

## Healthcare for Good

As the world moves from new normal to a new future, the demand for accessing quality healthcare and maintaining wellness has grown exponentially. New services to promote holistic well-being are emerging to meet service users' physical, social, and mental health needs. With a youthful spirit as well as relevant skills and knowledge, young professionals and paraprofessionals with a broadened imagination of the future healthcare sector will bring new ideas and energy to the delivery and management of self-care and community-based care.

### Community Care Practitioner

#### Purpose

- Promotes self-care and health literacy of elderly and the disabled as well as their carers by bringing holistic practices into their everyday life
- Empowers elderly and the disabled to live a dignified life with strong community healthcare support in place

#### Job Duties

- Conduct brief assessment in terms of physical, mental and social health using the target group specific assessment tools, such as BPRS (Brief Psychiatric Rating Scale), MSE (Mental State Examination), SCICLS-C (St Louis Inventory of Community Living Skills), QOL (Quality of Life) index, MCI screening, AD8 through electronic devices or easy data collection and analysis
- Organise individual or group training adopting a wide spectrum of cross-disciplinary tools, such as physical activities, art expression and mental stimulation exercise/ electronic games for nurturing holistic health
- Keep the serving targets informed of up-to-date healthcare related products and services based on accurate and timely needs analysis
- Make referrals meeting the needs of the serving targets after the approval of management
- Support the serving targets using electronic devices, such as “e-health station” and

the “Easy Check Mobile application” (“e-health station” is a Tung Wah developed cloud Health platform for our elderly centres that allow elder members to use the health devices provided at the station for taking their own health measurement (blood pressure, body temperature, weight, BMI, oximeter). This platform enabled our authorized staff to keep track of members’ health in a timely manner and generate alert when the elders’ vital parameters cross the normal value; whereas the “Easy Check Mobile application” is app for our elder members to view their own record via individual mobile phone)

- Explore and report to unit on the needs of elderly and people with disabilities and their families, plan and organise programme by enabling them to use e-health station system, health care voucher, as well as registration in Electronic Health Record Sharing System
- Implement and deliver exercises / trainings to elderly and people with disabilities as advised by physiotherapists, occupational therapists and speech therapists
- Participate in prototyping innovative ideas for enhancing the holistic health of the serving targets
- Collect and analyse demographic and health status data in community level so as to design preventive health programs for the Centre
- Collaborate and coordinate with other community providers and health entities as needed

### Values

- Ability utilization
- Concern for others
- Creativity
- Health
- Loyalty
- Responsibility
- Relationships with co-workers
- Self-control

### Attitudes

- Accurate
- Cheerful
- Cooperative
- Details oriented
- Focused
- Hardworking
- Helpful
- Life-long learning
- Patient
- Sincere

### Skills

- Active learning skills
- Active listening skills
- Adaptability skills
- Computer skills
- Oral communication skills
- Serving skills
- Coordinating skills

### Knowledge

- Knowledge related to Computers and Electronics
- Knowledge related to Customer and Personal Service
- Knowledge related to Therapy and Counselling

## Wellness Planner

### Purpose

- Introduces technology and other innovative interventions to enhance individuals' well-being and mental health
- Strengthens community's mental health literacy and resilience by providing all-rounded support for self-care and self-management

### Job Duties

- Assessment & goal setting: Use evidence-based assessment tools to understand the strength and well-being condition of community members; conduct goal setting of holistic well-being
- Planning: Plan and organize well-being action plans, based on client's needs; consolidate resources on mental well-being and derive appropriate plans and guidance for community members
- Client Management: Follow up with individual community members who have joined the programme to ensure successful engagement; generate referrals to a needed individual to existing community services available
- Promotion of mental wellness: Deliver wellness talks to public and corporate clients.

### Values

- Honesty
- Humility
- Concern for others
- Interdependence
- Kindness
- Variety of work

### Attitudes

- Accurate
- Empathetic
- Flexible
- Friendly
- Hardworking
- Independent
- Initiative
- Persistent
- Open-minded

### Skills

- Counselling/mediation skills
- Active learning skills
- Language skills
- Planning / organisation skills
- Social perceptual skills
- Reading comprehension skills
- Speaking
- Interpersonal skills

### Knowledge

- Knowledge related to Clerical
- Knowledge related to Psychology
- Knowledge related to Therapy and Counselling

## Health Coach Trainee

### Purpose

- Supports professional therapists in providing tailored physical training to elderly and the disabled to strengthen health maintenance and rehabilitation
- Injects new energy into community healthcare by promoting an active lifestyle

### Job Duties

- Design physical exercises according to individual needs
- Prescribe functional capacity training based on health assessment
- Implement active recreational and physical activities
- Conduct exercises with appropriate usage of therapeutic modalities for disabled persons and elders
- Assist professional therapists in delivering rehabilitation care under guidance

### Values

- Concern for others
- Personal development
- Relationship with colleagues
- Variety of work

### Attitudes

- Cheerful
- Conscientious
- Flexible
- Patient

### Skills

- Adaptability skills
- Active listening skills
- Coordinating skills
- Innovating skills

### Knowledge

- Knowledge related to biology
- Knowledge related to Communications and Media