



Alzheimer's and Dementia Care (9 Courses)

Completed	Course Name	Video Length	Course Objectives Description
	Activities to Keep Your Consumers Engaged <i>Available in Spanish:</i> Mantener a Los Pacientes Motivados	9:57	<ul style="list-style-type: none"> • Understand the importance of regular mental stimulation for seniors and consumers suffering from Alzheimer's and dementia • Learn exercises and activities that will greatly improve memory retention and stimulate those suffering from these conditions • Discuss how even though activities won't slow the progression of Alzheimer's, they can improve quality of life and lessen agitation and depression
	Bathing and Showering Someone with Dementia	8:17	<ul style="list-style-type: none"> • Understand how a consumer person with dementia can view the bathing or showering tasks • Learn how to use dementia care techniques when bathing a consumer individual with dementia • Identify possible safety hazards in the consumer's person's bathroom
	Caring for an Aggressive Person	4:07	<ul style="list-style-type: none"> • Understand how to approach an aggressive consumer • Identify what role body language plays in managing aggressive behavior • Understand why flexibility is the key to interaction with consumers
	The Effects of Dementia on the Brain	5:30	<ul style="list-style-type: none"> • Each area of the brain has its own very special function • Alzheimer's Disease starts slowly and progresses slowly • Frontal Dementia is characterized by personality and behavior changes
	How Attitudes and the Environment Affect Agitation and Aggression	6:29	<ul style="list-style-type: none"> • Understand that behavior is a response to stimulus • Identify what an external stimulus is • Recognize the stimuli that are causing agitation and aggression and find a remedy for it
	Identifying and Assessing Aggression	5:47	<ul style="list-style-type: none"> • Understand some of the characteristics of the disease's progression that can lead to aggressive behavior • Learn what role dementia and Alzheimer's disease play in aggressive behavior • Learn how to safely assess the consumer for aggressive behavior
	Providing Care for Someone with Dementia	7:15	<ul style="list-style-type: none"> • Understanding the personality of the consumer • Individuals with dementia will help you determine how to best meet their needs • Communicating with an individual with dementia requires more than just words

			<ul style="list-style-type: none"> Validation therapy means that you share the consumer's person's view of the world, even if it is not based on reality
	Understanding Dementia and Alzheimer's Disease	8:14	<ul style="list-style-type: none"> Dementia is not a normal part of aging As people age, they are more likely to develop dementia, but younger people can also have dementia Dementia often starts with memory loss, but eventually can involve all aspects of brain function
	Understanding the Physical Causes of Agitation and Aggression	6:02	<ul style="list-style-type: none"> Identify some common internal stimuli that can trigger agitation and aggression Develop appropriate responses to consumers people who exhibit behaviors from these stimuli Recognize agitation and aggression as possible signs of a medical problem

COVID-19 (6 Courses)

Completed	Course Name	Video Length	Course Objectives Description
	Behavioral Health Concerns During COVID-19	5:17	<ul style="list-style-type: none"> Effects of Isolation Combating Loneliness Mental Health issues during extreme situations Caring for others with mental health concerns - proper escalation
	Donning and Doffing PPE	5:40	<ul style="list-style-type: none"> Learn when to mask, how to don and doff a mask safely and how to dispose of used masks Learn when to glove, how to remove and dispose of gloves safely Learn when to wear protective shields, gowns, and other PPE and how to don, doff and dispose of PPE safely
	Handwashing, Masks and Gloves	6:23	<ul style="list-style-type: none"> Understand why hand washing is important Learn the proper way to wash your hands Understanding Universal Precautions and Implementing them while providing care Learn when to mask, how to don and doff a mask safely and how to dispose of used masks Learn when to glove, how to remove and dispose of gloves safely
	Should I Change the Way I Provide Services During COVID-19?	5:21	<ul style="list-style-type: none"> What to know about how to care for patients during COVID-19

	Top Tips for Caregivers During COVID-19	5:35	<ul style="list-style-type: none"> • Staying healthy • Proper use of PPE • Social Distancing • Transferring from patient to patient, best practices
	What If I Get Sick?	3:53	<ul style="list-style-type: none"> • What to do if you are sick during COVID • Proper quarantine restrictions and procedures • Seeking medical care • Notifying people, you've been in close contact with

