



Companion Care Courses

Companion Care: Professional Essentials (40 hours)

Companion Care: Self Care, Nutrition and Safety (40 hours)

Companion Care: Person Centered Planning and Positive Behaviour Supports (40 hours)

Companion Care: Medications, Physical Support and Individual Care - (40 hours)

Detailed Lesson Descriptions

Companion Care: Professional Essentials - (40 hours)

Lesson 1: Professional Duties and Responsibilities – 8 hours

Lesson 2: Communication - 8 hours

Lesson 3: Ethics Training – 8 hours

Lesson 4: Confidentiality and Privacy – 8 hours

Lesson 5: Documentation in the Workplace – 8 hours

Instructors:

Kelly Skinner

Chelsea Allan

Kelley Skinner is a Registered Nurse under CARNA and has been practising for over 18 years. She has held various RN positions where she has hired and taught new Health Care Aides on long term care, palliative care and hospital care. Kelley also has a certificate in Leadership from Conestoga College.

Chelsea Allan has a Bachelor's Degree in Business and has been a trainer for over 10 years. She is a certified instructor for the Non-Violent Crisis Intervention training course. She also has the Train the Trainer certificate and specializes in soft skills training and is considered a leading educator in this field.

LESSON	LESSON COMPONENTS	LEARNING	OUTCOMES	COST DELIVERY INSTRUCTIONAL METHODS	ASSESSMENT EVALUATION
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Professional Duties and responsibilities	- Welcome - History of care and being a Professional Care Worker - Review the job essentials and job description of a Care Worker - Legal requirements of working as a Companion Care Worker - Current Programs review - What is a Companion Care Specialist - Certification standards	- Introductions - Learn about the history of the movement of supporting people with developmental disabilities in Alberta and Canada - The legal responsibilities of Care - The job, role and impact of a Companion Care Specialist	- Builds understanding what it means to work as a professional - Learns the role of a Companion Care Specialist - Understands what the different programs are in serving others and how to provide supports as required - Understands the legal requirements of Companion Care Specialist - Learns about the specific responsibilities of providing supports to both staff and persons served - Understands the impact that Companion Care Specialist has on individuals and families	\$175 per person 8 hours - Presentation and lecture material via PPT - Handouts - Some multi media - Learners/students manual - Group discussion - Group activities - Group participation - Small group breakout sessions	100% attendance is required to pass this lesson - Participants are required to take an exam and achieve a minimum 80% on the exam to pass this lesson - A formal written evaluation process is designed for this lesson that will be completed by all participants. - The instructor also completes a written assessment of participants progress and capabilities for the lesson.
Communication Skills	Explore the fundamentals of communication and interpersonal relationships. The lesson teaches effective communication, barriers to effective communication, and specific communication strategies that can improve interactions with others. Learn theories related to communication climate, groups, teams, conflict,	- Communication theory - How communication impacts engagement, retention and business results - data - Communication excellence benchmarking and gap analysis - Communication tactics and techniques - Removing communication barriers to build productive teams - How culture and	- Knows communication theory - Knows the impact of negative communication in the workplace - Knows how body position, tone, pitch and volume impacts communication in the workplace - Understands how communication impacts staff retention, creativity, innovation, quality and production. - Can define excellence in communication - Can transfer techniques and tactics to improve workplace communication - Practices the essential skills that changes communication behaviour - Uses real workplace situations to improve	\$175 per person 8 hours - Presentation and lecture material via PPT - Handouts - Some multi media - Learners/students manual - Group discussion - Group activities - Group participation - Small group breakout sessions	100% attendance is required to pass this lesson - Participants are required to take an exam and achieve a minimum 80% on the exam to pass this lesson - A formal written evaluation process is designed for this lesson that will be completed by all participants. - The instructor also

