

CareAcademy Class Catalog

About Us

CareAcademy provides high-quality, state-approved caregiver training for home care agencies that increases caregiver knowledge. Caregivers love to complete all of their needed training from an easy-to-use, mobile-friendly platform designed around their style of learning. Home care agencies know their caregivers are current with their training requirements and are able to manage their state specific compliance needs.

Immediate ROI for your Agency

74%

Reduction in Caregiver Turnover

Within one year, CareAcademy reduced an agency's turnover from 38% to 10%

60%

Reduction in Time Spent Onboarding New Hires

Save time and money when caregivers complete CareAcademy training

Book Demo

Starter

Core Classes

- What Does It Mean To Be A Professional Caregiver?
- Communicating with Older Adults
- Sexual Harassment Prevention
- Preventing Sexual Harassment in the Workplace
- Working with an Aging Population Professionalism: Communication, Problem Solving & Cultural Competency
- Clients' Rights, HIPAA & Elder Abuse Prevention
- Observation, Reporting & Documentation: Part 1
- Observation, Reporting & Documentation: Part 2
- Observation, Reporting & Documentation: Part 3
- Assisting with Personal Care Through ADLs
- Assisting with Oral Hygiene
- Assisting with Independent Living Through IADLs
- Overview of Transfers & Mobility Equipment
- Assisting with Range of Motion Exercises
- Assisting with Activities & Recreational Therapy at Home
- Overview of End of Life Care
- Overview of Arthritis Care
- Assisting with Medication Self-Administration: Part 1
- Overview of Skin & Wound Care
- Assisting with Medication Self-Administration: Part 2
- Medication Administration Basics
- Overview of Body Systems
- Overview of Nutrition & Food Preparation
- Modifying Diets to Assist with Difficulty Chewing
- Maintaining a Clean & Healthy Environment (Infection Control)
- Overview of COVID-19
- Emergency Procedures
- Safety Precautions & Falls Prevention: Part 1
- Safety Precautions & Falls Prevention: Part 2
- Light Housekeeping Techniques
- Overview of Mental Illness Care
- Introduction to Dementia Care
- Communicating with a Person with Dementia
- End of Life Dementia Care
- Managing Agitation & Aggression in Dementia
- Safety in Dementia
- The Science of Dementia
- Parkinson's Disease Dementia
- Clients' Rights and Abuse Prevention for Older Adults Living with Dementia
- Assisting Older Adults Living with Dementia with ADLs
- Assisting an Older Adult Living with Dementia with Bathing
- Assisting Older Adults Living with Dementia with Oral Hygiene
- Assisting an Older Adult Living with Dementia with Eating
- Activities for Older Adults Living with Dementia
- Understanding the COVID-19 Vaccine
- Recognizing Fire and Medical Emergencies
- Performing Basic First Aid During Medical Non-Emergencies

State-Specific Classes & Supplements (for Compliance)

- Washington State Orientation Training
- Washington State Safety Training
- Recognizing and Preventing Abuse of Older Persons: Nevada
- Sexual Harassment Prevention: California State Supplement
- Sexual Harassment Prevention: Delaware State Supplement
- Sexual Harassment Prevention: Illinois State Supplement
- Sexual Harassment Prevention: New York State Supplement
- Florida Law on HIV Testing and Confidentiality: Supplement
- Florida Law on Assistance with Self-Administration of Medication: Supplement
- Idaho Caregiver Skills Challenge Exam

Professional

Features all classes from the Starter Package and:

Home Health Library

- 75 ANCC Accredited Registered Nurse Continuing Education Units

Chronic-Condition Classes

- Vital Signs: Part 2
- Assisting with Bathing
- Assisting with Elimination Needs
- Overview of Cancer Care
- Overview of Heart Disease Care
- Overview of Parkinson's Disease Care
- Overview of Diabetes Mellitus Care
- Overview of Care After a Stroke
- Gastrointestinal Issues: Heartburn, Constipation & Diarrhea
- Obesity & Weight Management
- Overview of HIV/AIDS
- Non-Drug Pain Management
- Managing Breathing Difficulties
- Personal Protective Equipment for Home Care
- Overview of Depression Care
- Overview of Anxiety Care

Advanced Classes

- Coping Skills for Caregivers
- Managing Job-Related Stress
- Providing Homecare to LGBT Older Adults

Business

Features all classes from the Professional Package and:

Additional Dementia Classes

- 40 Positive Approach to Care Dementia Training Classes

Advanced Classes

- Overview of Care After Hospital Discharge
- Overview of Intellectual Disability Care
- Advanced Heart Disease Care
- Managing Respiratory Diseases
- Person-Centered Care for Older Adults Living with Dementia
- Assisting Older Adults Living with Dementia with Grooming
- Assisting Older Adults Living with Dementia with Dressing
- Assisting an Older Adult Living with Dementia with Toileting
- Mobility and Falls Prevention for Older Adults Living with Dementia
- Time Management and Organizational Skills
- Improving Caregiver Empathy
- Hiring & Communicating with Caregivers

Office Staff Training

- Phone Etiquette - The First Step to Building Relationships
- Phone Etiquette - Successfully Conducting an Initial Phone Call
- Phone Etiquette - Phone Etiquette: Addressing Client Concerns

Our Core Video Library and Spanish Subtitles are available in all packages.

[Click here to learn more](#)



Introduction to Caregiving		Hours	Class ID
Class	What Does it Mean to Be a Professional Caregiver? <i>Closed Captions (English) and Spanish Subtitles Available</i>	1 hr	CARE0100
Description	In this class, we show new and experienced caregivers how to prepare to meet clients. We discuss professionalism, how to interact with clients and their families, how to interact with teammates, and understanding advanced directives. Caregivers will also learn the importance of workplace safety, the importance of self-care, and how to protect themselves from dangers on the job.		
Objectives	Define what a professional caregiver is and what professionalism looks like. Describe the correct way to interact with clients and their families about your care responsibilities. Describe the correct way to interact with your teammates to follow your client's care plan. Identify ways to take care of yourself and keep yourself safe when working in and around the client's home.		
Class	Clients' Rights, HIPAA & Elder Abuse Prevention <i>Closed Captions (English) and Spanish Subtitles Available</i>	1 hr	CARE0202
Description	In this class, we discuss clients' privacy, security (confidentiality), and related rights. We discuss elder abuse and neglect, including how to prevent it and how to report it if it does occur. Forms of abuse include verbal, physical, emotional, sexual, and financial abuse. The class also discusses ethical behavior as it relates to being a caregiver.		
Objectives	Recognize the laws on privacy and confidentiality of client information (Health Insurance Portability and Accountability Act, or HIPAA). Apply your knowledge of client's rights when caring for an older adult. Identify the different signs of elder abuse. Apply strategies for preventing elder abuse. Report elder abuse based on the legal requirements for your state. Describe ethical behavior as it relates to being a caregiver. Identify signs of domestic abuse and child abuse.		
Class	Observation, Reporting & Documentation: Part 1 <i>Closed Captions (English) and Spanish Subtitles Available</i>	1 hr	CARE0203
Description	This class demonstrates the importance of observing, documenting and reporting on a client's condition. Caregivers will learn techniques for objective and subjective observation, elements and types of reports, and characteristics of effective documentation.		
Objectives	Explain the importance of observation of client condition. Identify types of observation. Describe types of reports caregivers make and the elements of effective reports. Explain the importance of good documentation. Describe the characteristics of good documentation.		
Class	Observation, Reporting & Documentation: Part 2 <i>Closed Captions (English) and Spanish Subtitles Available</i>	1 hr	CARE0204
Description	In this class, caregivers will learn how to look for changes in a client's condition, and the importance of reporting abnormal observations. They will learn to identify symptoms of concern and how to respond to changes in different bodily systems, in the client's vital signs, mental status, skin, nutrition, elimination, and in the client's home environment.		
Objectives	Determine necessary observations of normal and abnormal conditions. Identify signs and symptoms of concern for different bodily systems. Describe appropriate observations of a client's family and home environment.		
Class	Observation, Reporting & Documentation: Part 3 <i>Closed Captions (English) and Spanish Subtitles Available</i>	1 hr	CARE0205
Description	In this class, caregivers will learn when to report on the client's condition, how to report, and the types of reports to make. The class will also cover the characteristics of effective documentation, common medical terminology used in documentation, and the dangers of inaccurate documentation.		
Objectives	Describe the types of reports caregivers make. Identify elements of effective documentation. Discuss the impact of inaccurate documentation. Identify medical terminology and abbreviations used in documentation.		

