



## **Elder Pal**

Students who successfully complete the Elder Pal level of training should achieve a level of competency appropriate for providing care to individuals in need of supervision and **minimal assistance** with activities of daily living. Elder Pal graduates are trained to provide age appropriate companionship, safety and support in the home or assisted living setting. Elder Pal graduates receive classroom instruction on the following topics:

- abuse/maltreatment
- adaptive clothing
- advanced directives
- basic human needs
- bed making-unoccupied
- bladder and bowel care
- body mechanics
- caregiver stress
- clothing for impaired individuals
- communication
- dementia, depression and Alzheimer's disease
- documentation of care
- dressing and undressing
- ethical and legal issues
- fall prevention
- fire safety
- food and nutrition
- home care team
- incontinence
- infection control
- maintaining a clean, health environment
- personal care
- preventing burns
- reminiscence
- rights and responsibilities
- role of the nurse assistant
- safety precautions
- shopping, cooking and food handling
- skin care
- special considerations in the elderly

Elder Pal graduates are taught how to assist or provide the clients with basic activities of daily living, such as bathing, dressing, walking and light housekeeping, meal preparation and running errands. At the conclusion of training, the Elder Pal will have received adequate training to successfully perform the following skills through return demonstration:

- ambulation using a cane or walker
- bath-partial/shower
- dressing and undressing
- fingernail care
- foot and toenail care-basic
- gloving
- hand washing
- making an unoccupied bed
- oral hygiene
- positioning an individual in bed/ moving side to side
- shampooing with hair care (during shower and at the sink)
- shaving
- transfer techniques



## **Personal Care Assistant**

Students who successfully complete the Personal Care Assistant level of training should achieve a level of competency appropriate for providing “hands-on” care for individuals who need **minimal to moderate** assistance with activities of daily living. The Personal Care Assistant training builds on the Elder Pal training by providing additional information on subject matter, skills instruction and return demonstration.

Personal Care Assistant graduates receive classroom instruction on the following topics:

- back rub
- bed shampoo
- bowel and bladder care
- complete bed bath
- dealing with death and dying
- developmental disabilities
- diseases and conditions
- emergency situations
- ethical/legal issues
- feeding an individual needing assistance (including the visually impaired)
- fluid balance
- growth and development
- Heimlich maneuver
- infection control
- making an occupied bed
- meal preparation and food handling
- measuring vital signs (TPR)
- Medicaid documentation
- patient rights and responsibilities
- perineal care
- principles of observation
- range of motion exercises
- urinary catheter care
- validation therapy

Personal Care Assistant graduates are taught how to provide care to clients who require a more advanced level of assistance with bathing, dressing, or walking. In addition, this second level of training addresses some of the more complicated care issues such as difficult behavioral and end-of-life care.

At the conclusion of training, the Personal Care Aide will have received enough instruction to successfully perform the following skills through return demonstration:

- assisting with bedpan and urinal
- backrub
- complete bed bath
- feeding an individual requiring total assistance
- feeding the person who is visually impaired
- food safety
- Heimlich maneuver
- making an occupied bed
- meal preparation
- measuring fluid intake
- measuring urinary output
- perineal care
- shampoo in bed
- temperature (oral, tympanic & axillary)
- pulse and respiration
- urinary catheter and tubing care



## **Home Care Assistant**

Students who successfully complete the Home Care Assistant level of training should achieve a level of competency appropriate for providing “hands-on” care for individuals who need **moderate-to-maximum** assistance with activities of daily living. The Home Care Assistant level of training covers procedures such as specimen collection. In addition, Home Care Assistant graduates are instructed on assisting individuals who have advanced medical problems and complex or chronic health conditions. These graduates can perform routine nursing-related services in hospitals, long term care facilities, home health agencies, and other settings, under the supervision & direction of a licensed nurse or family member. Similar to previous levels of training, the Home Care Assistant training builds on the skills learned in the Personal Care Assistant training.

Home Care Assistant graduates receive classroom instruction on the following topics:

- alternate methods of feeding
- basic anatomy and physiology
- bowel elimination (normal bowel movements, colostomy, ileostomy, fecal impaction, prepackaged enema administration)
- cognitive/behavioral improvements
- common abbreviations
- ethical and legal issues
- goals of the long term care facility
- infection control/isolation techniques
- maintaining a clean, safe, healthy environment
- meal service
- medical terminology
- oral hygiene for the unconscious individual
- postmortem care
- restorative care (range of motion exercises & bowel and bladder training)
- restraints
- rights and responsibilities
- social /cognitive/behavioral issues
- specimen collection (routine urine specimen, routine stool specimen)
- transfer from bed to stretcher
- use of the mechanical lift
- use of the wheelchair/geriatric chair
- vital signs (blood pressure, apical pulse, height and weight, rectal temperature)

At the conclusion of training, the Home Care Assistant Graduate will have received enough instruction to successfully perform the following skills through return demonstration:

- blood pressure (sitting and lying)
- giving a commercial enema
- measuring output (with and without a catheter)
- measuring height (standing and lying)
- use of wheelchairs
- routine urine specimen collection
- pulse-apical, temperature-rectal
- stool specimen collection
- use of restraints
- using a mechanical lift
- weighing a client (standing or lying in bed)
- oral hygiene for the unconscious client
- postmortem care



## **Dementia and Alzheimer's Disease Training**

### **Dementia and Alzheimer's Disease Training (AD)**

**Training requirements: Elder Pal Course or current Certified Nursing Assistant (CNA) Certification, plus an additional 15 hours.**

Dementia and Alzheimer's Disease Training provides education that focuses on the care needs of persons with dementia. Various types of dementia are reviewed with person-centered care featured. Caregivers learn special techniques to care for an individual with dementia.

- **Dementia and Alzheimer's Disease Training (AD) graduates have received classroom instruction in the following:**

- Introduction to Dementia and Alzheimer's Disease
- Maintenance of Respect, Dignity and Quality of Life
- Communication
- Behavioral Issues
- Activities
- Nutrition
- Staff Stress and Burnout

Dementia and Alzheimer's Disease Training has been developed and is included in training at the Schmieding Center for Senior Health and Education. The training manual is in the refinement process and will available upon completion.