	- and conflict management. • Perception of self and others, verbal and non-verbal communication, conflict management, communication in work relationships, and effective participation in groups and teams.	diversity impact communication ▪ Workplace solutions to relevant communication challenges - Conflict resolution	communication skills ▪ Learns conflict resolution techniques		completes a written assessment of participants progress and capabilities for the lesson.
• Ethics Training	▪ An overview of ethical decision-making and its effects on us personally and on our conduct in the workplace	▪ Examines ethical decision-making and a step-by-step process for making ethical decisions or solving ethical dilemmas in the workplace ▪ Demonstrates the ethical values of the organization and how they determine all the actions of the organization and their employees	▪ Participants will understand the principles of ethical decision-making and how they correlate with the activities of day-to-day business activities ▪ Participants will understand the importance and learn the application of ethical values in relevant situations that present ethical dilemmas in the workplace	▪ \$175 per person ▪ 8 hours ▪ Presentation and lecture material via PPT ▪ Handouts ▪ Some multi media ▪ Learners/students manual ▪ Group discussion ▪ Group activities ▪ Group participation ▪ Small group breakout sessions	▪ 100% attendance is required to pass this lesson ▪ Participants are required to take an exam and achieve a minimum 80% on the exam to pass this lesson ▪ A formal written evaluation process is designed for this lesson that will be completed by all participants. ▪ The instructor also completes a written assessment of participants progress and capabilities for the lesson.

Confidentiality and Privacy	The legal and professional obligations of privacy and confidentiality in a workplace where sensitive information is being handled daily	- Reviews relevant IAPP legislation and the application of privacy law in the workplace - Examines professional obligation of confidentiality and the obligation to keep client's information safe and private - Uses common scenarios to practice judgement calls and reasoning through experiential learning	- Participants will understand the purpose of IAPP and how to apply it to the information they will have access to on the job - Participants will be able to confidently conduct themselves every day with the thorough understanding of their responsibility to uphold the privacy and confidentiality of clients and the business - Participants will understand the impact confidentiality (or the breach thereof) can have on legal and ethics considerations in an organization.	\$175 per person 8 hours - Presentation and lecture material via PPT - Handouts - Some multi media - Learners/students manual - Group discussion - Group activities - Group participation - Small group breakout sessions	100% attendance is required to pass this lesson - Participants are required to take an exam and achieve a minimum 80% on the exam to pass this lesson - A formal written evaluation process is designed for this lesson that will be completed by all participants. - The instructor also completes a written assessment of participants progress and capabilities for the lesson.
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Documentation in the workplace	- The accurate and appropriate documentation procedures - The record and filing system - How to prepare reports using documentation - Personal Binders - Medications documentation systems - Incident Reporting	- The procedures and systems in place to find and tore information - How binders are set up - What each section is for, and the information required - Case management software document handling - Review medication policies/procedures	- Understands how to find information quickly - Practices filling in different forms - Understands the difference between PRN protocols, Health and Safety Plans, Intervention Strategies (including chemical and physical interventions) - Becomes familiar with and practices and case management software - Knows how to give medications - Understands how to reduce medication errors - Understands the medications and what we give - Learns the theory behind how to follow a PRN and a Chemical Intervention Protocol	\$175 per person 8 hours - Presentation and lecture material via PPT - Handouts - Some multi media - Learners/students manual - Group discussion - Group activities - Group participation - Small group breakout sessions	100% attendance is required to pass this lesson - Participants are required to take an exam and achieve a minimum 80% on the exam to pass this lesson - A formal written evaluation process is designed for this lesson that will be completed by all participants. - The instructor also completes a written assessment of participants progress and capabilities for the lesson.
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Week 2 – Self Care, Nutrition and Safety - (40 hours)

- Lesson 1: Self-Care – 8 hours
- Lesson 2: Natural Nutrition – 8 hours
- Lesson 3: Respectful Workplace - 8 hours
- Lesson 4: Emergency Procedures and Situational Intervention – 8 hours
- Lesson 5: Conflict Resolution – 8 hours