End of Life Care (2 Videos)

Completed	Course Name	Video Length	Course Objectives Description
	Understanding Hospice Care <i>Available in Spanish:</i> Entendiendo los Cuidados de Hospicio	20:24	<ul style="list-style-type: none"> • Understand the aide's role in hospice care • Understand the hospice philosophy and team approach to end-of-life care. • Learn how to address situations involving cultural differences
	What Death Looks Like	19:44	<ul style="list-style-type: none"> • Learn to recognize the most common physical changes at the end of life • Hear tips from hospice professionals about helping loved one's cope with grief, and coping with grief yourself as a caregiver • Discuss other topics that frequently come up when someone dies, such as spirituality, family dynamics, etc., and your role

Independence & Confidentiality (6 Videos)

Completed	Course Name	Video Length	Course Objectives Description
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	Caring for LGBTQ Consumers	13:40	<ul style="list-style-type: none"> Recognize the social and health-related challenges LGBTQ older adults face, including discrimination and isolation. Provide inclusive care by respecting pronouns, preferences, and unique needs of LGBTQ individuals. Reduce bias in care by identifying and addressing assumptions to ensure equitable and respectful support.
	Consumer Choice and Independent Living Philosophy <i>Available in Spanish:</i> La Filosofía de Vida Independiente y la elección del consumidor	15:35	<ul style="list-style-type: none"> Understand what the Independent Living Philosophy is Identify your role in ensuring the consumer's independence Learn how to properly manage certain situations in recognizing the Independent Living Philosophy.
	Improving Cultural Humility in Home-Based Care	12:35	<ul style="list-style-type: none"> Understand the meaning and importance of cultural humility. Explain the benefits of clear communication and understanding to remove barriers to providing care. Understand the importance of respect, open-mindedness, education, and communication regarding others' cultures and beliefs.
	Understanding HIPAA and Confidentiality	13:31	<ul style="list-style-type: none"> Understand what HIPAA is and how it applies in home care. Understand the basic rules of HIPAA and related privacy rules. Understand the importance of protecting personal health information of consumers and the caregivers' role in protecting this information.
	Understanding Activities of Daily Living	9:01	<ul style="list-style-type: none"> Identify the six Major ADL's Understand how ADL's affect the consumer Implementing skill modifications for ADL's
	Understanding Instrumental Activities of Daily Living	7:13	<ul style="list-style-type: none"> Identifying the six major IADLs Understanding how IADLs affect the person you work with Implementing skill modifications for IADLs

Infection Control (6 Videos)

Completed	Course Name	Video Length	Course Objectives Description
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	How to Prevent Pressure Ulcers	7:39	<ul style="list-style-type: none"> • Understand what a pressure ulcer is • Learn the best methods to prevent pressure ulcers • Identify the different stages of pressure ulcers
	How to Protect Against Infection <i>Available in Spanish:</i> Cómo protegerse contra la infección	10:43	<ul style="list-style-type: none"> • Understand the role that gloves play in protecting against infection • Learn when to use preventative equipment such as masks and gowns • Learn the proper way to dispose of bio-hazardous waste
	Proper Hand Washing	8:24	<ul style="list-style-type: none"> • Understand why hand washing is important • Learn the proper way to wash your hands • Understand the role of hand sanitizer in preventing infection
	Recognizing Common Infections	14:28	<ul style="list-style-type: none"> • Understand what an infectious disease is • Learn the different types of infectious diseases • Learn how to properly assess your consumer for an infectious disease
	TB Education for Direct Care Workers	11:19	<ul style="list-style-type: none"> • Learn the basics of Tuberculosis, including how it spreads, symptoms, and the difference between active and latent TB. • Review methods for testing for TB and understand the screening requirements for healthcare workers at hire and annually. • Recognize infection control practices to prevent and manage TB in healthcare settings.
	Wound Prevention	14:34	<ul style="list-style-type: none"> • Learn the types of skin injuries, pressure ulcers, skin tears, and wounds most common in older adults. • Understand the importance of prevention strategies, reporting changes, and prompt medical care, if necessary. • Identify and demonstrate prevention strategies for maintaining skin integrity and pressure area care.

