

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

Functional Area - Clinical Care

Title	Provide day-to-day self-care Training
Code	106103L3
Range	This unit of competency is applicable to employees in the elderly care service industry who provide rehabilitation care services to elderlies. This Competency involves the ability of analysis and making judgment. Employees are required to provide day-to-day self-care training according to the prescriptions by healthcare professionals, in order to promote the self-care ability of elderlies.
Level	3
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on day-to-day self-care training</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand the basics of day-to-day self-care, including their definitions, content and importance • Understand the factors affecting self-care ability, such as: <ul style="list-style-type: none"> ○ Biological factors: illnesses, decrease in mobility ○ Psychological factors: dependence, anxiety and concern about their ability ○ Decline in cognitive ability ○ Environmental factors, etc. • Understand the skills and ways to provide day-to-day self-care training • Understand various devices and assistive tools deployed in self-care training and their uses • Understand the prescriptions by healthcare professionals, such as: <ul style="list-style-type: none"> ○ Self-care abilities need training ○ Suitable environment ○ Method of training ○ Duration and the number of sessions required ○ Assistance needed, such as verbal or visual cues ○ Devices and assistive tools needed • Understand the skills and ways to provide training in special cases, such as post-stroke elderlies and those with cognitive impairment • Understand the ways to assess elderlies' self-care ability, such as <ul style="list-style-type: none"> ○ Barthel Index ○ Instrumental Activities of Daily Living Scale • Understand day-to-day self-care abilities of elderlies • Understand skills required to present and report clearly <p>2. Conduct day-to-day self-care training</p> <p>Be able to</p> <ul style="list-style-type: none"> • Assist elderlies to receive self-care training according to the self-care abilities of elderlies and the healthcare professionals' prescriptions, such as: <ul style="list-style-type: none"> ○ Prepare the venue and required equipment, such as clothes, assistive devices, and commodes ○ Explain to elderlies the goal of the training, the procedures and the number of sessions required; make sure they understand the objectives ○ Provide instructions to elderlies when performing self-care training, such as asking them to pick up objects with chopsticks, so as to improve the coordination

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	<p>of small hand muscles; or asking them to practice using assistive devices such as a button hook to fasten buttons.</p> <ul style="list-style-type: none"> ○ Monitor elderlies' performance, offer assistance and guidance if needed, by means of verbal or gestural cues ○ Perform self-care training according to the prescriptions by healthcare professionals <ul style="list-style-type: none"> ● Encourage elderlies to complete all tasks by themselves. Praise them when they can finish the tasks, so as to motivate them for further training ● Allow adequate time for elderlies to rest throughout the session; monitor elderlies' condition and be mindful if they experience any discomfort ● Review the progress of the training and elderlies' condition after finishing the session, refer the cases to healthcare professionals if needed ● After the training session, report elderlies' performance to healthcare professionals and document the relevant details properly <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> ● Perform day-to-day self-care training according to the prescriptions by healthcare professionals ● Ensure the safety of elderlies when performing self-care training ● Give positive feedback to elderlies and encourage them to finish the training
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> ● Ability to conduct day-to-day self-care training properly according to the prescriptions by healthcare professionals; ● Ability to monitor elderlies' conditions throughout the session ; offer assistance and guidance when appropriate; and ● Ability to document elderlies' performance after the session, and report to healthcare professionals clearly.
Remark	