Instructors:
Kelly Skinner
Chelsea Allan

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LESSON	LESSON COMPONENTS	LEARNING	OUTCOMES	COST DELIVERY INSTRUCTIONAL METHODS	ASSESSMENT EVALUATION
Self-Care	- The lesson teaches the topics of: - Staff Self-Care: This lesson covers the principles of self-care and stress management	- Expand on the tools learned in SIVA or Mandt training - Learns about the concepts of self-care and self-care techniques - Learns SMART goal setting to take care of self and be successful at work and at home	- Builds a wellness inventory - Designs a compassion fatigue questionnaire - Participants understand signs of stress and burnout and know how to manage stress more effectively - Know their personal strengths and limitations and to develop and critique personal strategies for managing occupational stress.	\$175 per person 8 hours - Presentation and lecture material via PPT - Handouts - Some multi media - Learners/students manual - Group discussion - Group activities - Group participation - Small group breakout	100% attendance is required to pass this lesson - Participants are required to take an exam and achieve a minimum 80% on the exam to pass this lesson - A formal written evaluation process is designed for this

				sessions	lesson that will be completed by all participants. ▪ The instructor also completes a written assessment of participants progress and capabilities for the lesson.
• Natural Nutrition	• The lesson teaches the essentials of nutrition, the impact of proper nutrition on the physical, mental and emotional state of clients, the power of proper nutrition in healing, mental, emotional and physical areas of a person's life	• The course covers important food safety and worker safety information including foodborne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing.	▪ The 1 working session is directly applicable to the Companion Care Specialist home care environment, where a Companion Care Specialist is in charge of meal planning, shopping, as well as being responsible for cooking in the homes.	▪ \$875 per person ▪ 8 hours ▪ Presentation ▪ Group participation ▪ Video/Multimedia ▪ Course work ▪ Small group work	▪ 100% attendance is required to pass this lesson ▪ Students are required to take an exam and achieve a minimum 80% on the exam to pass this lesson ▪ A formal written evaluation process is designed for this lesson that will be completed by all participants. ▪ The instructor also completes a written assessment of participants progress and capabilities for the lesson.

Respectful Workplace	The Respect in Action (Respectful Workplace) professional development training program supports team effectiveness and productivity by providing awareness and resources to influence a workplace culture of respect. Through engaging exercises, the Respect in Action workshop assists employees from all types of positions and industries with the respectful communications and behaviours necessary, to establish the foundation to the key organizational and human resources principles of dignity, diversity, accommodation, inclusion, engagement, and accountability.	- Define and calibrate the diverse meanings and impact of respect. - Distinguish how to be open minded to challenge points of view, including prejudgments. - Recognize attitudes as a choice through the characteristics and communication that we exhibit. - Summarize disrespectful behaviours that cause team dysfunction and conflict. - Grasp what are discrimination, harassment, and bullying. - Assess positive respectful behaviours that need to be developed to increase morale and engagement. - Work through a respectful	The Participant learns: - Higher level of organizational justice, through the fair and respectful treatment among employees, achieved by developing the skills and overall competence level with respect. - Increased understanding of the meaning of respect to everyone, considering dignity, diversity, accommodation, and inclusion. - Greater socialization of the organizational values around respect, through training that supports respectful communication, decisions and behaviours on a daily basis. - Leveraging a respectful culture as one component of a proactive approach to operate in accordance with provincial laws, standards, and policies for human rights and employee standards, and a preventive measure to abuse, harassment, and/or bullying in the workplace.	\$175 per person 8 hours - In class - Presentation and lecture material via PPT - Handouts - Some multi media - Learners/student s manual - Group discussion - Group activities - Group participation - Small group breakout sessions	100% attendance is required to pass this lesson - Participants are required to take an exam and achieve a minimum 80% on the exam to pass this lesson - A formal written evaluation process is designed for this lesson that will be completed by all participants. - The instructor also completes a written assessment of participants progress and capabilities for the lesson.