Medication and Pain (5 Videos)

Completed	Course Name	Video Length	Course Objectives Description
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	The Aide's Role in Palliative Care and Pain Management	13:58	<ul style="list-style-type: none"> Educate homecare aides about the philosophy of palliative care Demonstrate the difference between palliative care and hospice Provide tips for aides to assist with providing palliative care to patients Discuss the goals of palliative care are, which are to improve the quality of a seriously ill person's life by treating symptoms causing physical and/or emotional pain, or suffering
	Detecting and Understanding Levels of Pain	4:01	<ul style="list-style-type: none"> Identify the physical clues that are associated with pain To understand the importance of having a good relationship with the consumer to assess pain accurately How to use pain scales when assessing pain
	Direct Care Workers and Medication Assistance	8:03	<ul style="list-style-type: none"> Gain understanding of the 2016 Department of Health policy expanding the services direct care workers can perform in the home. Understand the characteristics of consumers who meet the criteria to receive specialized care at home. Learn about the types of care that are allowed under the policy, and those that are still restricted.
	Effects of the Opioid Crisis on Older Adults	11:43	<ul style="list-style-type: none"> Gain a basic understanding of the class of drugs known as opioids, including oxycodone, hydrocodone, codeine, morphine, and others. Discuss side effects of opioid use and overuse specific to older adults, including excessive sedation, respiratory issues, falls, and depression and anxiety. Learn to recognize the signs of opioid abuse by consumers, which could include increased doses, extended duration of use than prescribed, or use for reasons other than pain, and how to report the suspected abuse to get help for the consumer.
	A Pill's Journey: How Medications Work	9:33	<ul style="list-style-type: none"> Understand how oral medications go through the body Learn about the causes of adverse drug reactions and side effects Identify symptoms of common drug side-effects in consumers

Miscellaneous (29 Videos)

Completed	Course Name	Video Length	Course Objectives Description
	Assisting People with Behavioral Health Issues	12:18	<ul style="list-style-type: none"> Provide information about common behavioral health issues homecare aides typically encounter in the home Instruct homecare aides what to look for and how to react

	Bed Bug Action Plan for Homecare	8:14	<ul style="list-style-type: none"> • Learn how to recognize signs of bed bug or other pest infestation in your consumer's home • Identify what resources are available in the community to assist your consumer with pest eradication <p>Discuss ways to prevent bed bugs in both rural and urban areas, and the unique challenges posed in each setting</p>
	Building Relationships	18:17	<ul style="list-style-type: none"> • Help aides connect and build relationships with clients, earn their trust and sustain relationships • Teach aides how to coach and motivate their clients to participate in their own health care
	Caring for Individuals with ALS	20:13	<ul style="list-style-type: none"> • Educate homecare aides about the unique challenges one faces when caring for a client with ALS • Instruct homecare aides how to care for an ALS patient • Comments from ALS patient and/or family about what they need and expect from caregivers
	Caring for the Blind and Visually Impaired	15:36	<ul style="list-style-type: none"> • Understand the difference between low vision, vision-impaired and blindness, and the characteristics of each • Learn how homecare aides can help seniors adjust, adapt and continue to live independently with vision loss or hearing loss • Identify risks and hazards in the home that could be potential dangers to those with hearing or vision impairment
	Caring for the Hearing Impaired and Deaf	15:00	<ul style="list-style-type: none"> • Understand the difference between deaf, hard of hearing, and speech-impaired, and the characteristics of each • Learn how homecare aides can help seniors adjust, adapt and continue to live independently with vision loss or hearing loss • Identify risks and hazards in the home that could be potential dangers to those with hearing or vision impairment
	Depression: Recognizing the Signs and Symptoms	17:38	<ul style="list-style-type: none"> • Understand the different signs and symptoms of depression • Learn the attendant's role in supporting a person suffering from depression • Understand the difference between a "bad day" and depression
	Diversity Equity & Inclusion in Home Care	5:01	<ul style="list-style-type: none"> • Understand the core components of DEI and their relevance to home care. • Recognize how DEI impacts caregiver well-being and patient care. • Identify strategies for implementing DEI in home care agencies.
	Easy and Healthy Meal Tips for Caregivers	15:32	<ul style="list-style-type: none"> • Learn how to prepare balanced, easy meals and snacks for your consumer. • Discuss the five food groups and how to include them in snacks and meals. • Review quick and simple hacks to make sweet and savory snacks available between meals. • Learn how to substitute low-salt, low-calorie and low-fat options in recipes.
	Ethical Behaviors - What's Right and Wrong	12:56	<ul style="list-style-type: none"> • Discuss the basic definition of ethics, the difference between law and ethics and how it applies to homecare aides • Understand how the basic principles of ethics - honesty, respect, safety and reliability - apply to homecare aides serving consumers in their homes • Learn the rights of clients and the rights of the homecare aide • Case studies on ethical situations

