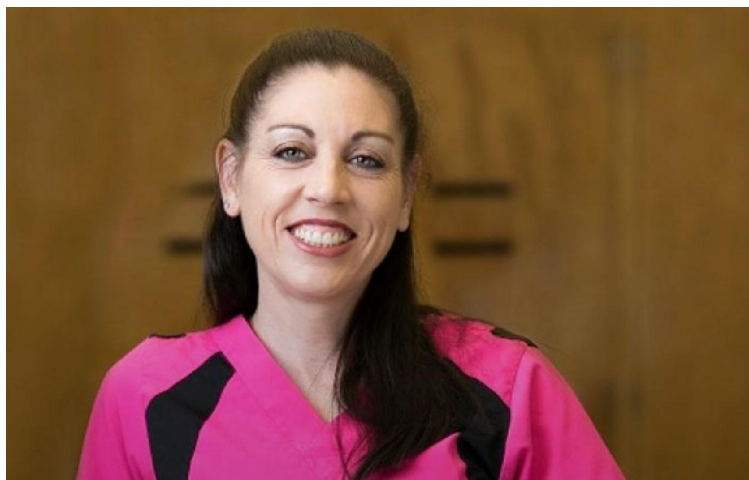


Back to Work Program

Personal Care Assistant Certificate



OVERVIEW

Personal Care Assistant program courses prepare students to seek entry-level employment, assisting patients and families with non-medically directed personal care. Personal Care Assistants monitor the health status of an individual with disabilities or illness, and address their health-related needs, such as changing bandages, dressing wounds, or administering medication.

Work is performed under the direction of offsite or intermittent onsite licensed nursing staff. Provide assistance with routine healthcare tasks or activities of daily living, such as feeding, bathing, toileting, or ambulation. May also help with tasks such as preparing meals, doing light housekeeping, and doing laundry depending on the patient's abilities.

The Personal Care Assistant program consists of job-focused training led by instructors with some guest lecturers. In addition to Personal Care Assistant classes students will receive customer service skills training and customized course electives to meet their academic needs as well as career counseling and job search support.

Classes will be delivered online. Students will be assigned materials, reading, observations, group projects and demonstrations. All class supplies are free for students; students will be loaned a Chromebook, Hotspot for Internet access and headphones. Students will receive tutoring and ESL support as needed.

Program participants will

- develop and practice applicable vocational skills
- discover and develop the secrets that make an employee irreplaceable
- develop and practice interview skills
- receive support in finding a job

Average entry level salary: \$12.55 - \$15.31

MARKETABLE SKILLS

Personal Care Assistant courses are designed to provide program completers with the following marketable skills:

- Define the role of the Personal Care Attendant as a member of the home health care team
- Describe the important role of ethics in caregiving
- Demonstrate correct hand washing technique as a measure of infection control
- Take accurate temperature, pulse, respiration and blood pressure measurement, discuss measures for incontinent care, and identify procedures for the safe use of oxygen
- Describe the importance of body mechanics and the role of assistive devices in physical mobility

- Employ principles of effective communication to maintain clear understanding between patient, family, caregiver, and members of the home health team
- Identify foods that meet low fat, low salt, and/or low sugar recommendations
- Explain the important role prescribed medication plays in the patient's health
- Identify procedures to assist bathing in tub, sink-side, or with bed bath, and what to look for to assess skin condition for pressure area or dry skin
- List and describe the problems and needs of older patients, and the challenges in working with patients with dementia or Alzheimer's Disease
- Identify the importance of accurate documentation, and the importance of following appropriate emergency procedures

- Recognize elder/dependent adult abuse, and identify agencies and procedures for initiating investigation
- Explain the importance of self-care to stay physically and emotionally balanced while caring for the needs of the patient and family
- Describe stages of Alzheimer's disease
- Describe strategies for dealing with communication difficulties and problem behavior associated with dementia or Alzheimer's disease
- Identify community resources to assist families with end-of-life care

Possible Jobs:

- Caregiver
- Home Health Aide
- Home Attendant,
- Home Care Aide
- Home Health Provider
- Hospice/Home Health Aide
- In Home Caregiver

This entry level Personal Care Assistant training can lead to both employment and a jumpstart on earning Emergency Medical Technician (EMT) certificate, Certified Nursing Assistant (CNA) certificate, and Licensed Vocational Nurses (LVN) and Associate Degree (RN) degrees.