		communication approach to assess and address disrespect. • Account for the benefits of respect and our personal responsibility to the pillars of respect, being our attitudes, communication, and teamwork. • Prioritize and generate agreements for putting respect in action.			
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Emergency Procedures & Situational Intervention	- Explores the social issues of violence, abuse & addictions - Covers emergency systems and procedures in a variety of situations - Looks at WCB standards and explore hazard control and systems - Harassment - Sexual abuse issues	- Learn basic intervention skills including hazard recognition, injury prevention, suicide intervention, and applications to law enforcement - Teaches emergency plans & procedures - Reviews maps, warning signs and evacuation routes - Discusses harassment and sexual abuse issues and situations - Reviews emergency systems, alarms and another emergency alerts	- Understands the organization's emergency procedures - Knows emergency policies & procedures in respect to: - Suicide - Addictions - Violence - Harassment - Sexual abuse	\$175 per person 8 hours - In class - Presentation and lecture material via PPT - Handouts - Some multi media - Learners/studets manual - Group discussion - Group activities - Group participation - Small group breakout sessions	100% attendance is required to pass this lesson - Participants are required to take an exam and achieve a minimum 80% on the exam to pass this lesson - A formal written evaluation process is designed for this lesson that will be completed by all participants. - The instructor also completes a written assessment of participants progress and capabilities for the lesson.
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Conflict Resolution	- Conflict resolution models, tactics and techniques - Workplace solutions to relevant conflict & communication challenges	- What excellence is in communication as it relates to conflict resolution - Engage participants with experiential communication challenges that create conflict based on real life work situations - Resolution skills and tactics that participants can use right now in the workplace	- Define excellence in in communication and conflict resolution - Greater understanding of, and relative skills to engage in successful communication and resolution of conflict in the workplace - Increased understanding of the impacts of poor communication in conflicts along with tools to manage such situations to try to get the most successful outcome	\$175 per person 8 hours - In class - Presentation and lecture material via PPT - Handouts - Some multi media - Learners/student s manual - Group discussion - Group activities - Group participation - Small group breakout sessions	100% attendance is required to pass this lesson - Participants are required to take an exam and achieve a minimum 80% on the exam to pass this lesson - A formal written evaluation process is designed for this lesson that will be completed by all participants. - The instructor also completes a written assessment of participants progress and capabilities for the lesson.
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Person Centered Planning and Positive Behaviour Support - (40 hours)

- Lesson 1: Positive Behaviour Supports – 8hours
- Lesson 2: Seniors – 8 hours
- Lesson 3: Working with a Person with a Disability – 8 hours
- Lesson 4: Trauma Informed Practice – 8 hours
- Lesson 5: Healthy Boundaries - Day 2 – 8 hours

Instructor:
Kelly Skinner

Kelley Skinner is a Registered Nurse under CARNA and has been practising for over 18 years. She has held various RN positions where she has hired and taught new Health Care Aides on long term care, palliative care and hospital care. Kelley also has a certificate in Leadership from Conestoga College.

