

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

Functional Area - Clinical Care

Title	Assist Elderlies to perform Weight Bearing Exercise
Code	106086L2
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide rehabilitation care to elderlies. This Competency should be performed under supervision. Employees are required to assist and guide elderlies to perform the weight bearing exercises as prescribed by healthcare professionals, and monitor elderlies' conditions throughout the process, so that elderlies can complete the exercises safely, improve their muscle strength, prevent and treat osteoporosis.
Level	2
Credit	1 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on weight bearing exercises</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> <li>• Understand the content of weight bearing exercises for elderlies prescribed by healthcare professionals, such as <ul style="list-style-type: none"> <li>○ number of different exercises to be performed</li> <li>○ Standard movements and amount of physical activities such as number of sets and repetitions, range of motion, resistance and duration</li> <li>○ Safety and points to note</li> <li>○ Exercise equipment needed</li> <li>○ Contraindications for weight bearing exercises</li> </ul> </li> <li>• Understand the principle and safety measures for weight bearing exercises</li> <li>• Understand weight bearing exercises that are appropriate for elderlies, such as, <ul style="list-style-type: none"> <li>○ Walking</li> <li>○ Stationary cycling exercise</li> <li>○ Large muscles training exercises with resistance</li> </ul> </li> <li>• Understand the techniques of monitoring and guiding elderlies to perform weight bearing exercises</li> <li>• Understand the techniques to document and report clearly</li> </ul> <p>2. Assisting elderlies in performing weight bearing exercises</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> <li>• Inform elderlies in advance and explain the upcoming exercises so that they are more likely to comply</li> <li>• Understand the health conditions of elderlies and ensure they are fit for exercises, such as, <ul style="list-style-type: none"> <li>○ Any abnormalities in blood pressure and heart rate</li> <li>○ Any fever or other symptoms of illness</li> <li>○ Arthritis or pain</li> </ul> </li> <li>• Prepare secure and sturdy furniture and handrails, tidy up the venue and ensure the environment is safe for elderlies to exercise in.</li> <li>• Assist elderlies to perform exercises according to the weight bearing exercises prescribed by healthcare professionals, including, <ul style="list-style-type: none"> <li>○ Prepare appropriate exercise equipment, or arrange appropriate machines for elderlies</li> <li>○ Ensure the equipment and machines function properly, as well as adjust for an appropriate weight and set them in a proper position</li> </ul> </li> </ul>

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	<ul style="list-style-type: none"> <li>○ Guide elderlies to perform movements properly and demonstrate to them accordingly</li> <li>○ Explain the aim and benefits of the exercises to elderlies</li> <li>○ Observe how elderlies perform, correct them and help them adjust according to their ability if necessary</li> <li>○ Pay attention to elderlies' face complexion and complaints during exercise, terminate the exercise and report to healthcare professionals if they experience any discomfort</li> <li>○ Ensure elderlies complete the required amount of physical activity as prescribed by healthcare professionals</li> <li>● Do not leave elderlies unattended and ensure they perform exercises under supervision</li> <li>● Observe the effectiveness of the exercises and take note of elderlies' conditions upon completing weight bearing exercises; refer the cases to healthcare professionals for follow-up actions if needed, such as, <ul style="list-style-type: none"> <li>○ Elderlies are unable to complete the exercise</li> <li>○ Elderlies do not perform satisfactorily as required</li> <li>○ Elderlies refuse to exercise</li> </ul> </li> <li>● Document all circumstances throughout the process when elderlies perform weight bearing exercises and report to healthcare professionals, including <ul style="list-style-type: none"> <li>○ Completed exercises and the adjustments made in the process</li> <li>○ elderlies' performance and others opinions, such as how satisfied they are</li> </ul> </li> </ul> <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>● Give clear instructions patiently when assisting elderlies to perform weight bearing exercises</li> <li>● Monitor elderlies' conditions during exercises and ensure their safety</li> <li>● Give elderlies positive feedback, encourage them to complete the exercises and motivate them to participate</li> <li>● Understand how to operate the machines for exercises clearly.</li> </ul>
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> <li>● Ability to assist and guide elderlies to perform weight bearing exercises as prescribed by healthcare professionals; and</li> <li>● Ability to monitor the process when elderlies perform weight bearing exercises and the effectiveness of those exercises; make adjustments according to elderlies' ability; and</li> <li>● Ability to document all incidents when elderlies perform weight bearing exercises and report to healthcare professionals clearly</li> </ul>
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