Caregiver Training

This comprehensive course has been specifically designed to prepare individuals for work as a caregiver in an in-home setting. Each course is one credit hour unless marked with an asterisk (*) signifying that it is two credit hours.

CARE001-Becoming a Caregiver
This course covers the core values of caregiving, understanding the range of caregiver duties, the basics of client rights, and understanding other team members' roles.

CARE002-Duties of a Caregiver
Learn the basic scope of a caregiver's job including how to preserve your clients' safety and integrity, help with mobility and independence, and how to work within the rules and regulations that govern your job.

CARE003-Ethics and Personal Rights
Ethics is the art of knowing the right thing to do, even in confusing circumstances. This course will help you better manage those gray areas when it's hard to know the right thing to do.

CARE004-Communicating with Others*
This 2 credit course will help you understand how to communicate with impaired clients, individuals with Alzheimer's or memory loss, agitated people and others in your work.

CARE005-Understanding Client Rights
No matter what the care setting, your clients have rights - rights to privacy, dignity, independence and respect, among other things. Learn how to apply these rights in your daily work with all clients.

CARE006-Promoting Your Client’s Independence
Keeping clients as independent as possible is a cornerstone of good care. Learn how to maintain your clients' independence, while also providing care when needed. This course covers topics of skin care and positioning for more dependent clients, too.

CARE007-Understanding Elder Abuse*
Abuse is more than just physical. It can also be emotional, financial and sexual. Learn how to recognize and report all types of abuse and neglect, as well as how to protect yourself so that you never abuse a client in your care. This is a 2 credit course.

CARE008-Human Needs and Development
Learn about basic needs and how the aging individual's needs change. Gain an understanding of the issues of death and sexuality in aging, too.

CARE009-Body Systems and the Aging Process
Understanding the aging process, how it affects the person and how the caregiver can help is the basis of this course. Systems discussed include cardiovascular, digestive, endocrine, muscular, nervous, skeletal, urinary and the senses.
CARE010-Common Chronic Diseases in the Senior Population*
This 2 credit course will help you understand common diseases affecting the elderly population, including Alzheimer's disease, COPD, cancer, CHF, diabetes, Parkinson's, stroke and more.

CARE011-Common Communicable Diseases in the Senior Population*
This 2 credit course will help you understand common communicable diseases affecting the elderly population, including AIDS, colds, influenza, hepatitis, MRSA, pneumonia, TB and more.

CARE012-Handling Difficult Situations and Behaviors*
This 2 credit course provides a foundation for handling a variety of difficult behaviors, including aggressive, disruptive, and repetitive behavior, wandering, Sundowner's and resistance to care.

CARE131-Emergency First Aid: Burns and Poisons
Burns and poisons: Learn how to provide emergency first aid for a burns and how to identify when to call for medical response. The poisons portion will help you identify common household items and plants that are poisonous and what to do if you suspect a client has ingested a poison.

CARE132-Emergency First Aid: Heart Attack and Shock
Knowing the signs and symptoms of a heart attack – and what action to take immediately - is vital when working with an elderly or disabled population. Shock often accompanies even a minor injury such as a fall; knowing what to look for and how to respond may help prevent further complications.

CARE133-Emergency First Aid: Choking and Falls
These are two of the most common emergency situations with an elderly clientele. Responding quickly and appropriately is the hallmark of a caregiving professional.

CARE134-Emergency First Aid: Stroke and Wounds
Time is the most important element when responding to either stroke symptoms or to a wound. Learn to recognize subtle signs of a stroke; learn to care for a wound safely and appropriately.

CARE135-Emergency First Aid: Other Sudden Emergencies - Do you know what to do in an emergency? When to call 911 and when to watch and wait? Learn how to respond to a variety of emergency situations appropriately and effectively.

CARE014-Infection Control
Good infection control starts with proper hand washing, but continues through many steps the caregiver can take. Understanding this topic will help you keep your clients - and yourself and others - as healthy as possible.

CARE015-Environmental Hazards and Safety
In this course you will learn how to help create a safe, comforting environment, and how to keep it free from hazards. Creating and maintaining a safe environment is important for both you and your clients.
CARE016-Promoting and Maintaining Good Mobility*
Helping clients with mobility includes learning skills to safely assist with transferring, walking, range of motion and more. The goal is to keep your clients moving, while keeping them - and you - safe. This course is worth 2 credits.

CARE017-Nutrition and Hydration
Proper nutrition and adequate hydration are some of the most important aspects to maintaining the health of your clients. Learn how to manage these elements and how to prepare or supervise healthy meals with this course.

CARE018-Elimination and Toileting
This course will help the caregiver understand the entire digestive process and know what to watch for in clients to ensure good bowel and bladder function, as well as good toileting and incontinence care.

CARE019-Providing Personal Care - Learn to capably assist a client with personal care tasks like bathing, dressing and grooming, as well as oral care, foot care and even how to give a client a gentle massage.

CARE020-Instrumental Activities of Daily Living - Many caregivers assist clients with daily living tasks like cooking, cleaning, shopping, transportation, medication and even pet care. Learn how to do these tasks efficiently and appropriately with this course.

CARE021-Providing Skin Care - Skin is the body's first defense against infection. Learn to protect your clients' skin against breakdowns and infections with this course.

CARE022-Measuring Vital Signs* - This 2 credit course will help the caregiver understand the vital signs that measure well-being: pulse, blood pressure, temperature, respiration, and pain. Learn what is normal, and what to do when a vital sign is outside the normal range.

CARE023-Observation, Reporting and Recording - As a caregiver your skills of observation, reporting and recording are vital to helping the rest of the care team provide the best care possible to your clients. Sharpen those skills with this class.

CARE024-End of Life Care - Death and dying is a part of the caregiver's job, especially when caring for the elderly. This course helps the caregiver understand advance directives, tasks for the dying person, stages of grief and how to say goodbye.

CARE025-Managing your Work and Avoiding Caregiver Stress - Organizing work can be one of the most stressful tasks a new caregiver faces. This course teaches you how to manage your work and how to handle the stressful aspects of your job as you grow in your career.

CARE026-Caregiver Conduct-Regulations, Co-workers and Families - Learn how to stay in compliance with the requirements of your state and local regulations, while you learn a positive teamwork approach with families and co-workers.
CARE027-Understanding Sexual Harassment and Misconduct - All caregivers need to understand what sexual harassment is and what to do to avoid it or manage it if you are the victim. Sexual misconduct is covered in this course as well.

Care028 - Cultural Differences - Culture binds us together but can also separate us, especially if we don’t understand cultural differences. This course gives caregivers an awareness of differences in areas such as eye contact, communication, language, names, touching, and personal space. It also gives caregivers tools to better understand people from cultures other than their own.