	Family Resources	9:35	<ul style="list-style-type: none"> Encourage people to plan ahead for the inevitable – that one day their parents, spouses and even themselves, will not be able to do everything they once could. <p>Outline what types of services are available, how much they cost and how to access them</p>
	Electronic Visit Verification and Service Documentation	16:19	<ul style="list-style-type: none"> Understand what EVV is and that it is a federal requirement, implemented by the state and managed care plans. Understand the basics of EVV requirements, including what manual edits are. Understand that tasks performed for a consumer must be documented each shift/day.
	Health Coaching: Helping People Manage Their Chronic Conditions	14:39	<ul style="list-style-type: none"> Understanding what health coaching is Understanding the aide's role in health outcomes of patients How aides can coach with appropriate resources and supports
	Importance of Nutrition and Diet for Good Health	12:20	<ul style="list-style-type: none"> Educate homecare aides about the importance of nutrition and a healthy diet for their clients' health <p>Provide the basics of healthy food preparation</p> <ul style="list-style-type: none"> Learn the cornerstones of a healthy diet, especially for those with medical conditions Discuss the importance of proper hydration, as well as nutrition, in preventing and treating pressure ulcers. Learn the dos and don'ts for treating these wounds.
	Maintaining Boundaries with a Consumer	17:24	<ul style="list-style-type: none"> Understand the importance of establishing boundaries Learn why it is never acceptable to borrow something from a consumer Understand that certain boundaries are determined by your employer
	Mental Health for the Consumer and Caregiver	13:29	<ul style="list-style-type: none"> Learn the impact of stress on your physical and emotional well-being. Recognize signs of mental health distress, for both you and your consumer. Discuss the importance of mitigating stress for your well-being, as well as for your consumer's care. Learn techniques and tactics that can help to manage stress for you and your consumer. Learn about support and resources to help you address mental health concerns.
	Professionalism <i>Available in Spanish:</i> Profesionalismo	21:34	<ul style="list-style-type: none"> Understand what makes a professional direct care worker Learn why physical appearance is important to the care of the consumer Learn the appropriate way to address the consumer
	Participant Rights & Complaint Process in the Community HealthChoices Program	15:12	<ul style="list-style-type: none"> Understand Participants' Rights and Responsibilities: Identify key participant rights and responsibilities within the Community HealthChoices program, emphasizing their role in promoting fairness, quality care, and program compliance. Clarify Caregiver and Agency Roles: Explain how caregivers and agencies support participants by upholding rights, ensuring compliance with regulations, and advocating for high-quality care.