Class Vital Signs: Part 1 <i>Closed Captions (English) and Spanish Subtitles Available</i>	1 hr	CARE0206
Description In this class, caregivers will learn the role of vital signs in assessing a client's health, and the importance of accurately measuring vital signs. Caregivers will learn when to measure temperature, pulse, respiration, and blood pressure, and the normal ranges for each. The course will also cover how to monitor a client's pain.		
Objectives Describe the five vital signs and why vital signs are important. Explain the importance of monitoring a client's body temperature. Explain the importance of monitoring a client's pulse. Explain the importance of monitoring a client's respiration. Explain the importance of monitoring a client's blood pressure. Explain the importance of monitoring a client's pain.		
Class Vital Signs: Part 2 <i>Closed Captions (English) and Spanish Subtitles Available</i>	1 hr	CARE0207
Description This class teaches caregivers the techniques for measuring vital signs: temperature, pulse, respiration, blood pressure, and pain. Caregivers will learn when to measure temperature, pulse, respiration, and blood pressure, the normal ranges for each, and what to do when measurements are outside normal ranges.		
Objectives Demonstrate how to measure a client's body temperature. Demonstrate how to measure a client's pulse. Demonstrate how to measure a client's respiration. Demonstrate how to measure a client's blood pressure. Determine how to assess a client's pain.		
Communication & Professionalism		
Class Communicating with Older Adults <i>Closed Captions (English) and Spanish Subtitles Available</i>	1 hr	CARE0103
Description In this CareAcademy class, we discuss strategies for communicating with older adults who have impairments such as hearing, vision, or memory loss. We also review how to apply good communication skills to manage difficult client behaviors and events.		
Objectives Identify good communication techniques for working with older adults. Discuss additional communication techniques for older adults with physical disabilities and memory problems.		
Class Time Management & Organization Skills <i>Closed Captions (English) and Spanish Subtitles Available</i>	1 hr	CARE0104
Description This class will teach caregivers the importance of time management. Caregivers will learn to determine priorities, set goals, and manage their personal and professional time more effectively.		
Objectives Describe the importance of time management. Demonstrate how to determine priorities and set realistic goals. Identifying the obstacles to effective time management.		
Class Hiring & Communicating with Caregivers	1 hr	CARE0105
Description This class will teach family members how to hire and communicate with caregivers for older adult family members. Family members will learn the steps to follow when selecting and interviewing a caregiver. Family members will consider the financial and legal aspects of bringing a caregiver into the home, and how to maintain effective communication with caregivers.		
Objectives Determine plans to be made prior to hiring caregivers of older adults. Identify types of caregiving services and strategies for selecting caregivers of older adults. Recognize financial and legal considerations when hiring caregivers of older adults. Describe approaches for effective communication with caregivers of older adults.		
Class Sexual Harassment Prevention <i>Closed Captions (English) and Spanish Subtitles Available</i>	1 hr	CARE0106
Description This class will teach the caregiver how to recognize, report, and help protect themselves from sexual and other forms of harassment.		
Objectives Define sexual harassment. Recognize sexual and other forms of harassment. Determine strategies for addressing sexual harassment.		

<p>Class Working with an Aging Population</p> <p><i>Closed Captions (English) and Spanish Subtitles Available</i></p> <p>Description This class will explore the role of aging in the twenty-first century, and explain how ageism impacts older adults. Caregivers will learn how age and illness affect the sensory and motor functions of the older adult, and how to adapt care for an older client's needs.</p> <p>Objectives Explain the role of aging in the twenty-first century. Recognize examples of ageism. Determine how the five senses change with age. Identify the age-related physical changes that impact the care of older adults.</p>	1 hr	CARE0107
<p>Class Providing Homecare to LGBT Older Adults</p> <p>Description Have you ever wondered what is unique about working with lesbian, gay, bisexual, and transgender (LGBT) older clients, or why some LGBT people are afraid to share their identity with care providers? This course will provide information on LGBT history in the United States. You will learn how to engage LGBT clients, strategies for using affirming language, and ways to create a sense of safety for your client.</p> <p>Objectives Apply key facts and figures about LGBT older adults. Define terminology, including words like lesbian, gay, bisexual, and transgender. Understand why LGBT older adults may hide their identity. Explore how to have respectful and positive interactions with LGBT clients. Review some of the laws and regulations that protect LGBT older adults.</p>	1 hr	CARE0108
<p>Class Professionalism: Communication, Problem Solving & Cultural Competency</p> <p><i>Closed Captions (English) and Spanish Subtitles Available</i></p> <p>Description This class explores the importance of communication and problem-solving skills for professional caregivers. You will learn to recognize cultural differences and identify strategies for communicating effectively with those whose language and cultural background differ from yours.</p> <p>Objectives Define communication. Demonstrate good communication skills including verbal and non-verbal approaches. Utilize problem-solving skills for dealing with conflicts. Define culture and how it influences an individual's worldview. Recognize cultural differences through behaviors or beliefs. Communicate effectively with those whose language background differs from yours.</p>	1 hr	CARE0113
<p>Assisting with Activities of Daily Living</p>		
<p>Class Assisting with Personal Care Through ADLs</p> <p><i>Closed Captions (English) and Spanish Subtitles Available</i></p> <p>Description In this class on activities of daily living (ADLs), we touch upon how to assist older adults with activities such as transferring, bathing, grooming, dressing, toileting, and eating.</p> <p>Objectives Define activities of daily living and the importance of personal care. Describe the strategies for assisting with personal hygiene. Describe the best practices to be followed while assisting older adults for transferring, bathing, dressing, toileting, and eating.</p>	1 hr	CARE0300
<p>Class Assisting with Bathing</p> <p><i>Closed Captions (English) and Spanish Subtitles Available</i></p> <p>Description This class will teach caregivers how to bathe an older adult. After understanding the importance of bathing, caregivers will be instructed on how to make bathing safe and dignified.</p> <p>Objectives Bathe an older adult. Implement strategies for safe and dignified bathing. Solve conflicts in bathing an older adult.</p>	1 hr	CARE0301

Class	Assisting with Elimination Needs	1 hr	CARE0302
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Description This class will teach caregivers the reasons for bowel and bladder control and elimination problems in older adults. Caregivers will learn techniques for using appropriate equipment when assisting clients with elimination.

Objectives Explain reasons for bowel and bladder control and elimination problems in older adults. Identify the steps for assisting an older adult in using the toilet. Identify the steps for assisting an older adult in using a bedpan. Identify the steps for assisting an older adult in using a urinal. Describe the purpose and use of urinary catheters in older adults.

Class	Assisting with Oral Hygiene	1 hr	CARE0303
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Closed Captions (English) and Spanish Subtitles Available

Description This class will teach caregivers how to assist clients with oral care. Caregivers will learn how to inspect the mouth for signs of problems, and how to provide care for clients with dental pain.

Objectives Describe features of the mouth. Recognize symptoms of mouth problems. Identify oral health problems caused by common medical conditions and medications. Determine caregiving techniques for clients who have dental pain.

Assisting with Living Independently		Hours	Class ID
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Class	Assisting with Independent Living Through IADLs	1 hr	CARE0400
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Closed Captions (English) and Spanish Subtitles Available

Description In this class on instrumental activities of daily living (IADLs), we touch upon how to assist older adults with activities such as meal preparation, medication self-administration, social connections, and transportation.

Objectives Demonstrate an understanding of food and nutrition when assisting with meal planning for the older adult. Determine tactics for assisting older adults with self-administration of medication. Identify strategies for assisting older adults to maintain social connections. Recognize approaches for transporting older adults.

Class	Overview of Transfers & Mobility Equipment	1 hr	CARE0403
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Closed Captions (English) and Spanish Subtitles Available

Description This class will teach caregivers how to safely use lifts and mobility equipment with an older adult, as well as ways in which bed rails and alarms can be used to increase nighttime safety.

Objectives Identify different types of mobility equipment and their use. Explain how to safely transfer an older adult using a gait belt, slide board, or mobility device. Describe how to use a Hoyer lift to transfer an older adult. Determine how to use bed rails, monitors, and alarms to keep an older adult safe in bed.

Class	Assisting with Range of Motion Exercises	1 hr	CARE0404
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Closed Captions (English) and Spanish Subtitles Available

Description This class will discuss how joints and muscles work together, and their role in mobility. Caregivers will learn how to safely perform active and passive range of motion exercises with an older adult.

Objectives Describe the anatomy of joints. Explain how muscles help joints to move. Demonstrate how to perform active range of motion exercises for the older adult's upper and lower body. Demonstrate how to perform passive range of motion exercises for older adults who are bedridden.

