

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

Functional Area - Psychosocial & Spiritual Care

Title	Design Care Plans for Psychological/Spiritual Well-being
Code	106117L4
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide care services to elderlies. This competency involves sophisticated thinking and the ability to make judgment. Employees are required to assess the psychological/spiritual needs of elderlies, formulate care plans according to assessment results, and assist elderlies to build a fulfilling lifestyle by effective communication with elderlies and their families, so as to enhance the quality of life among elderlies.
Level	4
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on psychological /spiritual health of elderlies</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand the current psychological/spiritual health conditions of elderlies and the relevant factors that affect such conditions • Understand the procedures, content and meaning of formulating a care plan <ul style="list-style-type: none"> ○ Assess psychological / spiritual health (such as, reviewing counselling records, and using relevant assessment / measurement tools) ○ Implement the plan ○ Evaluate the plan • Understand the community resources available to support elderlies' psychological / spiritual health • Understand the skills and tools required to assess elderlies' psychological / spiritual health conditions • Understand the skills to build rapport with elderlies and their families • Understand the skills to draft a care plan <p>2. Formulate psychological / spiritual care plans for elderlies</p> <p>Be able to</p> <ul style="list-style-type: none"> • Assess elderlies' psychological / spiritual conditions and the relevant factors that affect such conditions when formulating psychological / spiritual care plan, for example, <ul style="list-style-type: none"> ○ The changes experienced by elderlies throughout the ageing process ○ Experiences of gain and loss in their later years ○ Change in appearances, physical conditions, role within the family, and cognitive functions ○ Significant events in life, such as, losing a family member, retirement, and stress from carers • Analyse the current psychological / spiritual needs of elderlies, in order to identify the present or potential psychological / spiritual problems • Identify the objectives of the care plans and set an order of priority according to how seriously the psychological/spiritual problems disturb them • Design a personalized care plan by means of: <ul style="list-style-type: none"> ○ Effective communication with elderlies' family ○ Encouraging elderlies to actively participate in the community and improve their quality of life, for example, joining activities in elderly centres and building a strong social network ○ Search for community resources that support elderlies' psychological health , for example, counselling centre, community leisure facilities, and elderly college

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	<ul style="list-style-type: none"> ○ Assist elderlies to build self-assurance and self-value, such as helping them actively participate in community affairs and volunteer work, or pursue continuous learning ○ Boost their independence and autonomy, such as being financially independent, and knowing the community resources available ● Build effective communication channels and let the relevant staff, elderlies and their families understand the content of the care plan ● Evaluate and assess the effectiveness of the care plan regularly, and make adjustment when needed ● Document the formulated care plan and keep the records securely <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> ● Build rapport with elderlies, show empathy and be objective ● Respect elderlies' right of choice, formulate the corresponding personalized care plan, in order to meet the various psychological/spiritual needs of elderlies ● Follow the Personal Data (Privacy) Ordinance when handling personal data
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> ● Ability to assess elderlies' needs in terms of emotions, thoughts, behaviours and lifestyle, and formulate a concrete, feasible psychological/spiritual care plan according to their psychological/spiritual conditions; and ● Ability to evaluate the formulated psychological/spiritual care plan regularly, and make adjustment, in order to alleviate elderlies' negative emotions and enhance their psychological/spiritual health.
Remark	