

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

Functional Area - Psychosocial & Spiritual Care

Title	Teach carers to provide Rehabilitation Care to Elderlies
Code	106134L4
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide specialized rehabilitation training. Employees are required to teach carers to provide elderlies with appropriate rehabilitation care in a home environment, according to their physical and psychosocial rehabilitation needs, and assess carers' educational needs in terms of providing rehabilitation care to elderlies, so as to make sure elderlies receive appropriate rehabilitation care.
Level	4
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on elderly rehabilitation care and skills to teach carers</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Understand the aims of elderly rehabilitation care and its importance • Understand the knowledge and skills required to provide elderly rehabilitation care, such as home exercise training, rehabilitation therapy, speech therapy, cognitive training and arranging social activities • Understand the methods and skills to assess carers' educational need in terms of providing rehabilitation care • Understand carers' sources of stress and how to assess them, for example, excessive worry about elderlies' performance in rehabilitation training, or equating elderlies' progress in rehabilitation training as their own personal achievements • Understand the other resources for elderly care in the community <p>2. Teach carers to perform elderly rehabilitation care</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Set the educational direction with carers according to elderlies' body condition • Master the key points when providing guidance, including <ul style="list-style-type: none"> ○ Motivate carers to learn and understand that appropriate rehabilitation care can improve elderlies' body condition and slow down the way their bodily functions deteriorate ○ Use different methods to convey the information, (such as lectures, discussion, distributing written notes, demonstration, practising, exchanging ideas with other carers or healthcare professionals) according to carers' ability ○ Teach caregivers the procedures to perform rehabilitation care and stress the issues that need extra attention ○ Practise and highlight the key points of the training ○ Assess carers' performance, and correct their mistakes • Ensure carers clearly understand the content and skills to provide rehabilitation care, and how they can be applied • Evaluate how well the training material works in real life regularly with carers, and make appropriate adjustments when needed • If a carer can no longer provide rehabilitation care, or his/her performance does not meet the minimum acceptable standard, discuss with the carer whether to continue with the training/guidance or not, or refer the elderly to professional rehabilitation care services • Make good use of other elderly care resources, or make referral to relevant professional medical institutions/agencies for further guidance or services for carers

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	<p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none">• Provide appropriate guidance and teach carers patiently, effectively improve their ability and confidence in performing elderly rehabilitation care
Assessment Criteria	<p>The integrated outcome requirement of this Unit of Competency is:</p> <ul style="list-style-type: none">• Ability to assess elderlies' rehabilitation needs, provide concrete and feasible guidance to carers, boost their ability and confidence to provide elderlies with rehabilitation care, as well as improve elderlies' physical condition
Remark	