

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

Functional Area - Psychosocial & Spiritual Care

Title	Provide Group Counselling
Code	106118L4
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide care service to elderlies. This competency involves sophisticated thinking, and the ability to make choices and judgment. Employees are required to determine elderlies' psychological needs, analyse their backgrounds, in order to choose the psychological group counselling suitable for them, so as to enhance their psychological health.
Level	4
Credit	9 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on psychological group counselling</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Understand the theories and skills for individual and family counselling • Understand the theories and modes of psychological group counselling • Understand the objectives and importance of psychological group counselling, including <ul style="list-style-type: none"> ○ Forge connection and mutual care between elderlies with similar background ○ Relieve negative emotions ○ Enhance psychological health, for example, ability to withstand adversities and positive thinking • Understand the knowledge and skills to lead a group in psychological counselling • Understand the relationship between physical illnesses and psychological distresses • Understand the relevant assessment tools and skills to analyse elderlies' psychological needs • Understand the community resources and assistive institutions that provide psychological counselling • Understand the skills to draft group proposal and evaluation report • Understand the methods to evaluate progress and effectiveness of group therapy and the skills to design such group therapy <p>2. Provide psychological group counselling</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Analyse elderlies' psychological needs, in order to set the objectives and direction of the group therapy, for example, <ul style="list-style-type: none"> ○ Manage the emotional distresses caused by physical pain or mutual influences from other elderlies ○ Assist elderlies to change their mood and face life positively ○ Manage the difficulties in adjusting to changes in life caused by retirement • Select the right target elderlies for the group by using effective and relevant assessment tools, such as <ul style="list-style-type: none"> ○ Geriatric Depression Scale (GDS) ○ Life Satisfaction Index (LSI) • Understand elderlies' psychological conditions by taking note of their responses during group counselling, including their level of participation, emotions, and interactions with others • Refer the cases to the appropriate services or contact relevant community resources according to elderlies' specific needs • Document information of the group counselling in elderlies' personal care plans

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

Functional Area - Psychosocial & Spiritual Care

	<p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none">• be aware of oneself; ensure that the progress of group counselling fulfils elderlies' needs• build rapport with elderlies, show empathy and be objective and respectful to 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 provide elderlies with appropriate psychological group counselling or arrange such counselling for them, according to their psychological needs and backgrounds, in order to enhance their psychological health;• Ability to evaluate the effectiveness of group counselling for individual elderlies, and follow up the cases properly; and• Basic ability of self-awareness.
Remark	