

- *Unofficial translation* -

The Skill Development Promotion Committee Announcement

National Skill Standard of Older Person Caregiver

By virtue of the 1st paragraph of section 22 of the Skill Development Promotion Act B.E. 2545, the Skill Development Promotion Committee, with the consent of the Minister of Labour, hereby issues the National Skill Standard of the Older Person Caregiver as follows:

1. In this announcement “Older Person Caregiver” refers to those who assist elderly people and families in living their everyday lives safely and to meet their living standard to keep elderly people physically, mentally and socially fit.

2. National Skill Standard of Older Person Caregiver is divided into 1 level

2.1 National Skill Standard of Older Person Caregiver level 1 refers to an ethical person who has skill, knowledge and competency in assisting elderly people and families in living their everyday lives safely, promoting the elderly people wellbeing so they can live their lives happily in society.

3. Assessment criteria for Older Person Caregiver according to Thai National Skill Standard Level 1

3.1 An older person caregiver should have the following knowledges

3.1.1 General knowledge

(1) Work scope, related laws and ethics

(a) Work contract, labour law, Healing Arts Practice Act

(b) Will, heritage and caretaker

(c) Caretaker’s ethics and responsibilities

(d) Infringement and abuse

(2) Environment and Safety

(a) Accident prevention, household objects arrangement

(b) Lighting and ventilation

(c) Arranging clean and relaxing environment including how

to handle disinfectants

(3) Drugs

Storage and expire date checking

3.1.2 Specific knowledge

- (1) Elderly people's needs and care
 - (a) Physical and common health issues
 - (b) Psychology for the elderly and behaviors:
memorization, data processing, emotional control
 - (c) Social change
- (2) Nutrition
 - (a) Diet for elderly people
 - (1) Type, category of food
 - (2) Portion and number of meals
 - (b) Meal preparation and cooking to preserve nutrients
 - (1) Special food for specific disease
 - (2) Pureed food for gastrostomy tube
 - (3) Medical ready-to-eat meal
 - (c) Food preservation
 - (1) Food preservation containers
 - (2) Food preservation methods
 - (3) Food spoilage observation
- (3) Utilization and maintenance of:
 - (a) Walker, Wheelchair
 - (b) Cushions, adjustable bed
 - (c) Home oxygen equipment (Oxygen tank and oxygen concentrator)
 - (d) Suction Portable
 - (e) Blood pressure monitors and fever thermometers
 - (f) A gastrostomy feeding tube or device
- (4) Getting help in the case of elderly person with atypical presentations of illness in the emergency;
 - (a) When to seek help
 - (b) How to contact relatives and hospital nearby
 - (c) Properly reporting abnormalities

or inability);

(5) Recreational activities and exercises for elderly person (ability

(a) Physical rehabilitation

(b) Psychosocial rehabilitation

illnesses;

(6) Care for the elderly with psychological disorders and mental

(a) Prevention of harm that may occur in the elderly and others

(1) Inside the house

(2) Outside the house

(b) Treatment of behavioral disorders in elderly

(1) Wandering and restlessness

(2) Repetitive questions and repetitive behaviors

(a) Not sleep at night

(b) Hiding things

(c) Inappropriate sexual behavior

(d) Harass/assault the caregiver

emotional disorder

(c) Guidelines in taking care of older persons with

(1) Absence of self and environment

(2) Anxiety/depression

(3) Paranoid/hallucination

3.2) Ability means the capability in performing the following tasks;

3.2.1 General knowledge

(1) Housekeeping and environmental health

(a) Bathing, shampooing, and body parts cleaning

(b) Wiping and drying the older people

(c) Skin care products selection

(d) Oral, dental, ear, optic, and nasal care

(e) Dressing and wearing clothes

(f) Making the bed

(g) Setting up safe environment to prevent accident

(2) First aid

(a) tepid sponge

(b) body temperature measurement, blood pressure measurement, and pulse and respiration count

3.2.2 Technical knowledge

(1) providing diets for older persons under doctor and nurse's instruction

(a) feeding patient who has swallowing disorder or half conscious

(b) gastrostomy tube feeding

(c) choking treatment rescue procedure

(2) excretion

(a) assisting older person in urination and bowel movement

(b) cleaning after excretion

(3) moving and shifting the old persons (flipping on the bed, changing the position to sit, stand, walk, supporting to walk, and using supporting devices)

(a) older persons who can assist themselves

(b) older persons who cannot assist themselves

(4) remedy

(a) identifying expired or degraded medicine

(b) preparing medicine for older persons under doctor's

prescription

(1) orogastric intubation and gastrostomy tube feeding

(2) suppository and enema laxative

(3) insulin injection

(4) using topical medication

(5) ear drop and eye drop

3.3) Attitudes including working performance, punctuality, discipline, honesty, and economical

(1) cordial and effective interaction

(2) treating older persons with generosity and sympathy

(3) bridging an intimate relationship with older persons

Notified on 10th February 2010

Somchai Chumrat

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