Class Assisting with Activities & Recreational Therapy at Home	1 hr	CARE0405
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Description This class will teach caregivers the importance of recreational therapy for older adults. Caregivers will learn how to safely use recreational therapy skills with clients. Caregivers will also learn how to safely lead activities for older adults with certain medical conditions.

Objectives Describe the importance of recreational therapy in the care of older adults. Demonstrate the caregiver's role in providing engagement opportunities for older adults. Identify safe recreational therapy activities for older adults. Explain the barriers to recreational therapy and challenges for older adults living with medical conditions.

Managing Specific Health Conditions	Hours	Class ID
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Class Overview of Cancer Care	1 hr	CARE0500
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Description This class will teach caregivers about cancer, what is unique about cancer in an older adult, cancer treatments, cancer symptoms, and potential caregiver tasks. After understanding what cancer is and how it can affect older adults differently, caregivers will be prepared to care for older adults and specific challenges they face when diagnosed and living with cancer.

Objectives Define cancer. Describe cancer symptoms unique to older adults. Describe side effects of cancer and cancer treatment in older adults. Define caregiver tasks related to cancer.

Class Overview of Heart Disease Care	1 hr	CARE0501
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Closed Captions (English) and Spanish Subtitles Available

Description This class will teach caregivers about working with patients who have heart disease. The class focuses on how healthy living, medications, and caregiving activities work together to help the client.

Objectives Define heart disease. Identify common symptoms of heart disease in older adults. Explain methods for tracking and managing symptoms of heart disease. Describe a healthy diet for an older adult with heart disease.

Class Overview of Parkinson's Disease Care	1 hr	CARE0502
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Closed Captions (English) and Spanish Subtitles Available

Description This class will provide caregivers with a brief overview of Parkinson's disease, emphasize the importance of watching for worsening disease, and teach strategies to keep older adults with Parkinson's disease safe. By the end of the class, a caregiver will be able to demonstrate understanding of his or her role in the management of Parkinson's disease in older adults by listing some strategies for patient care that ensure dignity and quality of life for clients.

Objectives Describe the symptoms of Parkinson's disease in older adults. Describe how to manage the symptoms of Parkinson's disease. Describe a healthy diet and exercise plan for an older adult with Parkinson's disease.

Class Overview of Diabetes Mellitus Care	1 hr	CARE0503
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Closed Captions (English) and Spanish Subtitles Available

Description This class will teach caregivers what diabetes mellitus is, and how to identify the causes and symptoms of high and low blood sugar. Caregivers will learn to develop nutritious dietary plans for clients with diabetes.

Objectives Explain the causes and impact of diabetes mellitus. Describe the diet and nutrition considerations for an older adult with diabetes. Identify the causes and symptoms of low blood sugar in older adults with diabetes. Identify the causes and symptoms of high blood sugar in older adults with diabetes.

Class Overview of End of Life Care	1 hr	CARE0504
<i>Closed Captions (English) and Spanish Subtitles Available</i>		
Description This class will teach caregivers how to care for the physical and emotional needs of clients at the end of life and how to support the client's family members during this time. Caregivers will also learn how to support the client in the final hours of life and care for a body after death.		
Objectives Determine appropriate responses to the emotions experienced by an older adult at the end of life. Recommend strategies for caring for the physical needs of an older adult at the end of life. Explain nutritional considerations for older adults at the end of life. Recommend ways to support family members of an older adult at the end of life. Identify signs that an older adult is in the last moments of life, and consider appropriate actions after death.		
Class Overview of Care After Hospital Discharge	1 hr	CARE0505
<i>Closed Captions (English) and Spanish Subtitles Available</i>		
Description This class will teach caregivers the common reasons older adults are hospitalized and the importance of care after discharge. Caregivers will learn how to identify and care for the physical and mental changes that older adults experience after hospital discharge. Caregivers will also learn how to develop safe and effective nutrition plans for older adults after returning home from the hospital.		
Objectives Explain common reasons why older adults are hospitalized and the importance of care after hospital discharge. Identify medical and medication changes in older adults after hospital discharge. Describe the physical changes older adults experience during hospitalization and after discharge. Develop safe and effective nutrition plans for older adults after a hospital discharge. Identify signs of mental and emotional distress in older adults after hospital discharge.		
Class Overview of Care After a Stroke	1 hr	CARE0506
<i>Closed Captions (English) and Spanish Subtitles Available</i>		
Description This class will teach caregivers how to provide safe care at home to clients after a stroke. Caregivers will learn how to identify the common physical, mental, and emotional effects of a stroke. They will also learn how to help the client manage activities of daily living.		
Objectives Identify common physical effects of a stroke. Describe how to help a client perform activities of daily living after a stroke. Identify common mental effects of a stroke. Identify common emotional effects of a stroke. Determine approaches for helping a client meet nutritional needs after a stroke.		
Class Overview of Intellectual Disability Care	1 hr	CARE0507
Description This class will provide an introduction to caring for adults with intellectual disabilities. Caregivers will learn to identify common causes of intellectual disability. They will also learn to assess baseline functioning of an older adult with intellectual disability. Caregivers will also learn how to recognize changes in clients with intellectual disability and determine possible reasons for those changes.		
Objectives Define intellectual disability and identify common causes. Determine baseline functioning for an older adult with intellectual disability. Recognize changes that may occur in older adults with intellectual disability.		
Class Gastrointestinal Issues: Heartburn, Constipation & Diarrhea	1 hr	CARE0508
Description This class will teach caregivers basics of the digestive process and how digestive functions change with age. Caregivers will learn how to identify and help older adults manage gastrointestinal issues such as heartburn, constipation, and diarrhea.		
Objectives Describe the digestive process. Explain how digestive functions change with age. Identify causes and management of heartburn. Identify causes and management of constipation. Identify causes and management of diarrhea.		

<p>Class Obesity & Weight Management</p> <p>Description This class will teach caregivers the factors that contribute to obesity in older adults, and the risks of overweight and obesity. Caregivers will learn how to help older adults manage their weight with diet, meal planning, and physical activity.</p> <p>Objectives Identify the factors that contribute to overweight and obesity in older adults. Describe the diet and nutrition requirements for an older adult with overweight or obesity. Explain meal preparation for weight management for older adults with overweight or obesity. Determine physical activities for weight management for older adults with overweight or obesity.</p>	1 hr	CARE0509
<p>Class Overview of Arthritis Care</p> <p>Description This class will help caregivers understand common types of arthritis in older adults. Caregivers will learn to recognize arthritis symptoms and how to help clients manage daily tasks.</p> <p>Objectives Identify common types of arthritis. Describe strategies for helping older adults manage arthritis. Explain methods of supporting daily tasks for older adults with arthritis.</p>	1 hr	CARE0511
<p>Class Advanced Heart Disease Care</p> <p>Description This class teaches caregivers the parts of the cardiovascular system and common cardiovascular conditions that affect older adults. Caregivers will learn the symptoms of cardiovascular diseases, common medications used to treat cardiovascular conditions, and how to observe and report changes in a client's condition. Caregivers will also learn how to assist clients with cardiovascular conditions with activities of daily living.</p> <p>Objectives Identify the components of the cardiovascular system. Describe common cardiovascular diseases and conditions. Determine significant changes in the condition of a client with a cardiovascular condition. Explain how to assist a client with a cardiovascular condition to perform ADLs. Describe common medications used to treat cardiovascular conditions.</p>	1 hr	CARE0512
<p>Class Overview of HIV/AIDS</p> <p><i>Closed Captions (English) and Spanish Subtitles Available</i></p> <p>Description This class gives caregivers an overview of HIV infections and acquired immunodeficiency syndrome (AIDS). In this class, we discuss how to care for an older adult with HIV/AIDS, including considerations for the client's safety, health management, and nutrition.</p> <p>Objectives Identify methods of HIV transmission and infection. Recognize the symptoms of AIDS. Describe the medications and treatments available for older adults living with HIV/AIDS. Provide the home care required for an older adult living with HIV/AIDS.</p>	1 hr	CARE0513
<p>Class Non-Drug Pain Management</p> <p><i>Closed Captions (English) and Spanish Subtitles Available</i></p> <p>Description This class will teach caregivers about common causes of pain in older adults, how to determine when a client is in pain, and how to alleviate pain without using medication.</p> <p>Objectives Describe common causes of pain in older adults. Identify when a client is in pain. Determine ways to alleviate pain in the older adult.</p>	1 hr	CARE0514
<p>Class Assisting with Medication Self-Administration: Part 1</p> <p><i>Closed Captions (English) and Spanish Subtitles Available</i></p> <p>Description This class prepares participants to assist clients with self-administered medications. Caregivers will learn the different types of medication and routes of delivery. They will also learn the appropriate means of storing and handling medications, and how to read prescription labels.</p> <p>Objectives Define the meaning of medication and identify different types of medications. Differentiate routes of medication. Identify appropriate methods of storing and handling medications. Explain prescription label components and instructions.</p>	1 hr	CARE0515