LESSON	LESSON COMPONENTS	LEARNING	OUTCOMES	COST DELIVERY INSTRUCTIONAL METHODS	ASSESSMENT EVALUATION
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• Positive Behaviour Support	• A holistic, person-centered approach to providing care through the values of inclusion, dignity, respect and choice	• Demonstrates how positive behaviour supports can give individuals an inclusive quality of life based on their strengths, hopes and dreams throughout different life domains (home, recreation, school, community, etc.) • Lifestyle Development Plan components and process • Reviews a comprehensive Functional Behaviour Assessment to fully assess the details of the individual in care • Defines antecedents and setting events	• Participants will gain an understanding of the overall process of implementing a Lifestyle Development Process and using Positive Behaviour Supports in daily interactions with individuals • Participants will be able to identify and analyze unwanted behaviour and use tools to replace this with positive alternative behaviour based on a developed support plan • Participants will be able to follow and use a Behaviour Support Plan to best support individuals in daily care	▪ \$\$175 per person • 8 hours • Presentation and lecture material via PPT • Demonstration • One on one application of skills • Group discussion • Group activities • Group participation • Small group breakout sessions • Video/Multimedia	• 100% attendance is required to pass this lesson • Participants are required to take an exam and achieve a minimum 80% on the exam to pass this lesson • A formal written evaluation process is designed for this lesson that will be completed by all participants. • The instructor also completes a written assessment of participants progress and capabilities for the lesson.
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		and examines the impact on behaviour			
Seniors	Participants will learn the effects aging has as well as mental health changes common in the senior community	- Examines the physical, emotional and mental effects of aging - Explores responses to loss and the stages of grief in the context of being a senior - Looks at how senior care is impacted with involvement of dementia or Alzheimer's, and examines the differences between the two	- Learns the process and impacts of aging, understanding that this can be very different from a younger person's perspective - Leans compassion in caring for seniors going through change and loss - Can recognize and support different stages of grief or dementia or Alzheimer's in the caregiver setting	\$175 per person 8 hours - Presentation and lecture material via PPT - Demonstration - One on one application of skills - Group discussion - Group activities - Group participation - Small group breakout sessions - Video/Multimedia	100% attendance is required to pass this lesson - Participants are required to take an exam and achieve a minimum 80% on the exam to pass this lesson - A formal written evaluation process is designed for this lesson that will be completed by all participants. - The instructor also completes a written assessment of participants progress and capabilities for the lesson.

▪ Working with a Person Who Has a Disability (option to have a focus on ABI or Autism)	• An exploration of the historical and contemporary attitudes toward the legal and moral rights of individuals with disabilities. • Participants will learn about inclusive educational and support services, community development, and will be able to identify resources and services in their community that promote and support full and meaningful participation of all citizens.	▪ Introduces participants to a variety of specific disabilities in detail including intellectual disabilities, brain injury, autism, physical disabilities, aging, dementia, mood disorders, mental health issues and more. ▪ Examines the legal requirements and the ethical components of serving people with disabilities. ▪ Looks at the community and examines how community resources and planning can	▪ Discovery of the physical, mental and emotional issues of people with disabilities. ▪ Examines the scope and breath of various disabilities ▪ Learns the different symptoms, behaviors of disabilities. ▪ Learns the historical context of serving people with disabilities. ▪ Learns the legal requirements of the position. ▪ Understands the strengths and limitations of various disabilities ▪ Explores using community resources to support the individual	▪ \$175 per person ▪ 8 hours ▪ Presentation and lecture material via PPT ▪ Demonstration ▪ One on one application of skills ▪ Group discussion ▪ Group activities ▪ Group participation ▪ Small group breakout sessions ▪ Video/Multimedia	▪ 100% attendance is required to pass this lesson ▪ Participants are required to take an exam and achieve a minimum 80% on the exam to pass this lesson ▪ A formal written evaluation process is designed for this lesson that will be completed by all participants. ▪ The instructor also completes a written assessment of participants progress and capabilities for the lesson.
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		impact the development and living conditions for people with disabilities.			
Trauma Informed Practice	An understanding of trauma in all aspects of service delivery, placing priority on the individual's safety, choice and control	- General understanding of the commonness of trauma and how it can impact development - Examines the importance of physical and emotional safety in relationships with trauma survivors - Demonstrates how choice and collaboration contribute to a safe environment and have reparative effects on those who have experienced trauma	- Participants will recognize that it is not only a "diagnosis", but the traumas that children and youth face impact how they get their needs met while in service - Participants will learn how to promote and maintain safety and trustworthiness in client relationships - Participants will be able to assist those receiving care to identify strengths and develop coping skills to recognize triggers, stay present and manage emotions	\$175 per person 8 hours (day 1 of 2) - Presentation and lecture material via PPT - Handouts - Some multi media - Learners/student s manual - Group discussion - Group activities - Group participation - Small group breakout sessions	100% attendance is required to pass this lesson - Participants are required to take an exam and achieve a minimum 80% on the exam to pass this lesson - A formal written evaluation process is designed for this lesson that will be completed by all participants. - The instructor also completes a written assessment of participants progress and capabilities for the lesson.

