

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

Functional Area - Psychosocial & Spiritual Care

Title	Encourage elderlies to partake in Meaningful Activities
Code	106140L2
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide services. This competency involves the ability to make judgment. Employees are required to build trustful relationship with elderlies, encourage them to take part in meaningful activities and provide such opportunities, assist them to stay in touch with the society and build a healthy social support network.
Level	2
Credit	2 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on meaningful activities for elderlies</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Understand various types of meaningful activities, such as volunteering service, elderly development, social and entertainment activities • Understand possible physical, mental and social changes elderlies may experience as they age • Understand the positive ways to face ageing, such as building a social support network, eating a healthy diet and exercising regularly, and making good use of elderly care resources in the community • Understand the basic knowledge and skills to provide emotional support, for example, active listening and showing empathy • Understand the reasons why elderlies are unwilling to take part in meaningful activities, for example, feeling uncomfortable around strangers, or suffering from poor mobility • Understand the information of elderly activities in the community, for example, institutions and venues hosting events, and various community support <p>2. Encourage elderlies to partake in meaningful activities</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Take the initiative to care for and connect with elderlies, invite them to participate in suitable activities • Create opportunities for elderlies to partake in activities, boosting their sense of involvement • Invite individual elderlies to take part in the preparatory work, recognizing their personal talent, such as asking elderlies to volunteer in organizing birthday parties in the institution, inviting those who can speak eloquently to be the masters of ceremony, inviting elderlies to sing and celebrate, and sending blessings to those having their birthdays • Establish a close relationship with elderlies by galvanizing volunteers to provide them with actual help, such as cleaning their house or help them with grocery shopping, then ask the volunteers to invite elderlies to partake in activities in the company of the volunteers. • Assist elderlies to organize special activities and groups, for example, <ul style="list-style-type: none"> ○ For elderlies who feel uneasy around strangers, organize family activities for them so that they can spend time with their families ○ For elderlies with mobility problems, arrange escort services for them ○ Organize orientation activities regularly; encourag members to invite friends to sign up and enjoy the services offered by the institution together

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	<ul style="list-style-type: none"> • Establish a friendly relationship with elderlies by galvanizing volunteers to provide them with actual help, such as cleaning their house or help them with grocery shopping, then ask the volunteers to invite elderlies to partake in activities in the company of the volunteers. <p>3. Exhibit professionalism</p> <p style="padding-left: 20px;">Be able to</p> <ul style="list-style-type: none"> • Actively encourage elderlies to participate in the activities, and respect their right of decision
Assessment Criteria	<p>The integrated outcome requirement of this Unit of Competency is:</p> <ul style="list-style-type: none"> • Ability to encourage elderlies to take part in meaningful activities with various methods and skills, and provide them with such opportunities, assist them to keep in touch with the society and build a healthy social support network.
Remark	