<p>Class Managing Breathing Difficulties</p> <p><i>Closed Captions (English) and Spanish Subtitles Available</i></p> <p>Description This class will help caregivers understand how breathing difficulties affect daily life for an older adult. Caregivers will be introduced to the conditions that cause breathing difficulties, and the common medication and treatments for those conditions. Caregivers will also learn how to support clients with breathing difficulties maintain daily activities and remain safe and secure in their homes.</p> <p>Objectives Describe common causes of breathing difficulties in older adults. Identify common medications, treatments, and equipment for older adults with breathing difficulties. Recommend strategies for managing daily activities for older adults with breathing difficulties. Demonstrate safety measures and emergency management for older adults with breathing difficulties.</p>	1 hr	CARE0516
<p>Class Overview of Skin Care & Wound Prevention</p> <p>Description This class will teach caregivers how to inspect and protect their clients' skin. Caregivers will identify the conditions that cause changes to the skin of older adults, and learn techniques to prevent wounds and protect the skin.</p> <p>Objectives Identify the conditions that cause changes in older adults' skin. Describe ways of taking care of the older adult's skin. Explain techniques for preventing wounds in older adults.</p>	1 hr	CARE0517
<p>Class Assisting with Medication Self-Administration: Part 2</p> <p><i>Closed Captions (English) and Spanish Subtitles Available</i></p> <p>Description This class prepares caregivers to assist clients with self-administered medications. Caregivers will learn how to ensure the right medications are taken by the right person, in the right amount, at the right time, and by the right route.</p> <p>Objectives Explain the legal aspects of assisting with administering medication. Identify the five rights of medication administration. Demonstrate the process of assisting clients to take medications. Describe how to observe and document a client's self-administered medications.</p>	1 hr	CARE0518
<p>Class Managing Respiratory Diseases</p> <p>Description This class teaches caregivers the components of the respiratory system and common respiratory conditions that affect older adults. Caregivers will learn the symptoms of respiratory diseases, and how to observe and report changes in a client's condition. Caregivers will also learn how to assist clients with respiratory conditions with activities of daily living.</p> <p>Objectives Identify the components of the respiratory system. Describe common respiratory diseases and conditions. Determine significant changes in the condition of a client with a respiratory condition. Explain how to assist a client with a respiratory condition to perform ADLs. Describe common medications and medical devices used by clients with respiratory conditions.</p>	1 hr	CARE0519
<p>Class Medication Administration Basics</p> <p>Description This class provides caregivers with the information they need to administer non-injectable medications to their clients. Caregivers will learn techniques to safely and accurately administer medications, including applying standard precautions, reading medication orders, and following the "five rights." They will also learn the importance of reporting and documenting adverse reactions, medication refusals, and errors. The class covers step-by-step procedures for administering pills, liquids, eye, ear and nose drops, topical medications, and vaginal and rectal suppositories.</p> <p>Objectives Explain how to ensure safe medication administration using infection control and accurate measurement techniques. Describe when and how to use five rights of medication administration. Identify potential adverse medication reactions, interactions, side effects, and contraindications. Describe when and how to accurately document the administration of medications. Demonstrate the process of administering pills, liquids, eye, ear and nose drops, topical medications, and vaginal and rectal suppositories.</p>	1 hr	CARE0520

Class	Performing Catheter Care	0.75 hr	CARE0521
Description	This class will teach caregivers how to care for clients with indwelling urinary catheters. Caregivers will learn procedures for providing daily catheter care, emptying the catheter drainage bag, and changing and cleaning the catheter drainage bag.		
Objectives	Describe the correct procedure for performing routine care for clients with indwelling catheters. Describe the correct procedure for emptying a urinary catheter drainage bag. Describe the correct procedure for changing and cleaning a urinary catheter drainage bag.		
Class	Performing Ostomy Care	0.4 hr	CARE0522
Description	This class will teach caregivers how to care for clients with ileostomies and colostomies. Caregivers will learn the meaning and purpose of different types of ostomies. They will also see how empty and change ostomy appliances, and assist with related care.		
Objectives	Define the term ostomy and conditions that may require ostomies. Describe the procedures for emptying and changing ostomy pouches. Describe what to observe, document, and report when assisting a client with an ostomy. Identify the physical and emotional needs of clients with ostomies.		
Class	Overview of Body Systems	1 hr	CARE0536
	<i>Closed Captions (English) and Spanish Subtitles Available</i>		
Description	This class will teach caregivers about the changes that affect the human body with age. At the end of the class, the caregiver will understand the functions and common disorders that impact different organ systems, including the musculoskeletal system, the integumentary system, the digestive system, the lung and heart systems, the urinary system, and the brain and nervous system.		
Objectives	Identify physical changes due to age and the common disorders that affect the musculoskeletal system. Identify physical changes due to age and the common disorders that affect the integumentary system. Identify physical changes due to age and the common disorders that affect the digestive system. Identify physical changes due to age and the common disorders that affect the lung and heart systems. Identify physical changes due to age and the common disorders that affect the urinary system. Identify physical changes due to age and the common diseases that affect the brain and nervous system.		
Nutrition and Meal Preparation		Hours	Class ID
Class	Overview of Nutrition & Food Preparation	1 hr	CARE0600
	<i>Closed Captions (English) and Spanish Subtitles Available</i>		
Description	This class discusses what appropriate nutrition looks like for an older adult and how to prepare meals that meet clients' nutritional needs. It explores food prep, modified diets, and adaptive equipment to help meet those needs. It also reviews why older adults are at risk for poor nutrition and how to assist with nutritional needs.		
Objectives	Define words that relate to nutrition. Explain why older adults are at risk for poor nutrition. Use food prep, modified diets, and adaptive equipment to meet your client's nutritional needs.		
Class	Modifying Diets to Assist with Difficulty Chewing	1 hr	CARE0601
	<i>Closed Captions (English) and Spanish Subtitles Available</i>		
Description	This class will educate caregivers on the needs of older adults with altered chewing/swallowing functionality, and how to modify meals for those that require diets needing a modified texture or thickened liquids. After reviewing the needs and reasons to why a modified diet is required, the caregiver will be able to identify these potential needs and be able to modify an individual's meal to meet any modified solid or liquid texture needs.		
Objectives	Recognize signs and situations where an older adult may need a modified diet. Choose an appropriate type of dietary modification. Practice ways to decrease risk of issues with chewing and swallowing.		

Infection Control		Hours	Class ID
Class	Maintaining a Clean & Healthy Environment (Infection Control)	1 hr	CARE0700
	<i>Closed Captions (English) and Spanish Subtitles Available</i>		
Description	In this class, caregivers learn how to maintain a clean and healthy environment for the older adults in their lives. Topics discussed include standard precautions (also known as universal precautions), including hand hygiene and the use of personal protective equipment, and how to dispose of sharps and other contaminated materials and equipment. Also covered are methods of transmission, bloodborne pathogens and airborne diseases, transmission-based precautions, and techniques for cleaning and disinfection for infection control.		
Objectives	Identify different ways that infections can be transmitted, including bloodborne pathogens. Define infection control and explain its importance. Demonstrate appropriate practices for controlling infection. Apply strategies for cleaning and disinfecting a client's home to prevent the spread of infection.		
Class	Personal Protective Equipment for Home Care	1 hr	CARE0705
	<i>Closed Captions (English) and Spanish Subtitles Available</i>		
Description	This class will provide caregivers with information on the use of personal protective equipment (PPE) for home care. They will also learn about different types of PPE, and when and how to use them.		
Objectives	Explain the role of PPE in infection control when it is appropriate to use them. Explain the different types of gloves, masks, gowns, and eye protection and when to use them. Describe how to don (put on) gloves, a mask, gowns, and eye protection. Describe how to doff (remove) gloves, a mask, gowns, and eye protection. Determine the correct sequence for donning and doffing pieces of PPE.		
Class	Overview of COVID-19	1 hr	CARE0706
Description	This class will provide caregivers with relevant information on the coronavirus disease 2019 (COVID-19). Caregivers will learn where to obtain reliable information about the virus, how to help prevent the virus from spreading, and how to care for themselves and their clients.		
Objectives	Describe COVID-19, its symptoms, the people most at risk of serious illness from it, and how it is transmitted. Identify reliable sources of information about COVID-19. Apply strategies for reducing the spread of the COVID-19 virus. Describe tactics for providing care to someone who has COVID-19. Explain why cleaning and disinfection is important during the COVID-19 pandemic. Suggest strategies for self-care for caregivers during the COVID-19 global pandemic.		
Class	Understanding the COVID-19 Vaccine	0.66 hr	CARE0707
Description	This class equips direct care workers to make an informed decision about the vaccine. The class provides direct care workers (DCWs) with relevant, reliable information about the vaccine and vaccination process.		
Objectives	Explain the benefits of the COVID-19 vaccine. Differentiate between facts and myths about the vaccine. Explain the vaccine distribution process. Describe the process of receiving the vaccine.		
Emergency & Safety		Hours	Class ID
Class	Emergency Procedures	1 hr	CARE0800
	<i>Closed Captions (English) and Spanish Subtitles Available</i>		
Description	This class discusses emergency preparedness for disasters such as severe weather, fire, floods, earthquakes, and other emergency situations. It explores how caregivers can plan for these types of emergencies, and how best to care for their clients and themselves should a disaster occur. It also reviews standard fire safety tips.		
Objectives	Demonstrate emergency and disaster preparedness (and handling of emergencies and use of emergency services). Apply standard fire safety tips in a fire emergency.		

