

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

Functional Area - Psychosocial & Spiritual Care

Title	Teach carers to take care of elderlies' dietary needs
Code	106132L4
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide support services to carers of elderlies. This competency involves the ability of analysis, making judgment and assessment. Employees are required to assess elderlies' needs to control their diet and other special dietary needs, and give carers guidance to provide elderlies with appropriate, healthy and nutritious diet.
Level	4
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on diet and nutrition for elderlies</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand the principles of healthy diet, for example, <ul style="list-style-type: none"> ○ Food pyramid ○ '3 low 1 high' rule (low oil, low sugar, low salt, high fibre) ○ Healthy food choices, for example, healthy cake and snacks • Understand the appropriate methods of choosing, storing and processing food • Understand elderlies' health condition and corresponding special dietary needs, for example, <ul style="list-style-type: none"> ○ Food to avoid for elderlies with gout or diabetes ○ Food for those with swallowing difficulty or oral problem ○ Understand various food textures and how to use thickener ○ Understand the assessment of elderlies' nutritional status and procedures to make referrals ○ Knowledge on nutrient supplements and their uses • Understand the methods and skills to assess carers' knowledge and their ability to take care of elderlies • Understand the other resources for elderly care in the community <p>2. Teach carers to take care of elderlies' dietary needs</p> <p>Be able to</p> <ul style="list-style-type: none"> • Formulate the direction of dietary care with carers according to elderlies' dietary needs • Master the key focusses when providing guidance, including <ul style="list-style-type: none"> ○ Motivate carers to learn and understand the benefits and importance of healthy diet to elderlies ○ Use various methods to deliver information (such as, lecture, discussion, demonstration, group sharing, exchanging ideas with other carers and providing healthy recipes) according to carers' ability; provide clues and guidance to carers so that they can take care of and meet elderlies' special dietary needs ○ Recap key points of the training and ensure carers understand them thoroughly. • Make referral when needed, contact relevant professional medical institutions/agencies for further guidance • Evaluate how well the training content can be applied in real life regularly with carers, and make appropriate adjustment when needed <p>3. Exhibit professionalism</p> <p>Be able to</p>

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	<ul style="list-style-type: none">• Provide appropriate guidance and teach carers patiently, so as to improve effectively their ability to take care of elderlies' dietary needs
Assessment Criteria	<p>The integrated outcome requirement of this Unit of Competency is:</p> <ul style="list-style-type: none">• Ability to assess elderlies' special dietary needs according to their health conditions, provide concrete and feasible guidance to carers, boost their ability and confidence to provide elderlies with healthy diet, as well as improve elderlies' nutritional status.
Remark	