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

Unit of Competency is applicable across different functional areas

Title	Assist Elderlies with impaired physical Mobility
Code	106207L2
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide care service to elderlies. The Competency applies to familiar, day-to-day, predictable and routine working environment. Employees are expect to be able to assist elderlies with impaired mobility to perform daily activities and accident prevention measures, so as to ensure their safety.
Level	2
Credit	4 (For Reference Only)
Competency	 Performance Requirements Relevant knowledge on helping elderlies with impaired mobility perform daily activities Be able to Understand elderlies' activity level and conditions, such as: Mobility level Sense of Balance Ability to walk Walking aids. currently in use Understand the assistive walking devices used by the elderly, . Foot splint Girdle Arm sling Understand the basic knowledge required in assisting elderlies with impaired mobility, including: Proper use of walking aids and walking techniques Proper lifting and transfer techniques Proper ligt of walking and down the stair Understand the safety prevention to prevent elderlies from falling, such as: Use chairs with armrests that are sturdy and secured, Ensure normal functioning of walking aids and wheelchairs Ensure normal functioning or walking the assistive and wheelchairs Ensure the floor is dry and obstacle-free. Assisting elderlies with impaired mobility perform daily activities Be able to Explain to the elderlies about the activities they are about to perform in advance to gain their cooperation Provide appropriate assistance according to individual elderly's conditions and activity level Ensure the elderly is waring proper clothing and accessories Use proper methods and techniques to assist the elderly to move him/herself, such as from a bed to a chair, getting up from bed. Assist the elderly to put on assistive devices Choose appropriate walking aids and wheelchairs Instruct the elderly with simple instructions on proper ways of walking Take safety precautions to ensure the elderly performs activities safely and prevent accidents, such as: Use proper techniques to lift and transfer the elderly: ensure the safet

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	 Arrange a sturdy and secured chair with armrests for the elderly to sit on Use safety belts when necessary, ensure the belt is tightened Prepare the environment in which the elderly perform activities; remove obstacles from the pathway Ensure walking aids and wheelchairs function normally Use securely installed grabs and handrails, use sturdy furniture Ensure that the wheelchairs are securely locked Do not leave the elderly unattended without permission Seek help from third parties when necessary; work closely with them to help elderlies with impaired mobility perform daily activities In case of doubt or queries arising from assisting individual elderly with impaired mobility, consult relevant healthcare professionals Exhibit professionalism Be able to Put the safety of the elderlies with impaired mobility first when assisting them to perform
	 daily activities Be mindful of the anxiety and discomfort experienced by the elderlies; offer comfort and support Boost elderlies' self-help ability and confidence; maintain their dignity
Assessment Criteria	The integrated outcome requirements of this Unit of Competency are:
	 Abilities to provide proper assistance and guidance based on the elderlies' mobility level and specific condition; and Ability to take safety precautions to ensure elderlies perform activities safely
Remark	Employees performing this unit of competence are supposed to have acquired the techniques of lifting and transferring elderlies, and knowledge of the assistive tools for the elderly.