



Area 1 Agency on Aging Caregiver Services

Caregiver Trainings

The Caregiver Services Program offers trainings throughout the year in Humboldt and Del Norte Counties. Trainings consist of three major components: Homework, Video and Administrative Sessions, and Skills Competency Sessions. Homework completion and 100% session attendance is required to receive certification. If missing a session is unavoidable, it must be made up during the next set of training sessions in order to receive certification.

Homework Requirements

Caregiver training homework covers the following:

- Specific Diseases and Conditions
- Alzheimer's Disease
- Tub Baths & Showers
- Infection Control
- Posture and Body Mechanics
- Bedrest
- Pressure Ulcers and Range of Motion
- Personal Hygiene
- Bowel and Bladder Care
- Vital Signs
- Medications
- Nutrition
- Fall Prevention

Video and Administrative Sessions

Subjects covered during video and administrative sessions include:

- Health Insurance Portability and Accountability Act (HIPAA)
- Choice, Privacy and Independence
- Planning for Emergencies
- Observation and Reporting
- Community Resources
- Caregiver Burnout
- Job Opportunities
- Grieving, Chronic Illness Management
- Communication Skills and Cultural Competence
- Myths About Normal Aging, Specific Diseases and Conditions
- Alzheimer's Disease and Dementia
- Infection Control
- Body Mechanics
- Fall Prevention
- Fire Safety
- Nutrition and Food Safety
- Assistance with Medications
- Food and Medicine Interactions
- Disaster Preparedness
- Personal Care
- Vital Signs
- Safe Wheelchair Use
- Bedrest
- Elder Abuse

A final examination is administered during the final training session.

Skills Competency Sessions

Participants have hands-on practice demonstrated and instructed by a devoted and experienced registered nurse in the following:

- Application and removal of elasticized stockings
- Application and removal of garments
- Bed baths
- Hand hygiene
- Making an occupied bed
- Application and removal of gloves
- Application and removal of face masks
- Body mechanics
- Wheelchair use
- How to take a person's blood pressure pulse, respiration and temperature
- Moving a person in bed
- Stand and squat pivot transfers
- Ambulation with and without a gait belt

Caregiver Registry

Completion of the training qualifies participants to be listed on the Registry. Once an application is approved, the applicant's name will be provided to people looking for caregivers. This list includes what the caregiver is willing to do, the caregiver's training background, and where he or she is willing to go. Caregiver lists are generated according to where the care recipient lives.