▪ Healthy Boundaries	• Ensuring workers stay grounded in themselves so they can remain a strong support for youth and others with developmental disabilities	▪ Examines the impact maintaining boundaries has on the longevity of and quality of client relationships ▪ Explores the challenges staff can face with reactive or unpredictable clients using real life scenarios ▪ Discusses best practices in care to support individuals in the best way possible while maintaining a trusting relationship	▪ Participants will gain the tools to maintain a secure sense of self and hold space for clients in challenging or aggressive interactions to avoid escalating both the issue and their own emotions	▪ \$175 per person ▪ 8 hours (day 2 of 2) ▪ Presentation and lecture material via PPT ▪ Handouts ▪ Some multi media ▪ Learners/student s manual ▪ Group discussion ▪ Group activities ▪ Group participation ▪ Small group breakout sessions	▪ 100% attendance is required to pass this lesson ▪ Participants are required to take an exam and achieve a minimum 80% on the exam to pass this lesson ▪ A formal written evaluation process is designed for this lesson that will be completed by all participants. ▪ The instructor also completes a written assessment of participants progress and capabilities for the lesson.
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Medications, Physical Support and Individual Care - (40 hours)

- Lesson 1: Medication Administration – 8 hours
- Lesson 2: Health Day 1 - Skin Care, Infection Control and Foot Care – 8 hours
- Lesson 3: Health Day 2 - Mealtime, Oral Care, and Sensory Loss – 8 hours
- Lesson 4: Health Day 3- Digestive System, Bowel and Urinary System, and Peri Care – 8 hours
- Lesson 5: Health Day 4 - Musculoskeletal System, Lifts & Transfers – 8 hours

Instructor:
Kelley Skinner

Kelley Skinner is a Registered Nurse under CARNA and has been practising for over 18 years. She has held various RN positions where she has hired and taught new Health Care Aides on long term care, palliative care and hospital care. Kelley also has a certificate in Leadership from Conestoga College.

LESSON	LESSON COMPONENTS	LEARNING	OUTCOMES	COST DELIVERY INSTRUCTIONAL METHODS	ASSESSMENT EVALUATION
Medication Administration	- Understanding PRN medications. - Understanding medications - Delivery of medications - Standards of delivery and policies and procedures - Allergies & Anaphylactic Shock - Legal compliance - Documentation - Evaluation	- PRN Protocols - Medication details - Documentation & reporting - Administering - Self-administering - Medication errors - Proper storage	- Participants will understand the principles and standards of medication administration and working with the pharmacist - Learn how to read and administer based on the MAR - Learn how to safely and healthfully administer oral medication - Participants will learn proper documentation procedures for any errors made (dropped, missed, refused medication) - Understanding of proper storage	\$175 per person 8 hours - Presentation and lecture material via PPT - Demonstration - One on one application of skills - Group discussion - Group activities - Group participation Small group breakout sessions - Video/Multimedia	100% attendance is required to pass this lesson - Participants are required to take an exam and achieve a minimum 80% on the exam to pass this lesson - A formal written evaluation process is designed for this lesson that will be completed by all participants.

	- and assessment - Reporting				- The instructor also completes a written assessment of participants progress and capabilities for the lesson.
Health Day 1 <i>Skin Care, Infection Control, Foot Care</i>	- Basics to skin care - Controlling and preventing infection - Importance of and how to maintain foot care	- Definitions of and explanation of skin, its purpose and biology - Causes and risk factors of pressure sores and infection - Understanding, then breaking the chain of infection	- Participants will understand the importance and major role skin plays - The causes of pressure sores are examined so participants will understand prevention strategies - Full comprehension of infection including primary causes and preventative measures - Participants will demonstrate comprehensive handwashing procedures,	\$175 per person 8 hours - Presentation and lecture material via PPT - Demonstration - One on one application of skills - Group discussion - Group activities - Group participation	100% attendance is required to pass this lesson - Participants are required to take an exam and achieve a minimum 80% on the exam to pass this lesson - A formal written evaluation process is designed for this lesson that will be completed by all participants. - The instructor also completes a written assessment of participants progress and capabilities for the lesson.