Class Safety Precautions & Falls Prevention: Part 1	1 hr	CARE0802
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Closed Captions (English) and Spanish Subtitles Available

Description Falls are the biggest risk to older adults and, as a caregiver, you can be the first line of defense to help reduce the risk of falls. In this class, we discuss why older adults are likely to fall, identify potential dangers throughout the older adult's home, and explore falls prevention strategies to keep the older adult safe.

Objectives Explain why falls happen in older adults and how falls can be prevented. Evaluate each room in the older adult's house for potential risk of falls. Talk to the older adult about falls prevention and how to make it part of his or her daily routine.

Class Safety Precautions & Falls Prevention: Part 2	1 hr	CARE0803
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Closed Captions (English) and Spanish Subtitles Available

Description In this class, we explore the common medical factors that cause older adults to fall, and review specific exercises for preventing falls. We also discuss additional safety precautions, including managing aggressive behavior when caring for an older adult, and identifying and reporting changes in the older adult's condition.

Objectives Discuss how medical factors can contribute to falls in older adults. Demonstrate specific exercises for the older adult that help with preventing falls. Manage aggressive behaviors that may happen when caring for an older adult. Effectively report changes in the older adult's condition. Tell the difference between emergencies that do require calling 911 and emergencies that do not.

Class Recognizing Fire and Medical Emergencies	0.83 hr	CARE0804
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Description This class teaches direct care workers how to recognize fire and medical emergencies and properly respond by contacting 911 when appropriate. Note: Completing the class does not confer First Aid certification.

Objectives Recognize a fire emergency. Recognize a medical emergency. This includes being able to recognize: common sudden illness; choking; shock; seizure; heat-related illnesses and cold-related emergencies; head, neck, and spinal injuries; severe allergic reaction; burns; severe bleeding; and poisoning. Contact 911 when appropriate.

Class Performing Basic First Aid During Medical Non-Emergencies	0.25 hr	CARE0806
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Description Describe the process for correctly responding to a client who experiences a common medical non-emergency: a headache; mild reactions to insect bites and stings; a muscle sprain; a strain; a minor burn; minor cuts, scrapes, and bruises; or a nosebleed.

Objectives his class teaches direct care workers how to provide basic first aid when your client experiences a common medical non-emergency. Note: Completing the class does not confer First Aid certification.

Caregiver Self-Care	Hours	Class ID
Class Coping Skills for Caregivers	1 hr	CARE0900

Closed Captions (English) and Spanish Subtitles Available

Description This class will teach caregivers about stress and the importance of taking care of themselves. Caregivers will learn coping skills for their physical and emotional health, and how to create a plan to use those skills.

Objectives Explain the causes of caregiver stress. Identify healthy and unhealthy coping skills for caregivers. Determine how to create a plan to manage caregiver stress.

Class Improving Caregiver Empathy	1 hr	CARE0901
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Closed Captions (English) and Spanish Subtitles Available

Description This class introduces the concept of empathy and its importance when providing care to older adults. Participants will identify common situations that make it challenging to be empathetic, and review techniques to help build an empathetic approach. Participants will be able to describe the benefits of practicing empathy for both the client and the caregiver.

Objectives Define the difference between empathy and sympathy. Describe the importance of empathy for caregivers. Understand when it is difficult for caregivers to empathize with clients. Use strategies for showing empathy with clients.

Class Managing Job-Related Stress	1 hr	CARE0902
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Closed Captions (English) and Spanish Subtitles Available

Description This class will explore work-related stresses that a professional caregiver may encounter, including generational differences, family dynamics, and client conflicts. The class will provide strategies for coping with workplace conflict and how to manage grief after the death of a client.

Objectives Define stress and how it impacts health. Implement strategies for dealing with workplace conflicts. Identify differences between generations and types of generational conflicts. Explain the types of conflicts that caregivers experience on-the-job. Describe how professional caregivers may react to the death of a client.

Home Management	Hours	Class ID
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Class Light Housekeeping Techniques	1 hr	CARE1000
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Closed Captions (English) and Spanish Subtitles Available

Description The class explores how to maintain cleanliness in the client's home and avoid the spread of infection and bacteria.

Objectives Identify the daily cleaning tasks that should be completed in your client's home. Apply recommended cleaning tips to the older adult's bedroom, kitchen, bathrooms, family/living room, and other areas of the house.

Mental Health	Hours	Class ID
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Class Overview of Depression Care	1 hr	CARE1100
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Closed Captions (English) and Spanish Subtitles Available

Description This class will help caregivers understand what depression is. Caregivers will learn signs and symptoms of depression in the older adult. By the end of the course, caregivers will be able to identify who may be at risk and understand non-medical strategies to help treat depression.

Objectives Define depression. Identify common symptoms of depression in older adults. Identify risks for developing depression in older adults. Explain strategies for helping an older adult with depression.

Class Overview of Anxiety Care	1 hr	CARE1101
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Description This class will help caregivers recognize the signs and symptoms of anxiety in older adults and older adults with dementia. Caregivers will identify common types of anxiety disorders and approaches for managing anxiety in older adults.

Objectives Define the signs and symptoms of anxiety in older adults. Describe the most common types of anxiety disorders. Identify approaches to managing anxiety in older adults. Recognize signs of anxiety in older adults with dementia.

Alzheimer's & Other Dementias		Hours	Class ID
Class Overview of Mental Illness Care <i>Closed Captions (English) and Spanish Subtitles Available</i>		1 hr	CARE1102
Description This class will teach caregivers the basics of mental illness in older adults. Caregivers will learn to identify common mental illnesses, their causes, and common treatments. Caregivers will also learn strategies for coping with the challenging behaviors of older adults with mental illnesses, and what to do if those behaviors become inappropriate.			
Objectives Define mental illness. Identify common mental illnesses in older adults. Describe treatment options for older adults with mental illnesses. Determine strategies for managing the behaviors of older adults with mental illness.			
Class Introduction to Dementia Care <i>Closed Captions (English) and Spanish Subtitles Available</i>		1 hr	CARE1200
Description This class was created for professional caregivers to understand dementia and apply recommended care strategies for supporting a client living with dementia in the client's own home. Alzheimer's disease and dementia impact many aspects of care. The caregiver's ability to modify care, recognize and work through challenges, and support themselves and the family are all vital in providing care to those with Alzheimer's and dementia.			
Objectives Define dementia. Identify common symptoms of dementia. Describe stages of Alzheimer's disease and the symptoms experienced at each stage. Recognize dementia-related behaviors. Understand the importance of the care plan for older adults living with dementia. Recognize the impacts of dementia on the client's family. Determine how to care for an older adult in the final stage of Alzheimer's disease. Recognize types of non-medicinal therapies for dementia. Suggest environmental changes to support a client living with dementia.			
Class Communicating with a Person with Dementia <i>Closed Captions (English) and Spanish Subtitles Available</i>		1 hr	CARE1201
Description This class will teach caregivers about the different stages of dementia and discuss ways to communicate with the older adult living with dementia through each stage. The goal of this class is to give caregivers more tools and confidence around effective styles of communication with older adults with memory problems.			
Objectives Define early stage dementia and identify positive communication strategies for older adults in this stage. Describe middle stage dementia and identify positive communication strategies for older adults in this stage. Describe late stage dementia and identify positive communication strategies for older adults in this stage. Determine methods of communicating with clients living with dementia who exhibit dementia-related behaviors.			
Class End of Life Dementia Care <i>Closed Captions (English) and Spanish Subtitles Available</i>		1 hr	CARE1202
Description This CareAcademy class will teach caregivers how to recognize and provide care for people living with dementia at the end of life, including strategies to manage pain and promote comfort.			
Objectives Recognize the signs of severe dementia and end of life. Identify strategies for communicating with an older adult living with severe dementia. Determine causes of pain or discomfort in an older adult living with dementia at the end of life. Apply strategies to promote comfort in the older adult living with dementia at the end of life.			

