

**WEST VIRGINIA MEDICAID AGED AND DISABLED WAIVER
STANDARDIZED TRAINING CURRICULUM
FOR DIRECT CARE PROVIDERS**

By Subject

Orientation to the Role of Direct Care Provider

- Caregiving Hiring Manual and Tool Kit (notebook)
- Caregiver Wellness (VHS)

Working with Specific Populations Including the Elderly Persons with Behavioral Disorders, and Distinct Categories of Physical or Cognitive Disabilities

- Caring for Someone with Mid to Late Stage Alzheimer's Disease (DVD and VHS)
- How to Communicate with Someone Who has Alzheimer's Disease (DVD and VHS)
- How to Communicate with Someone Who has Aphasia (DVD)
- How to Effectively Communicate with Someone who Has Hearing Loss (VHS)
- Developing Cultural Competence (DVD and VHS)
- Meeting the Diabetes Challenge in Long Term Care (VHS)

Body Mechanics

- How to Help Someone Who Uses a Wheelchair without Hurting Yourself (DVD)

Personal Care Skills

- Quick Tips for Caregivers (book)
- How to Manage Medications (DVD)
- How to Measure Vital Signs (DVD)
- How to Use a Mechanical Lift (DVD)
- Essential Bedrest Skills (DVD)
- Personal Care (DVD and VHS)
- Elder Care Online/Toileting and Incontinence
<http://www.ec-online.net/knowledge/SB/SBtoilet.html>

Accident Prevention and Safety

- Fall Prevention (DVD)
- Fire Safety (DVD)

OSHA Standards Related to Blood-Borne Pathogens, CPR, First Aid Training

- Infection Control (DVD)
- Tuberculosis: Prevention and Practices for Healthcare Workers (VHS)

Adult Abuse, Neglect, and Exploitation

- Elder Abuse and Neglect (DVD and VHS)

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DVDs

Caring for Someone with Mid to Late Stage Alzheimer’s Disease – Explores some typical issues that occur in the mid to late stages of Alzheimer’s disease. It will help you find solutions that can be applied to your own caregiving situation.

Developing Cultural Competence – Explores how cultural beliefs and values affect the quality of health care. Health care providers will learn communication and behavioral tools that foster respect, cooperation and sensitivity.

Elder Abuse and Neglect – Addresses elder abuse in the elder’s family home and is designed for home health agencies, hospices, community service agencies, and others who train professional and family caregivers.

Essential Bedrest Skills – Learn how to make the bedrest experience more pleasant for you and the person confined to bed. Also learn the essential skills required when caring for someone on bedrest and how to perform the procedures safely.

Fall Prevention – Teaches how to reduce the risk of falls to yourself and the person you are caring for, while encouraging independence. Learn about medical conditions that contribute to falls, why the elderly are at a greater risk for falls, and how to make the home a safe environment.

Fire Safety – Teaches the causes of fires, how to prevent a fire from starting, and how to respond appropriately once a fire does start.

NEW HIPAA In Home Care – Describes HIPAA guidelines and teaches home care providers about the importance of maintaining confidentiality in a variety of settings.

How to Communicate with Someone Who has Alzheimer’s Disease – Defines Alzheimer’s Disease and its effects and teaches communication techniques that can bring a higher quality of life both to the person who has Alzheimer’s and to the caregiver.

How to Communicate with Someone Who has Aphasia – Teaches the importance of communication and defines aphasia and its effects. Learn techniques developed by speech-language pathologists and others in the field of communication and speech disorders.

How to Communicate with Someone Who has Hearing Loss – Topics covered include importance of communication, causes of hearing loss and effective communication techniques.

How to Help Someone Who Uses a Wheelchair without Hurting Yourself – Teaches the techniques used by physical and occupational therapists that will save you time and frustration, while preventing injury.

How to Manage Medications – Teaches safe practices for administering and storing various types of medications. Warning signs of improper use are also provided.

How to Measure Vital Signs – Teaches care providers the skills and techniques necessary to take and record vital signs accurately.

How to Use a Mechanical Lift – Learn a step-by-step procedure for moving someone from the bed to a wheelchair and from the wheelchair to the bed using a mechanical lift. Also addresses safety concerns at each stage of the procedure.

Infection Control – Teaches home care providers basic principles and procedures of infection control necessary to reduce germs and create a safe, healthy environment.

Personal Care – Examines why personal care is important and how to provide it safely and considerately. Appropriate for home health agencies, hospices, community service agencies and others who train professional and family caregivers.

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VHS

Caregiver Wellness – Examines factors that contribute to caregiver stress, and offers practical solutions for reducing stress and cultivating life-long wellness.

Caring for Someone with Mid to Late Stage Alzheimer’s Disease – Explores some typical issues that occur in the mid to late stages of Alzheimer’s disease. It will help you find solutions that can be applied to your own caregiving situation.

Charting Medical Records: Dos and Don’ts for Nurses

Defensive Documentation: A Line of Defense

Developing Cultural Competence – Explores how cultural beliefs and values affect the quality of health care. Health care providers will learn communication and behavioral tools that foster respect, cooperation and sensitivity.

Elder Abuse and Neglect – Addresses elder abuse in the elder’s family home and is designed for home health agencies, hospices, community service agencies, and others who train professional and family caregivers.

