

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

- To establish self-care and health literacy of elderly, the disabled and the youth with mental health suffering as well as their carers by bringing holistic practices into their everyday life
- To empower elderly, the disabled and the youth with mental health suffering to live a dignified life with community healthcare support in place

Job Duties

- To explore and understand the needs of elderly, the disabled and the youth with mental health suffering as well as their family; to organize a programme by promoting the establishment of a healthy lifestyle;
- To recognize proper assessment tools, such as The Depression, Anxiety and Stress Scale (DASS-21), MSE (Mental State Examination), SCICLS-C (St Louis Inventory of Community Living Skills), QOL (Quality of Life) index, MCI screening, and assist in collecting data for analysis;
- To organize 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;
- To keep the serving targets informed of up-to-date healthcare related products and services based on accurate and timely needs analysis;

- To promote the usage of electronic devices among the serving targets, such as “e-health station” , the “Easy Check Mobile application” and the “有心情 Mobile application” , to improve their knowledge and management of health conditions;
- To assist the delivery of exercises / trainings to elderly and people with disabilities as advised by physiotherapists, occupational therapists and speech therapists;
- To provide referral services as serving targets’ needs, with approval by the management ;
- To participate in prototyping innovative ideas for enhancing the holistic health of the serving targets;
- To collect and analyse demographic and health status data for designing preventive health programme in community level;
- To provide the latest community information and help the serving targets to improve their quality of life;
- To collaborate and coordinate with other community providers and health entities as needed;
- To perform any other duties assigned by supervisors.

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