		- Principles of proper hand washing - Importance of foot care - Common problem with feet and proper foot care for individuals supported	and understand the importance of handwashing and hygiene - Participants will be able to recognize signs of skin or foot issues and infection - Participants will learn to maintain healthy feet and skin, as well as understand common problems with the feet	Small group breakout sessions Video/Multimedia	and capabilities for the lesson.
Health Day 2 <i>Nutrition, Mealtime, Oral Care, Sensory Loss</i>	- Role of nutrition - Feeding procedures - Mealtime procedures - Maintaining oral care - Causes, breakdown and support of sensory loss	- Role nutrition plays in everyday life and good quality of life - Factors that affect nutrition and meeting basic nutritional needs - Swallowing process, issues and support - Types of hearing loss - Causes of vision loss - Principles and frequency of oral care	- Participants will understand the critical role nutrition plays on mental and physical health - Participants will learn how to assist with feeding an individual through hands-on practice and the potential challenges associated - Participants will learn the varying degrees and causes of hearing and vision loss - Participants will practice using learned techniques to communicate with individuals with sensory loss	\$175 per person 8 hours - Presentation and lecture material via PPT - Demonstration - One on one application of skills - Group discussion - Group activities - Group participation - Small group breakout sessions - Video/Multimedia	100% attendance is required to pass this lesson - Participants are required to take an exam and achieve a minimum 80% on the exam to pass this lesson - A formal written evaluation process is designed for this lesson that will be completed by all participants. - The instructor also completes a written assessment of participants progress and capabilities for the lesson.

Health Day 3 <i>Digestive System, Bowel & Urinary System, Peri Care</i>	- Digestive system components and functions - Bowel and urinary system components and functions - Personal and peri care procedures and techniques	- Basic functions and component overview of the digestive and urinary systems - Process of and varying consistencies and frequency of excrements - Procedures and techniques for bathing and changing individuals	- Participants will learn how the digestive and urinary systems work - Participants will be able to recognize changing conditions in health from eating habits, vomiting, bowel movements and urinary issues - Participants will learn how to properly and safely bathe and change an individual while maintaining the dignity of the individual	\$175 per person 8 hours - Presentation and lecture material via PPT - Demonstration - One on one application of skills - Group discussion - Group activities - Group participation Small group breakout sessions - Video/Multimedia	100% attendance is required to pass this lesson - Participants are required to take an exam and achieve a minimum 80% on the exam to pass this lesson - A formal written evaluation process is designed for this lesson that will be completed by all participants. - The instructor also completes a written assessment of participants progress and capabilities for the lesson.
Health Day 4 <i>Musculoskeletal System, Transfers and Lifts</i>	- Functions and components of the musculoskeletal system - Proper procedures and techniques for using lifts - Proper procedures and techniques for transferring individuals	- Basic functions and component overview of the musculoskeletal system - Body mechanics, posture and positioning - Transferring clients - Transfer belts, slings, lifts - Risk assessment	- Participants will understand the mechanics of the body muscles and skeleton - Participants will learn how to properly position individuals based on their limitations and comfort using proper techniques and slider sheets - Participants will train to use a lift, transfer belts and sling (if applicable and available) - Participants will learn to evaluate potential risks of the environment and situation, and adjust or react accordingly - Participants will learn how to physically assist individuals while minimizing risk of injury to others	\$175 per person 8 hours - Presentation and lecture material via PPT - Demonstration - One on one application of skills - Group discussion - Group activities - Group participation Small group breakout sessions - Video/Multimedia	100% attendance is required to pass this lesson - Participants are required to take an exam and achieve a minimum 80% on the exam to pass this lesson - A formal written evaluation process is designed for this lesson that will be completed by all participants. - The instructor also

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