

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

Unit of Competency is applicable across different functional areas

Title	Provide Leisure Activities
Code	106213L2
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide frontline services elderlies. This competency involves working in a familiar, day-to-day environment and should be performed under supervision. Employees are required to provide elderlies with appropriate leisure activities according to relevant guidelines and arrangement of the institution, so as to improve their physical and mental health.
Level	2
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on leisure activities</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand the guidelines of the institution on planning and arranging activities • Understand the importance and aims of participating in leisure activities, such as <ul style="list-style-type: none"> ○ Improve physical and mental health ○ Achieve a sense of fulfilment and learn something new ○ Make new friends and expand their social circles • Understand different types of leisure activities, such as <ul style="list-style-type: none"> ○ Handcrafts ○ Cookery ○ Listening to music ○ Watching movies • Understand the requirements of arranging leisure activities, including <ul style="list-style-type: none"> ○ Number of participants ○ Required supplies and tools ○ Time ○ Venue and facilities, etc. • Understand the techniques to provide leisure activities <p>2. Provide leisure activities</p> <p>Be able to</p> <ul style="list-style-type: none"> • Organize different types of leisure activities regularly and encourage elderlies to participate according to their interests and hobbies, as well as the institution's timetable of daily activities • Prepare for activities according to guideline of the institution regarding activity arrangement <ul style="list-style-type: none"> ○ Recruit appropriate participants ○ Gather enough elderlies ○ Purchase or prepare supplies and tools required ○ Prepare the venue • Use proper techniques to boost elderlies' involvement and engagement, such as: <ul style="list-style-type: none"> ○ Organize a variety of activities ○ Include creative and challenging activities ○ Encourage and praise elderlies ○ Adjust the level of difficulties of activities according to responses from elderlies ○ Create a relaxing atmosphere • Report to supervisors details of the events and their effectiveness, such as: <ul style="list-style-type: none"> ○ Overall response from the participants

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	<ul style="list-style-type: none"> ○ Comments from individual participants ○ Attendance of each session ● Document and store properly the relevant information of the activities when they are finished <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> ● Respect the autonomy of elderlies and allow them to choose the activities they want to participate in ● Master the techniques to provide leisure activities and ensure they are conducted under a relaxing and pleasurable atmosphere. ● Pay attention elderlies' physical ability and their resting schedule, so as to maintain their interest in activities and boost their confidence
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> ● Ability to provide appropriate leisure activities for elderlies according to relevant guidelines and prescribed arrangements of the institution; and ● Ability to use proper techniques to motivate elderlies and boost their engagement in leisure activities.
Remark	