> <li>○ Utilize appropriate electronics, such as: play short videos on a big screen, to enhance the elderly's acceptance of the content</li> <li>○ Display tools or equipment related to the content of the group and activity, such as: body fat measurement instrument, medicine divider, etc., so that the elderly persons can further understand relevant knowledge</li> <li>○ Arrange simple and suitable games for the elderly persons, and provide rewards and appreciation when appropriate, according to the requirements of the senior/supervisor, in order to enhance the joy of participating in groups and activities</li> <li>○ Provide time for Q&amp;A, so that the elderly persons could ask questions related to the content of health and activities, to help improve the attention on their own health</li> </ul> </li> <li>• Use various methods to collect feedback from the elderly on their opinions of the session after the health group and activity, such as: <ul style="list-style-type: none"> <li>○ The participant's instant reactions</li> <li>○ Attendance rates per session</li> <li>○ Questionnaires</li> <li>○ Direct interviews, etc.</li> </ul> </li> <li>• Record the elderly's questions in groups and activities, and submit them to the senior/supervisor for analysis and follow-up purposes</li> <li>• Record and appropriately store the information of the group and activity after its completion</li> <li>• Identify areas of improvements and make amendments according to the opinions of the participants and the instructions by the senior/supervisor</li> </ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> <li>• Perform preparatory work of the groups and activities according to the instructions by the senior/supervisor, and basic health information of the elderly persons</li> <li>• Understand the knowledge and skills of leading health groups and activities, to ensure the relevant health information can be delivered to the elderly</li> <li>• Suggest areas of improvements according to the opinions of the participants and the instructions by the senior/supervisor</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 prepare and assist in leading health groups and activities according to the arrangements, guidelines and requirements of the senior/supervisor, as well as the health needs of the elderly; and</li> <li>• Able to respond to the purpose of the health group and activity, and assist in assessing, identifying and suggesting areas of improvements according to the opinions of the</li> </ul>

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Remark	