Functional Assessment of the Elderly Part 2: Activities of Daily Living

How to Communicate with Someone Who has Alzheimer’s Disease – Defines Alzheimer’s Disease and its effects and teaches communication techniques that can bring a higher quality of life both to the person who has Alzheimer’s and to the caregiver.

How to Effectively Communicate with Someone Who has Hearing Loss

Medication Use by the Elderly

Meeting the Diabetes Challenge in Long Term Care

Personal Care – Examines why personal care is important and how to provide it safely and considerately. Appropriate for home health agencies, hospices, community service agencies and others who train professional and family caregivers.

Tuberculosis: Prevention and Practices for Healthcare Workers

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Books, Workbooks and Pamphlets

The Aging America Resource Guide – Provides practical information, perspectives, tools and tips you can immediately apply to your situation. Whether you are thinking ahead about the increasing needs of an aging family member, or are already knee-deep in a crisis, you can avoid the frustrations of trying to figure everything out on your own.

The Best Friend's Book of Alzheimer's Activities – 147 fun, easy and enriching activities. Contains formal and informal activities, adaptations for people in the early and late stages of Alzheimer's disease, and reminders of the spiritual benefits inherent in good activities.

The Carebook: A Workbook for Caregiver Peace of Mind – By completing the various sections of The Carebook, you build a personal, customized guide to the care of your loved one.

Caregiver Hiring Manual and Tool Kit: A Step-by-Step Guide for Selecting Competent, Caring Assistance in the Home

A Caregiver's Guide to Planning and Decision Making for the Elderly

Caregiving: The Spiritual Journey of Love, Loss, and Renewal – Explores medical and financial problems, all aspects of spirituality, and such issues as depression, stress, housing, home care and end-of-life concerns.

The Comfort of Home: An Illustrated Step-by-Step Guide for Caregivers – Contains all the information you need at your fingertips—both now and as new health care needs arise.

Dementia Caregivers Share Their Stories: A Support Group in a Book – An essential guidebook for anyone who must attend to the needs of a loved one suffering from Alzheimer's disease or another form of dementia.

The Diabetes Dictionary – A dictionary of diabetes terms defines words that are often used when talking or writing about diabetes.

Enhancing Independence: A Personal Attendant Training Manual – Also available for download online at various sites, including <http://www.travisroyfoundation.org/pages/PDF/PCAManual.pdf>.

Exercise for Frail Elders – Assists you in designing an exercise program as part of a general recreation, wellness, restorative, or rehabilitation program. It is a practical reference for those instructors working with seniors, the frail elderly, and other special adult populations.

Family Caregiver's Guide to Planning and Decision Making for the Elderly – Whether you are a caregiver or an aging adult, the forms and checklists throughout this book will help you keep track of essential information, plan for the future, and make the right decisions to ensure a safe and healthy living environment.

For a Safer State of Family (A Handbook for Helpers)

Grandparents as Parents: A Survival Guide for Raising a Second Family – A guidebook for any grandparent who is helping to support, raising, or contemplating raising a grandchild.

A Guide to Working as a Personal Care Attendant – Topics include the world of home care, fulfilling the care plan, important elements for success on the job, finding employment, the client-employer relationship and resources relevant to those working as a personal care attendant.

How to Care for Aging Parents – Help for every difficult decision, including: home care vs. a nursing home, dealing with guilt, sibling conflicts, obtaining power of attorney, and the hospice option.

How to Report Abuse, Neglect and Exploitation (*Pamphlet – copies available for handout*)

The New Nursing Homes: A 20-Minute Way to Find Great Long-Term Care – There are good nursing homes out there, and you can find them using this proven 20-minute walk-through guide.

Quick Tips for Caregivers (*See Table of Contents at end of this section*) – Provides you with all of the hands-on caregiving advice and instruction you will need every day, including how to position someone in bed, protecting your back, and preparation after hospital discharge.

Quick Tips for Caregivers Workbook with Answer Key – Designed to be used in conjunction with the Quick Tips for Caregivers book. An excellent

tool for educating personal care aides, nursing attendants, respite volunteers, in-home support staff, client-employed providers and family caregivers.

Raising Our Children's Children – Explores the challenges, hardships and rewards faced by grandparents parenting their grandchildren. The issues are interwoven with stories from families who have been there.

Staff Recruitment, Retention, Training Strategies for Community Human Service Organizations – Each chapter focuses on a critical workforce issue and lists specific competencies every manager or supervisor should develop to address that issue.

Take Charge of Your Diabetes – Includes information on what problems diabetes can cause, how to work with a health care team to prevent problems, and why it is important to get your blood glucose and blood pressure closer to normal. An updated version of this book is available for download online at <http://www.cdc.gov/diabetes/pubs/pdf/tctd.pdf>.

There's No Excuse for Domestic Violence: For a Safer State of Family (A Handbook for Helpers) – Includes a fill-in-the-blanks safety plan and a comprehensive list of resources for victims and perpetrators.

There's Still a Person in There: The Complete Guide to Treating and Coping with Alzheimer's – Information about the latest medical advances, coping strategies for caregivers, and affecting accounts from families dealing with this disease.

To Improve Health and Health Care – The ninth volume in The Robert Wood Johnson Foundation Anthology series, providing an in-depth look into the programs it funds.

Quick Tips for Caregivers book

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