<p>Class Addressing Agitation & Aggression in Dementia 1 hr CARE1203</p> <p><i>Closed Captions (English) and Spanish Subtitles Available</i></p> <p>Description This class will help caregivers recognize agitation and aggressive behaviors in older adults living with dementia, and will provide strategies for preventing and addressing agitation and aggression.</p> <p>Objectives Recognize causes of agitation or aggressive behavior in older adults with dementia. Identify the aggressive behaviors associated with dementia in older adults. Determine strategies for preventing agitation and aggressive behaviors in older adults with dementia. Describe tactics for managing agitated and aggressive behaviors of an older adult with dementia.</p>
<p>Class Safety in Dementia 1 hr CARE1204</p> <p><i>Closed Captions (English) and Spanish Subtitles Available</i></p> <p>Description This class will teach caregivers the importance of safety for clients living with dementia. It will also show caregivers strategies for protecting the client inside and outside the home while maintaining the client's independence.</p> <p>Objectives Identify safety risks for older adults living with dementia. Implement accident prevention strategies in the home of an older adult living with dementia. Determine tactics for ensuring the safety of the older adult living with dementia outside the home. Consider the importance of balancing independence and safety for older adults living with dementia.</p>
<p>Class The Science of Dementia 0.5 hr CARE1205</p> <p>Description This class will teach caregivers about the changes that affect the brain and nervous system with age. Caregivers will also learn about common diseases that cause dementia, including Alzheimer's disease, vascular dementia, Lewy body dementia, frontotemporal dementia, Parkinson's disease dementia, and mixed dementia.</p> <p>Objectives Describe the basic structure, function, and physical changes that affect the brain and nervous system. Identify diseases that cause dementia, common symptoms, and the impact on care practices.</p>
<p>Class Parkinson's Disease Dementia 1 hr CARE1206</p> <p><i>Closed Captions (English) and Spanish Subtitles Available</i></p> <p>Description This class will teach caregivers how to identify the symptoms of Parkinson's disease and Parkinson's disease dementia, and how to care for an older adult living with Parkinson's disease dementia.</p> <p>Objectives Recognize the relationship between Parkinson's disease and dementia. Identify the symptoms of Parkinson's disease and Parkinson's disease dementia. Describe tactics for supporting the care of an older adult living with Parkinson's disease dementia.</p>
<p>Class Person-Centered Care for Older Adults Living with Dementia 0.66 hr CARE1207</p> <p>Description This class demonstrates how to practice person-centered care when assisting clients with dementia. Caregivers will learn how to promote dignity, independence, individuality, and choice, for their clients.</p> <p>Objectives Describe the benefits of providing person-centered care for older adults living with dementia. Explain how to incorporate person-centered care approaches into the care of older adults living with dementia, to respect background, culture, experiences, and attitude.</p>
<p>Class Clients' Rights and Abuse Prevention for Older Adults Living with Dementia 1 hr CARE1208</p> <p>Description In this class, caregivers will learn how to identify, prevent, and report situations of abuse, exploitation, and neglect. The class will also cover practices for ensuring the client's rights and self-determination, and how to protect confidential health information.</p> <p>Objectives Define client's rights and the importance of confidentiality, privacy, and security of protected health information. Recognize principles of self-determination and how older adults living with dementia can make informed decisions about advance directives. Demonstrate the ability to identify, prevent, and report situations of abuse, exploitation, and neglect towards older adults living with dementia.</p>

Class	Addressing Dementia-Related Behaviors When Assisting with ADLs	0.25 hr	CARE1209
Description	In this class, caregivers will learn the importance of person-centered care when assisting older adults living with dementia with activities of daily living (ADLs). Caregivers will apply strategies for supporting clients throughout the progression of dementia and will identify best practices for fostering the client's dignity, independence, and choice.		
Objectives	Apply person-centered care and best practices in assisting older adults living with dementia with ADLs. Describe strategies for addressing ADLs throughout the progression of dementia. Identify situations that may trigger dementia-related behaviors.		
Class	Assisting an Older Adult Living with Dementia with Bathing	0.33 hr	CARE1210
Description	This class covers how to apply person-centered care when assisting clients living with dementia with bathing. Caregivers will learn how to adapt the client's home environment for bathing, ensure the client's dignity and independence, and techniques for assisting the client during the bathing process.		
Objectives	Apply person-centered strategies for assisting older adults living with dementia with bathing. Describe tactics for adapting the client's bathing environment. Recognize best practices for ensuring the client's dignity, independence, and choice before, during, and after bathing.		
Class	Assisting Older Adults Living with Dementia with Grooming	0.25 hr	CARE1211
Description	This class covers how to assist clients living with dementia with grooming, including haircare, shaving, skin and nail care. Caregivers will learn how to support the client during the process of grooming to ensure the client's dignity, independence, and choice.		
Objectives	Apply person-centered care strategies for assisting older adults living with dementia with grooming, including haircare, shaving, skin and nail care. Recognize best practices for supporting the client's dignity, independence, and choice during the grooming process.		
Class	Assisting Older Adults Living with Dementia with Dressing	0.25 hr	CARE1212
Description	This class covers how to apply person-centered care when assisting clients living with dementia with dressing. Caregivers will learn how to adapt the client's home environment for dressing, and how to ensure the client's dignity, independence and choice during the dressing process.		
Objectives	Apply person-centered care strategies for assisting older adults living with dementia with dressing. Describe tactics for adapting the client's home environment for dressing. Recognize best practices for maintaining the client's dignity, independence, and choice while dressing.		
Class	Assisting Older Adults Living with Dementia with Oral Hygiene	0.25 hr	CARE1213
Description	This class covers how to apply person-centered care when assisting clients living with dementia with oral hygiene. Caregivers will learn how to support the client's dignity, independence, and choice during the process of providing oral hygiene. Health considerations and adaptive equipment for oral hygiene are also covered.		
Objectives	Apply person-centered care strategies for assisting older adults living with dementia with oral hygiene. Recognize best practices for maintaining the client's dignity, independence, and choice while providing assistance with oral hygiene. Suggest adaptations and equipment for clients who need additional support during oral hygiene care.		
Class	Assisting an Older Adult Living with Dementia with Toileting	0.25 hr	CARE1214
Description	This class covers how to apply person-centered care when assisting clients living with dementia with toileting. Caregivers will learn how to adapt the client's home environment, and how to support the client's dignity, independence, and choice during the toileting process. Health considerations and adaptive equipment for toileting are also covered.		
Objectives	Apply person-centered strategies for assisting older adults living with dementia with toileting. Describe tactics for adapting the client's home environment to support toileting. Recognize best practices for ensuring the client's dignity, independence, and choice before, during, and after toileting.		

