

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

Functional Area - Psychosocial & Spiritual Care

Title	Provide Care for elderlies' Instrumental Activities of Daily Living (IADLs)
Code	106142L3
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide daily care to elderlies. This competency involves the ability to make judgment. Employees are required to provide care for elderlies' instrumental activities of daily Living (IADLs) with proper skills, according to IADLs assessment by healthcare professionals and recommended care, in order to assist them to improve their quality of life .
Level	3
Credit	9 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on care for Instrumental Activities of Daily Living (IADLs) of elderlies</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>• Understand the range of Instrumental Activities of Daily Living (IADLs), for example, <ul style="list-style-type: none"> <li>○ Shopping</li> <li>○ Use public transport when going out</li> <li>○ Cooking</li> <li>○ Do housework</li> <li>○ Wash clothes</li> <li>○ Use telephone</li> <li>○ Take medication</li> <li>○ Handling money matters.</li> </ul> </li> <li>• Understand the working procedures to provide care for Instrumental Activities of Daily Living (IADLs) of elderlies, and the issues that need extra attention</li> <li>• Understand the health condition, level of mobility and Instrumental Activities of Daily Living (IADLs) of elderlies</li> </ul> <p>2. Provide care for Instrumental Activities of Daily Living (IADLs) of elderlies</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>• Provide care to elderlies according to the recommendations from healthcare professionals based on their result of Instrumental Activities of Daily Living (IADLs) assessment, following the working procedures and points to note of each care item, for example, <ul style="list-style-type: none"> <li>○ Accompany and assist elderlies to shop, write a shopping list and plan the route with elderlies before heading out to avoid going back and forth and wasting time</li> <li>○ Teach elderlies to check if there is any item in the pockets before doing laundry; ensure they are empty; sort the clothes and wash according to information on washing labels</li> <li>○ Give guidance to elderlies for them to sort medication and remind them to take drugs according to instructions</li> <li>○ Assist elderlies to prepare ingredients for cooking, and allow them to cook</li> <li>○ Remind elderlies to store medication systematically following the instruction to avoid misuse</li> </ul> </li> <li>• Encourage and assist elderlies to perform Instrumental Activities of Daily Living (IADLs) by themselves according to their abilities, so that they can put their abilities to use and to avoid instilling a habit of dependence</li> <li>• Keep in touch with elderlies, take initiative to understand their wishes, for example, <ul style="list-style-type: none"> <li>○ Allow elderlies to choose the ingredients they want and cook them the way they prefer</li> </ul> </li> </ul>

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	<ul style="list-style-type: none"> <li>○ Let them choose the means of transportation when going out</li> <li>● Ask elderlies for opinions after providing care, such as asking how the food tastes</li> <li>● Document the date, time and procedures of the care provided for follow-up action in future</li> <li>● Report to healthcare professionals when noticing an obvious change in elderlies' ability</li> </ul> <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>● Always put elderlies' safety in the first place when helping them perform Instrumental Activities of Daily Living (IADLs)</li> <li>● Maintain good communication with elderlies when providing assistance, understand their wishes and feelings, respect their autonomy</li> <li>● Respect the differences in personal habits, and not to force elderlies to change their daily life routines that do not constitute safety concern</li> </ul>
Assessment Criteria	<p>The integrated outcome requirement of this Unit of Competency is:</p> <ul style="list-style-type: none"> <li>● Ability to perform relevant procedures according to elderlies' needs of Instrumental Activities of Daily Living (IADLs) and the recommendation from healthcare professionals; provide appropriate care for elderlies' Instrumental Activities of Daily Living (IADLs).</li> </ul>
Remark	