

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

Functional Area - Psychosocial & Spiritual Care

Title	Assess Elderlies' Emotions and Suicidal ideation
Code	106119L4
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide care services to elderlies. This Competency involves non-routine tasks that require sophisticated thinking and the ability to make judgment. Employees are required to assess the emotional conditions of elderlies according to relevant guidelines of the institution, and identify those with suicidal ideation, in order to prevent suicide.
Level	4
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on elderlies' emotions and triggers of suicidal ideation</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand relevant assessment mechanism and guideline of the institution regarding the prevention of suicide among elderlies • Understand the professional attitude and code of conduct required when assessing elderlies, such as <ul style="list-style-type: none"> ○ Treat each elderly as an independent individual; respect and accept their points of view; avoid blaming and criticizing ○ Act impartially ○ Ascertain the value of elderlies' life • Understand the skills to assess the factors that affect elderlies' emotions • Understand the skills to identify elderlies with suicidal ideation • Understand the skills to build trust with elderlies and their families <p>2. Assess elderlies' emotions and their suicidal ideation</p> <p>Be able to</p> <ul style="list-style-type: none"> • Assess elderlies following the assessment mechanism stipulated in relevant guideline of the institution, such as: <ul style="list-style-type: none"> ○ Choose relevant assessment tools, such as Geriatrics Depression Scale, Suicidal Risk Assessment Form etc. ○ Review counselling records, especially for those with personal or family history of suicide ○ Review medical records, especially for those with chronic diseases, depression, or other mental disorders ○ Refer the cases to relevant community services for assessment, such as Elderly Suicide Prevention Programme, Psychogeriatric Nursing Assessment Service, etc. ○ Interview with elderlies to obtain relevant information, for example, the planned suicide methods, planned date of suicidal act, time, location, reasons for not yet committing suicide, etc. • Identify elderlies with suicidal ideation and pay attention to the signs of suicide, including <ul style="list-style-type: none"> ○ Physical aspects: physical fatigue, significant change in appetite, and weight loss or gain ○ Emotional aspects: loss of interest in daily activities or hobbies, feeling helpless or hopeless ○ Cognitive aspects: forgetfulness, difficulty concentrating on daily tasks, or overly blaming themselves for trivial mistakes

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

Functional Area - Psychosocial & Spiritual Care

	<ul style="list-style-type: none"> ○ Behavioural aspects: psychomotor agitation and/ or retardation, no longer caring about physical appearance, giving away their favourite items • Establish trust and effective communications with elderlies and their families, to assess elderlies' conditions and act promptly • Document the assessment results and follow-up plan in elderlies' personal record <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> • comply with the institution's code of suicide prevention when assessing elderlies • be objective and emotionally stable when assessing elderlies
Assessment Criteria	<p>The integrated outcome requirement of this Unit of Competency is:</p> <ul style="list-style-type: none"> • Ability to analyse factors affecting elderlies' emotions, signs of suicide ideation according to the institution's code of suicide prevention for assessment elderlies; identify those with suicide thoughts and prevent them from committing suicide.
Remark	