Class	Assisting an Older Adult Living with Dementia with Eating	0.25 hr	CARE1215
Description	This class covers how to apply person-centered care when assisting clients living with dementia with eating. Caregivers will learn how to support the client's dignity, independence, and choice during the dining process. Health considerations, adaptive equipment, and hand over hand assistance for eating are also covered.		
Objectives	Apply person-centered strategies for assisting older adults living with dementia with eating. Describe tactics for adapting the client's home environment to support eating. Recognize best practices for ensuring the client's dignity, independence, and choice during the dining process.		
Class	Mobility and Falls Prevention for Older Adults Living with Dementia	0.25 hr	CARE1216
Description	In this class, caregivers will learn the mobility challenges faced by persons living with dementia, how to adapt the client's home environment to prevent falls, and what steps to take if a client falls.		
Objectives	Explain why older adults living with dementia are at greater risk for falls. Describe tactics for preventing falls.		
Class	Activities for Older Adults Living with Dementia	0.33 hr	CARE1217
Description	In this class, caregivers will learn the benefits of providing activities for older adults living with dementia and how to safely provide meaningful, engaging, person-centered activities.		
Objectives	Describe basic principles and best practices for activities for older adults living with dementia. Identify and plan meaningful and engaging, person-centered activities for older adults living with dementia. Determine how to safely coordinate activities for older adults living with dementia.		
State-Specific Classes & Supplements (for Compliance)		Length	Class ID
Class	Sexual Harassment Prevention: California State Supplement	0.08 hr	CARE0106CA
Description	This state-specific educational material supplements CARE0106 Sexual Harassment Prevention (for caregivers) and CARE0106S Preventing Sexual Harassment in the Workplace (for supervisors) to fully meet the sexual harassment prevention training requirement per CCR Section 12950. This supplementary document covers the reporting process, legal remedies, and how to contact the Department of Fair Employment and Housing (DFEH).		
Objectives	Recognize the sexual harassment reporting process in California.		
Class	Sexual Harassment Prevention: Delaware State Supplement	0.08 hr	CARE0106DE
Description	This state-specific educational supplement to CARE0106 Sexual Harassment Prevention provides the information to file a sexual harassment complaint with the Delaware Department of Labor (DDOL), and how to contact the DDOL. It also covers the supervisor's role in demonstrating appropriate workplace behavior.		
Objectives	Recognize the legal remedies and complaint process for sexual harassment in Delaware and the steps for filing a complaint. Access the contact information for the Delaware Department of Labor. Understand the supervisor's role in preventing and addressing sexual harassment and retaliation		
Class	Sexual Harassment Prevention: Illinois State Supplement	0.08 hr	CARE0106IL
Description	This state-specific educational material supplements CARE0106 Sexual Harassment Prevention to fully meet the sexual harassment prevention training requirement for the state of Illinois. This supplementary document covers the complaint process, legal remedies, and how to contact the Illinois Department of Human Rights. Agencies must cover their company-specific reporting process with employees for full compliance.		
Objectives	Recognize the sexual harassment complaint filing process for Illinois. Access Illinois Department of Human Rights contact information. Identify supervisory and managerial employee responsibilities in preventing and addressing sexual harassment and retaliation.		

Class	Sexual Harassment Prevention: New York State Supplement	0.25 hr	CARE0106NY
Description	This state-specific educational material supplements CARE0106 Sexual Harassment Prevention (for caregivers) to fully meet the sexual harassment prevention training requirement per New York State and New York City requirements. This supplementary document covers the reporting process, legal remedies, and how to contact the New York Commission and Division of Human Rights. Agencies must cover their company-specific reporting process with employees for full compliance.		
Objectives	Recognize the sexual harassment reporting and investigatory process in New York State and New York City. Access local or federal complaint forms and contact information. Understand supervisory and managerial employee responsibilities in preventing and addressing sexual harassment and retaliation. Understand the basics of bystander intervention.		
Class	Washington State Orientation Training	2 hr	CARE0199WA
Description	This class meets the 2-hour orientation training required for long-term care (LTC) workers in Washington state. It covers caregiver roles and responsibilities, effective communication, clients' rights, abuse awareness and prevention, and principles of observation, documentation, and reporting. This class is the first component of CareAcademy's approved Washington State Orientation and Safety (ORSA) online training program. To meet the entire 5-hour ORSA requirement, caregivers must also complete CareAcademy's 3-hour Washington State Safety Training.		
Objectives	Explain the role of aging in the twenty-first century. Define caregiver roles, responsibilities, and care settings. Describe the correct way to interact with members of the care team to follow a client's care plan. Define communication and describe tactics for effective communication. Describe approaches to dealing with conflicts. Recognize the laws on privacy and confidentiality of client information (Health Insurance Portability and Accountability Act, or HIPAA). Describe caregivers' mandated reporting responsibilities in Washington state. Identify types of observation. Describe types of reports caregivers make and the elements of effective reports. Describe the characteristics of good documentation.		
Class	Recognizing and Preventing Abuse of Older Persons: Nevada	0.16 hr	CARE0202NV
Description	This Nevada state supplement covers the legal definitions and reporting requirements for abuse of older adults including neglect, exploitation, isolation, and abandonment.		
Objectives	Understand the legal definitions of abuse, neglect, exploitation, isolation, and abandonment of older adults and vulnerable persons. Identify who is responsible for reporting abuse of older adults and vulnerable persons. Determine how to make a report of abuse of older adults and vulnerable persons.		
Class	Methods and Techniques to Prevent Skin Breakdown: Oregon State Supplement	0.08 hr	CARE0300OR
Description	Methods and Techniques to Prevent Skin Breakdown: Supplement This supplement covers methods and techniques to prevent skin breakdown in older adults.		
Objectives	Describe the causes of skin breakdown. Identify skin breakdown. Describe methods and techniques to prevent skin breakdown.		
Class	The Importance of Proper Hydration: Oregon State Supplement	0.08 hr	CARE0400OR
Description	This supplement covers the importance of hydration, identifying signs of dehydration and overhydration, intake and output monitoring, fluid measurement, and fluid conversion.		
Objectives	Describe the importance of hydration in older adults. Identify signs of dehydration and overhydration. Explain the purpose of intake and output measurement. Describe the process of fluid measurement and conversion.		
Class	Florida Law on HIV Testing and Confidentiality	0.08 hr	CARE0513FL
Description	This state supplement covers Florida's legal requirements for HIV testing; counseling and resources; client confidentiality; notifications to partners, care team or third parties; and considerations for pregnant women.		
Objectives	Understand the requirements for HIV test result notifications. Review the protections for health care personnel and confidentiality of test subjects (clients). Identify the resources available for HIV testing and counseling. Describe when to document HIV test results or refusals in a person's medical file.		

Class	Florida Law on Assistance with Self-Administration of Medication: Supplement	0.08 hr	CARE0515FL
Description	This state supplement covers Florida's legal requirements for assistance with self-administration of medication, including the tasks that caregivers are and are not able to perform when assisting clients.		
Objectives	Define terminology used in the Florida statute on assisting with medication self-administration. Describe the forms of medication that a caregiver may assist a client to self-administer. Identify the tasks that caregivers may and may not perform when assisting clients with self-administration of medication.		
Class	Tuberculosis Training, Testing, and Reporting Requirements: New York State Supplement	0.05 hr	CARE0519NY
Description	This state supplement covers New York State's legal requirements for tuberculosis (TB) testing, training, and reporting.		
Objectives	Identify the TB screening requirements for health care workers in New York State. Describe the TB training requirements for workers in healthcare settings in New York State. Explain the requirements for reporting TB test results in New York State.		
Class	Food Labels and Special Diets: Arizona State Supplement	0.08 hr	CARE0600AZ
Description	This supplement covers how to read food labels to assist clients when shopping for groceries. It also covers the health issues that may require medically recommended diets, and how to adapt meals for modified diets.		
Objectives	Identify the components of food labels and ingredient lists. Describe the health issues that may require a modified diet. Explain how to assist a client to comply with a medically recommended diet.		
Class	Hepatitis B and C: Arizona State Supplement	0.03 hr	CARE0700AZ
Description	This supplement covers the symptoms of hepatitis B (HBV) and C (HCV), how they are spread, and why vaccinations are the best protection against HBV.		
Objectives	Discuss how hepatitis B and C are transmitted. List the symptoms of hepatitis B and C. Identify the benefits of hepatitis B vaccinations.		
Class	Responding to Non-Medical Emergencies: Oregon State Supplement	0.03 hr	CARE0800OR
Description	This supplement covers how caregivers should respond to common non-medical emergencies.		
Objectives	Describe the process for correctly responding to a client who experiences a common non-medical emergency: a headache; a muscle sprain; a strain; minor cuts, scrapes, and bruises; or a nosebleed.		
Class	Washington State Safety Training	3 hr	CARE0899WA
Description	This class meets the 3-hour safety training required for long-term care (LTC) workers in Washington state. It covers workplace safety, safety precautions and falls prevention, infection control measures, emergency procedures and fire safety, and observing and reporting changes in a client's condition. This class is the second component of CareAcademy's approved Washington State Orientation and Safety (ORSA) online training program. To meet the entire 5-hour ORSA requirement, caregivers must also complete CareAcademy's 2-hour Washington State Orientation Training.		
Objectives	Identify ways to take care of yourself and keep yourself safe when working in and around the client's home. Discuss strategies and tactics for preventing falls in older adults. Define infection control and explain its importance. Identify common bloodborne pathogens and other infectious diseases. Demonstrate appropriate practices for controlling infection when it occurs. Demonstrate emergency preparedness, including handling of emergencies and use of emergency services. Apply standard fire safety tips in a fire emergency. Effectively observe and report changes in the older adult's condition.		
Class	Idaho Caregiver Skills Challenge Exam	0 hr	CAREIDSMXM
Description	The Idaho Caregiver Challenge Exam enables professional caregivers with at least 24-months of experience and who successfully pass the challenge exam to opt-out of the Idaho Skills Matrix Training program.		
Objectives	N/A		