			<ul style="list-style-type: none"> • Navigate Appeals and Redetermination Processes: Outline the steps, timelines, and resources available for appealing decisions and seeking redetermination of services to ensure participants maintain access to necessary care.
	Quality Management Plans	12:32	<ul style="list-style-type: none"> • Gain a high-level understanding of what Quality Management Plans are, who requires them, and the types of things they should include. • Understand the need for training on QMP issues and initiatives. • Understand the role of the caregiver in helping providers/agencies to implement QMPs and the importance of engaging caregivers in developing a culture of quality improvement.
	Recognizing Common Behavioral Health Issues & Available Resources	12:41	<ul style="list-style-type: none"> • Learn about the broad range of new behavioral health services consumers have under Community HealthChoices. • Identify common behavioral health issues and mental health conditions you may encounter with consumers. • Understand the correct action to take to help the consumer and direct him/her toward services that are available.
	Understanding Family Dynamics <i>Available in Spanish:</i> Entendiendo la dinámica familiar	18:38	<ul style="list-style-type: none"> • Understand the direct care aide's role in the consumer's family • Learn how to deal with differing opinions of care within the family • Learn how to address situations involving safety and cleanliness
	Understanding and Preventing Fraud, Waste, and Abuse	12:56	<ul style="list-style-type: none"> • Learn the basic definitions of fraud, waste, and abuse. • Understand the importance of avoiding, preventing, and reporting fraud, waste and abuse in Medicaid and Medicare. • Understand the exclusion lists that Medicaid-enrolled providers are legally required to check.
	Understanding Pennsylvania's Homecare Agency and Registry Licensure <i>Available in Spanish:</i>	15:11	<ul style="list-style-type: none"> • To understand why the licensure of homecare agencies and registries is important. • To understand the aide's role in the licensure process. • To understand the importance of documentation in homecare.

	Entendiendo la concesión de licencias para Agencias y Registros de Atención en el Hogar de Pensilvan		
	What is Community HealthChoices?	19:05	<ul style="list-style-type: none"> • Understand what the Community HealthChoices program is and who receives services under the program. • Have a high-level understanding of the requirements that apply to providers and caregivers in CHC. • Understand the important role that caregivers play in complying with these requirements.
	You've Got the Job Now What	10:01	<ul style="list-style-type: none"> • Recognize the importance of building strong relationships with both agencies and consumers • Identify strategies and resources for self-care to help maintain mental and physical health and prevent burnout
	Career Paths for Direct Care Workers	Coming Soon	<ul style="list-style-type: none"> • Introduction to the various career paths available to Direct Care Workers (DCWs). • Detailed explanation of training and education requirements for each career path. • Step-by-step guidance on action steps for individuals seeking career advancement.
	Home-Based Care's Influence on Social Determinants of Health	Coming Soon	<ul style="list-style-type: none"> • Introduction to Social Determinants of Health (SDOH) and their impact on patient outcomes. • Exploration of how home-based care can address and improve various SDOH. • Identification of resources available to help patients with SDOH needs. • Empowering caregivers to play an active role in improving SDOH for their patients.
	Improving Health Outcomes Through Home-Based Care	Coming Soon	<ul style="list-style-type: none"> • Explanation of what health outcomes are and why they matter. • Strategies for DCWs to influence and improve health outcomes. • Emphasis on the caregiver's role in observing, documenting, and communicating patient needs. • Understanding the continuum of care and the importance of collaboration and resource access.

	The Importance of Being a Direct Care Worker	Coming Soon	<ul style="list-style-type: none"> • Highlighting the benefits and rewards of working in home-based care. • Discussion of factors that drive and hinder job growth and development in the caregiving field. • Emphasis on professionalism, competency, and the importance of continuing education. • Tips for determining a good fit between agency and caregiver.
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Older Adults (11 Videos)

Completed	Course Name	Video Length	Course Objectives Description
	Assisting Stroke Patients	20:05	<ul style="list-style-type: none"> • Provide information about strokes and what is involved in recovery • Instruct homecare aides how to care for a stroke patient • Comments from stroke patient and/or family about what they expect from caregivers
	Bathroom Blues <i>Available in Spanish:</i> Problemas en el baño	11:07	<ul style="list-style-type: none"> • Learn valuable tips for dealing with common bathroom issues that are often embarrassing to discuss with consumers, including incontinence, difficulty getting to the toilet and getting clean • Discuss tips for preventing constipation, a common issue for consumers who are bed-bound or on certain medications • Recognize the signs of a urinary tract infection (UTI), which is often mistaken in the elderly for the early stages of dementia or Alzheimer's
	Caring for Consumers with Diabetes	9:37	<ul style="list-style-type: none"> • Understand the disease and the effects it has on a consumer's overall health • Discuss potential complications for someone with diabetes, and what to keep an eye out for • Know how to help a consumer monitor the disease and what to do when levels aren't where they should be • Educate homecare aides about the importance of nutrition and a healthy diet for consumers with diabetes
	Dental and Oral Care	11:52	<ul style="list-style-type: none"> • Discuss common dental and oral care issues among the elderly • Demonstrate how homecare aides can assist consumers with their dental and oral care • Instruct homecare aides on how to spot the warning signs for more serious dental and oral problems
	Effects of Aging on Emotions and the Five Senses	9:59	<ul style="list-style-type: none"> • Bereavement and losses are common among the elderly. Faith and family support are important to the healing process • In the absence of dementia or some other brain disease, personality remains consistent over a person's the lifespan

