



Schmieding Certified Home Caregiver Training

COURSE DESCRIPTION

Elder Pal (EP)

Training: 25 hours

Elder Pals can provide companionship, safety, and support for individuals who need **supervision to minimal assistance**. EPs are taught how to assist or provide the clients with basic activities of daily living, such as bathing, dressing, walking, light housekeeping, meal preparation and running errands.

- **Elder Pals have received classroom instruction on the following:**

Abuse/Maltreatment	Fall Prevention
Adaptive Clothing Devices for Impaired Individual	Fire Safety
Advanced Directives	Food and Nutrition
Basic Human Needs	Home Care Team
Bed Making—Unoccupied Bed	Incontinence
Bladder and Bowel Care	Infection Control
Body Mechanics	Maintaining a Clean, Healthy Environment
Caregiver Stress	Personal Care
Clothing for Impaired Individuals	Preventing Burns
Communication	Reminiscence
Dementia, Depression and Alzheimer's Disease	Rights and Responsibilities
Documentation of Care	Role of the Nurse Assistant
Dressing and Undressing the Individual	Safety Precautions
Ethical and Legal Issues	Shopping, Cooking and Food Handling
	Skin Care
	Special Considerations in the Elderly

- **The Elder Pal (EP) has shown ability to perform the following skills through return demonstration:**

Ambulation, Use of Cane and Walker
Bath—Partial/Tub/Shower
Dressing and Undressing the Individual
Foot and Toenail Care
Gloving
Hand Washing
Making an Unoccupied Bed
Nail Care—Fingernail
Oral Hygiene
Shampooing with Hair Care (During Shower/Tub/Bath and Using Sink)
Shaving
Transfer Techniques