Home Care Office Training		Length	Class ID
Class	Phone Etiquette: The First Step to Building Relationships	0.38 hr	CARE8001
Description	Using basic phone etiquette helps to build positive relationships with your clients from the very beginning. Creating a professional and supportive atmosphere helps them to feel understood and confident in your agency's ability to assist them. In this class, you will learn why phone etiquette is so vital to building relationships and techniques for making a great first impression on the phone.		
Objectives	Explain the importance of using proper phone etiquette. Explain how utilizing proper telephone etiquette helps to build a positive relationship with the caller. Explain how to perform common phone tasks using good phone etiquette. Identify examples of proper phone etiquette.		
Class	Phone Etiquette: Successfully Conducting an Initial Phone Call	0.4 hr	CARE8002
Description	People calling with questions about your agency's services may be unsure of how you can help them. They may even be unsure of their own needs. During these initial calls, it is imperative to listen to the caller to determine what they need, make them feel heard, and guide them to the best solution for their unique situation. Conducting these calls effectively can lead to a new client for your agency and the privilege of helping another family. In this class, you will learn techniques for successfully conducting these initial phone calls.		
Objectives	Describe the importance of successfully conducting an initial phone call. Describe characteristics of callers reaching out with an initial phone call. Identify effective techniques for successfully conducting an initial phone call.		
Class	Phone Etiquette: Addressing Client Concerns	0.4 hr	CARE8003
Description	Speaking with a client who has concerns about an aspect of your agency's services can be challenging. It's important to be prepared for these conversations. Learning to address the caller's concerns in a supportive and professional manner will help meet the client's needs and also prevent unnecessary frustration for you. In this class, you will learn techniques to approach these conversations with confidence and tact.		
Objectives	Explain how to be prepared for a conversation with a concerned caller. Identify techniques for effectively addressing client concerns on the phone.		

Video Library	Length	Class ID
Class Video: Hand Hygiene	03:42	VID0001
Class Video: Donning and Doffing Gloves	01:59	VID0002
Class Video: Assistance with Bedpan Use	04:00	VID0003
Class Video: Tub Bath or SHower	02:16	VID0004
Class Video: Oral Hygiene	01:47	VID0005
Class Video: Assisting with Medication Self-Administration: The Five Rights	03:28	VID0006
Class Video: Assisting an Older Adult to Walk Safely	00:43	VID0007
Class Video: Assisting an Older Adult to Fall Safely	01:04	VID0008
Class Video: Assisting an Older Adult to Transfer Using a Gait Belt	02:50	VID0009
Class Video: Assisting an Older Adult to Transfer from a Wheelchair to a Car	01:57	VID0010
Class Video: Moving an Older Adult Up in Bed	00:56	VID0011
Class Video: Assisting an Older Adult to Sit at the Side of the Bed	01:55	VID0012
Class Video: Proper Body Mechanics & Safety	01:07	VID0013
Class Video: Reporting the Client's Condition	04:08	VID0014
Class Video: Incident Reports	02:01	VID0015
Class Video: Characteristics of Good Documentation	02:28	VID0016
Class Video: Reporting Emergencies	04:55	VID0017
Class Video: Understanding Your Client's Rights	03:46	VID0018
Class Video: Client Confidentiality	04:12	VID0019
Class Video: Health Care Proxy	00:59	VID0020
Class Video: Living Will	00:59	VID0021
Class Video: Setting Clear Goals and Priorities	10:44	VID0022
Class Video: Signs and Symptoms of Anxiety	05:36	VID0023
Class Video: Signs and Symptoms of Depression	03:56	VID0024
Class Video: Determining Normal vs. Abnormal Conditions	01:56	VID0025
Class Video: Documentation Problems	04:31	VID0026
Class Video: How to Administer Oral Liquids	02:27	VID0027
Class Video: Active Range of Motion for the Upper Body	03:12	VID0028
Class Video: Taking a Tympanic Temperature	01:41	VID0029
Class Video: Dealing with Conflict	04:33	VID0030
Class Video: What is Empathy?	06:58	VID0031
Class Video: HIV Transmission and Infection	07:02	VID0032
Class Video: Defining Abuse, Exploitation, and Neglect	02:02	VID0033
Class Video: Types of Elder Abuse	03:05	VID0034
Class Video: Preventing Elder Abuse	02:24	VID0035
Class Video: Objective Observations: Senses	03:04	VID0036
Class Video: Subjective Observations	02:22	VID0037
Class Video: Reporting Elder Abuse	02:01	VID0038
Class Video: Advance Directives	01:43	VID0039
Class Video: Supporting a Client with Mental Illness	10:14	VID0040
Class Video: Diagnosis and Treatment of Mental Illness	05:56	VID0041
Class Video: Assisting with Physical Needs at the End of Life	07:23	VID0042

Class	Video: Assisting with Emotional Needs at the End of Life	06:52	VID0043
Class	Video: Last Moments of Life	02:06	VID0044
Class	Video: Immediately After Death	02:22	VID0045
Class	Video: What is Dementia?	02:52	VID0046
Class	Video: Keeping an Older Adult with Dementia Safe at Home	10:19	VID0047
Class	Video: The Integumentary System	03:25	VID0048
Class	Video: The Musculoskeletal System	03:35	VID0049
Class	Video: The Cardiovascular System	02:50	VID0050
Class	Video: Monitoring Clients with Cardiovascular Conditions	06:07	VID0051
Class	Video: The Brain and Nervous System	08:14	VID0052
Class	Video: The Respiratory System	02:49	VID0053
Class	Video: Monitoring Clients with Respiratory Conditions	06:41	VID0054
Class	Video: The Endocrine System	02:57	VID0055
Class	Video: The Reproductive System	02:00	VID0056
Class	Video: The Urinary System	02:18	VID0057
Class	Video: The Digestive System	03:46	VID0058
Class	Video: Recognizing When a Modified Diet is Needed	05:53	VID0059
Class	Video: Basics of Food and Nutrition	04:48	VID0060
Class	Video: Observing and Monitoring Nutrition	01:33	VID0061
Class	Video: Food and Liquid Texture Modifications	07:29	VID0062
Class	Video: Understanding Temperature	03:17	VID0063
Class	Video: Taking an Oral Temperature	04:10	VID0064
Class	Video: How to Report Temperature	01:25	VID0065
Class	Video: Understanding Pulse	03:14	VID0066
Class	Video: Taking a Pulse	06:12	VID0067
Class	Video: Understanding Respiration	01:50	VID0068
Class	Video: Taking Respirations	01:29	VID0069
Class	Video: Understanding Blood Pressure	02:39	VID0070
Class	Video: Taking Blood Pressure	06:05	VID0071
Class	Video: Observing and Reporting Pain	02:49	VID0072
Class	Video: Assessing Pain	05:08	VID0073
Class	Video: Physical and Verbal Cues of Pain	07:23	VID0074
Class	Video: Heat and Ice for Treating Pain	03:18	VID0075
Class	Video: Assistance with Urinal Use	02:26	VID0076
Class	Video: Observing the Urinary System	01:21	VID0077
Class	Video: Understanding Prescription Labels	03:13	VID0078
Class	Video: Purpose and Types of Medications	08:49	VID0079
Class	Video: Observing and Documenting Medication Self-Administration	03:28	VID0080
Class	Video: Storing and Handling Medications	01:31	VID0081
Class	Video: Assisting with the Use of Oxygen	03:49	VID0082
Class	Video: What is a Stroke?	02:30	VID0083
Class	Video: What is Parkinson's Disease?	04:32	VID0084
Class	Video: Assisting an Older Adult to Transfer Using a Mobility Device	02:15	VID0085



CareAcademy Core Class List

CareAcademy Training Courses

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Class	Video: Assisting an Older Adult to Transfer Using a Slide Board	02:09	VID0086
Class	Video: Assisting with Hoyer Lifts	03:42	VID0087
Class	Video: Assisting with Mobility Devices	03:00	VID0088
Class	Video: Assisting with Wheelchairs	03:22	VID0089
Class	Video: Active Range of Motion for the Lower Body	02:02	VID0090
Class	Video: Passive Range of Motion	03:27	VID0091
Class	Video: Emptying a Urinary Catheter Drainage Bag	03:14	VID0092
Class	Video: Changing and Cleaning a Urinary Catheter Drainage Bag	04:37	VID0093
Class	Video: Determining Normal vs. Abnormal Skin Conditions	00:51	VID0094
Class	Video: Skin and Wound Care	03:59	VID0095
Class	Video: Preventing Contractures	01:27	VID0096
Class	Video: Understanding Tuberculosis	07:31	VID0097
Class	Video: Caring for a Client with Active Tuberculosis	05:16	VID0098
Class	Video: How to Perform Digital Stimulation	05:07	VID0099

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