

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

Functional Area - Common

Title	Design Special Meals
Code	110957L5
Range	This Unit of Competency is applicable to practitioners who provide clinical care services in the elderly care service industry. The application requires the demonstration of in-depth expertise or theoretical knowledge in a range of technical, professional or managerial working environments, and its execution requires careful thinking, critical analysis and decision-making skills. Practitioners should be able to assess and analyze the elderly's dietary needs, and design special meals for them according to their health conditions, in order to improve the elderly's diet and overall health.
Level	5
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on the elderly's special meals</p> <ul style="list-style-type: none"> • Understand the causes and pathologies of the elderly with special needs, such as: <ul style="list-style-type: none"> ○ Malnutrition ○ Dysphagia ○ Illness ○ Current treatment regimen, etc. • Understand methods to assess the elderly's diet • Understand the frequent special meals for the elderly, and knowledge on nutrition and physiology, such as: <ul style="list-style-type: none"> ○ Low-calorie meals ○ Difficulty swallowing meals ○ Low-sodium meals • Understand the skills of designing personalized special menus • Understand the elderly's food preferences, refer to their personal backgrounds and cultures • Understand the methods to prepare special menus <p>2. Design special meals</p> <ul style="list-style-type: none"> • Assess the elderly's diet and health conditions, including: <ul style="list-style-type: none"> ○ Nutritional assessment ○ Eating Assessment Tool ○ Medical history ○ Past and current treatment regimens, etc. • Analyze the assessment results and integrate various data to determine the rationale behind the elderly's need for special meals, such as: <ul style="list-style-type: none"> ○ To control blood sugar from eating habits ○ Elderly persons who have dysphagia after a stroke need to eat mushy food in order to prevent aspiration pneumonia, etc. • Design personalized meals according to the rationale behind the elderly's need of special meals, such as: <ul style="list-style-type: none"> ○ Provide additional nutrition, such as: cancer patients require higher nutritional values ○ Elderly persons who suffer from dysphagia, such as: stroke patients suffering from dysphagia need to eat mushy food to reduce the chance of food entering the trachea

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	<ul style="list-style-type: none"> ○ Control diseases, such as: diabetics require food with low glycemic index to control their blood glucose levels ○ Avoid affecting the current treatment, such as: elderly persons taking anticoagulant medications are contraindicated to food with vitamin K, since it counteracts the drug ○ Food preferences, such as: some may not eat certain food due to religious or personal reasons ● Prepare personalized special menu, such as: <ul style="list-style-type: none"> ○ Ingredients, such as: beef, peanuts, etc. ○ Nutritional value, such as: amount of fat and protein, etc. ○ Processing methods, such as: crushing, boiling, etc. ○ Cooking methods, such as; avoid frying, spicy, etc. ○ Additional ingredients, such as: coagulation powder, protein powder, etc. ○ Reasons for special needs, such as: low sodium, low caloric, etc. ● Review the elderly's nutritional and disease conditions and modify the content of the special menu according to their diet, appetite and health condition, such as: weight, blood glucose, blood pressure, etc. <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> ● Utilize professional knowledge and skills to design special meals according to the elderly's health condition and personal preferences ● Review the elderly's condition after meals and modify the content of the special menu accordingly
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> ● Able to assess the elderly's diet and health condition, analyze the rationale behind their need of special meals, integrate various data, and design appropriate special meals for them; and ● Able to review the elderly's nutrition and disease condition, and modify the content of the special menu in order to improve their diet and overall health.
Remark	