			<ul style="list-style-type: none"> • Loss of control over basic choices in life is a major cause of distress to consumers
	Elder Abuse and Neglect	7:19	<ul style="list-style-type: none"> • To recognize the signs of abuse • To understand what constitutes neglect • To recognize subtle forms of abuse
	The Importance of Protecting a Senior's Skin	17:40	<ul style="list-style-type: none"> • Learn how aging skin is sensitive and susceptible to diseases and conditions, such as irritation, scaling, and infection, as it becomes thinner and drier over time. • Discuss the best practices of a proper skin care routine for aging skin. Review the Pennsylvania Department of Health's specialized care policy expanding services direct care workers can perform in the home, including basic wound care. • Learn how direct care workers can play a vital role in managing basic wounds, preventing pressure ulcers, and changing dressings, as well as how to recognize when additional intervention is needed and how to report.
	Shaving, Grooming & Dressing	20:37	<ul style="list-style-type: none"> • Learn some best practices on assisting older adults with shaving, grooming and dressing. • Understand the importance of encouraging independence, when safe and possible. • Learn the importance of planning for these services, to make the experience more comfortable for you and the consumer you serve.
	Physical Changes of Aging	5:51	<ul style="list-style-type: none"> • The changes of aging are determined by genetics and environmental factors • The aging process starts at the beginning of life, and progresses at different rates for everyone • Loss of hearing and vision are common as people age. Direct Care Aides must understand how this loss impacts the consumers' ability to feel safe in their environment
	Preventing Fraud and Financial Abuse of Seniors	13:41	<ul style="list-style-type: none"> • Understand common types of fraud and financial exploitation of seniors • Discuss ethical standards for direct care workers in the home with the people they care for • Identify potential fraud and exploitation and learn how and where to report through discussion of scenarios
	Proper Skin Care and Bathing	19:58	<ul style="list-style-type: none"> • Educate homecare aides about the proper way to provide baths and showers to seniors • Understand how regular bathing for seniors can prevent infection, stimulate circulation and even provide light exercise • Discuss and show the different types of baths homecare aides can provide for seniors, including partial baths, bed baths, tub baths and showers • Learn how proper skin care can provide comfort and prevent and treat skin breakdown in seniors, whose skin becomes more susceptible to burns, bruising, dryness and pressure sores as they age

Safety (15 Videos)

Completed	Course Name	Video Length	Course Objectives Description
	Assistive Devices to Help Seniors and People with Disabilities <i>Available in Spanish:</i> Dispositivos de asistencia para ayudar a los ancianos y a las personas con discapacidad	18:32	<ul style="list-style-type: none"> • Recognize commonly used assistive devices and how they function • Understand which devices are appropriate for individual consumers • Ways to obtain assistive devices for those in need
	Back Anatomy and Body Mechanics	9:51	<ul style="list-style-type: none"> • How understanding the anatomy of the back can help prevent injury • Why practicing proper body mechanics is essential to your quality of life • Learn the B.A.C.K. method of lifting and when to apply it
	Being Safe While Bringing Care Home	9:23	<ul style="list-style-type: none"> • Learn about precautionary measure to take before entering a consumer's home • Learn safety tips while in the consumer's home • Learn the appropriate steps to take if in an unsafe condition
	Caregiver First Aid <i>Available in Spanish:</i> Primeros Auxilios Para Cuidadores	16:31	<ul style="list-style-type: none"> • Discuss basic first aid tips for caregivers • Explore scenarios, including choking, falls, cuts, allergic reactions, and other common dangers • Understand the importance of having a plan in place for common emergencies
	Caring for Obese, Paralyzed or other Immobile Consumers	17:33	<ul style="list-style-type: none"> • Understand the challenges related to caring for someone who is obese (BMI greater than 40), suffers from full or partial paralysis or who is otherwise unable to move • Learn about the effects immobility can have on a consumer's overall health, including skin breakdown and pressure ulcers • Discuss home equipment options that may help aides care for these consumers
	CPR For Caregivers	13:19	<ul style="list-style-type: none"> • Learn how to safely prepare for performing CPR in a home environment. • Learn the steps to performing CPR on your consumer. • Demonstrate the steps to perform CPR.

	Critical Incident and Suspected Abuse or Neglect Reporting	14:11	<ul style="list-style-type: none"> • Define a critical incident, identify the appropriate response strategies, and report these incidents correctly. • Understand mandatory reporter requirements and the role caregivers play in this reporting process. • Understand mandatory reporter requirements and the role caregivers play in this reporting process.
	Handling Emergencies	17:14	<ul style="list-style-type: none"> • Understand what constitutes an emergency. • Understand their agency's policy on handling an emergency. • Learn what to do during an emergency.
	How Direct Care Workers Can Help Consumers Improve Mobility	16:22	<ul style="list-style-type: none"> • Learn about the physical risks of impaired mobility for seniors and people with disabilities, including muscle weakness, digestion issues, respiratory problems, bone fractures or slowed healing. • Discuss other complications from immobility, including dehydration, mental health problems such as depression, and decreased appetite. • Demonstrate passive and active range-of-motion exercises direct care workers can use to help a consumer improve mobility and maintain joint flexibility and muscle mass. • Learn strategies to encourage consumers to be as active as possible by helping them do tasks, no matter how small, that they are able to do safely.
	Incident Reporting	11:50	<ul style="list-style-type: none"> • Guide for homecare aides on the importance of incident reporting • What to report, what to look for • Why to report incidents; state requirement, not agency • Individual agencies may require more than state requirements • Better to overreport than underreport
	<p>Recognizing Signs of Heat Stroke, Heat Exhaustion and Hypothermia</p> <p>Available in Spanish: Identificando las señales del agotamiento por calor, la insolación y la Hipotermia</p>	12:57	<ul style="list-style-type: none"> • Learn how to differentiate between heat stroke and heat exhaustion • Recognize a heat related emergency and when to call 9-1-1 • Signs, symptoms and treatment for Hypothermia • Understand the methods and response needed to treat temperature-related medical conditions.

	Safety Precautions & Fall Prevention	9:06	<ul style="list-style-type: none"> • Identify common fall risk factors, including intrinsic and extrinsic factors, and their potential consequences for older adults. • Demonstrate practical steps for fall prevention, focusing on home safety, bathroom safety, exercise, and vision care. • Understand the importance of reporting all types of falls and implementing prevention strategies in caregiving settings.
	Situational Awareness and Staying Safe	10:07	<ul style="list-style-type: none"> • Learn the importance of personal safety awareness in home-based care. • Understand the importance of identifying and reporting potentially unsafe conditions. • Learn some basic situational awareness tips.
	Tools to Help Lift and Transfer Consumers Safely	16:22	<ul style="list-style-type: none"> • Understand the proper mechanics for lifting and transferring consumers • Identify specific tools, technologies and resources to assist homecare aides with lifting and transferring, including Hoyer lifts, slipsheets, etc. • Learn from demonstrations about the right and wrong way to transfer a consumer
	Transferring People the Right Way	5:52	<ul style="list-style-type: none"> • Understand that everyone is subject to back injury regardless of size • Knowing the consumer is the most important component when assessing them for a transfer • Precautions you should take before transferring consumers

Several videos will fall under multiple categories i.e. DOH & Alzheimer's. You only need to complete the video one time to receive credit.

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