



Carewell
SEIU503



Continuing Education

2023 Program Overview & Course Catalog

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Continuing Education Program

Homecare Workers, Personal Support Workers, and Personal Care Attendants

Overview

Starting on September 1, 2023, all homecare workers, personal support workers, and personal care attendants will need to have completed 12 hours of continuing education to be eligible to renew their provider numbers.

Carewell SEIU 503 Training, in partnership with the Oregon Home Care Commission, has designed a continuing education program with the following goals:

- meeting all state legal requirements, and
- giving you the tools and information, you need to gain new skills and provide the highest quality support to your consumers.

The Continuing Education program consists of three sections, which must be completed in order:

- Required courses (1 hour)
- Cultural Competency training (3 hours)
- Elective courses (8 hours)

The following pages provide detailed information about all the required courses and the elective courses that are currently available.

If you have questions about your continuing education training, you can reach us by phone:

1-844-503-7348 | M-F 8am-6pm

or

Email CarewellSEIU503training@RISEpartnership.com.

For questions about your training due date, contact your case management entity.

Happy Training.

Required Courses

1 hour total – Must take all in the order listed below.

Course	Type	Length
Reviewing Professional Boundaries	Self-paced Online	15 min
Reviewing Reporting Abuse and Neglect	Self-paced Online	35 min
Reviewing Preventing Medicaid Fraud	Self-paced Online	10 min

COURSE DESCRIPTIONS

Reviewing Professional Boundaries

This course reviews what professional boundaries are, why they are important, and what could happen if you do not maintain professional boundaries with the consumer.

Reviewing Reporting Abuse and Neglect

This course reviews what it means to be a mandatory reporter, what situations require a mandatory report, and an overview of the types and warning signs of abuse and neglect.

Reviewing Preventing Medicaid Fraud

This course reviews what is considered Medicaid fraud and your role as a care provider to prevent it.

Cultural Competency

3 hours total – Must take all in the order listed below.

Course	Type	Length
Cultural Awareness	Instructor-led Webinar	2 hours 15 min
Cultural Skills	Self-paced Online	45 min

COURSE DESCRIPTIONS

Cultural Awareness

This course allows learners to explore their own biases, beliefs, and culture with a Carewell trainer and a group of peers. Topics include:

- Explore personal and cultural values, biases, prejudices, and views.
- Identify ways in which culture shapes beliefs, practices, and values.
- Become aware that there are similarities and differences among cultures.
- Recognize our own culture(s), including organizational culture.
- Recognize the four stages of cultural awareness.

Cultural Skills

This course introduces four cultural skills and explains their importance in positive cultural interaction. Additional focuses of this course include how to:

- Assess your own multicultural skills, comfort level, growth, and development.
- Be able to identify and openly discuss cultural differences and issues while taking in new ideas and information from others.
- Consider new ideas and information to gain and show respect for individuals who are culturally different from yourself.
- Create an action plan for how to increase your own cultural awareness, skills, and competence.
- Comprehend how attitude and awareness are key to utilizing cultural skills.

This course will be repeated throughout the care providers' career to allow them to continue to examine the growth of their cultural competency skill sets and determine what areas to focus on for continued growth.

This course will be repeated through your career as care provider so you can continue to examine the growth of your cultural competency skill sets. It will also help you determine what areas to focus on for continued growth.

Elective Courses

Elective courses allow care providers to choose topics that are most relevant and interesting to them for improving their knowledge and ability to provide quality care to consumers. This list of elective courses will continue to grow to include more topics.

CE ESSENTIALS COURSE TRACK

This selection of continuing education courses covers a range of topics appropriate for all care providers and fulfills the 8-hour requirement.

Course	Type	Length
Discussing Strengths-Based Services	Instructor-led Webinar	3 hours
Food Safety	Self-paced Online	45 min
Housekeeping Best Practices	Self-paced Online	45 min
Introduction to Strengths-Based Services	Self-paced Online	1 hour
Medical Terminology	Self-paced Online	30 min
Personal Protective Equipment	Self-paced Online	30 min
Prescription Drug Misuse	Self-paced Online	30 min
Stress Management for Care Providers	Self-paced Online	45 min
What Is an Identity?	Self-paced Online	15 min

ELECTIVE COURSE LIST (ALPHABETICAL)

8 hours total – Select from the list below.

Course	Type	Length
Body Systems 1	Self-paced Online	1 hour
Body Systems 2	Self-paced Online	1 hour
Discussing Strengths-Based Services	Instructor-led Webinar	3 hours
Discussing Working with Child Consumers	Instructor-led Webinar	TBD
Discussing Working with Employer Representatives	Instructor-led Webinar	TBD
Food Safety	Self-paced Online	45 min
Housekeeping Best Practices	Self-paced Online	45 min
Introduction to Strengths-Based Services	Self-paced Online	1 hour
Introduction to Working with Child Consumers	Self-paced Online	15 min
Introduction to Working with Employer Representatives	Self-paced Online	15 min
Learning About Autism Spectrum Disorder	Self-paced Online	30 min
Learning About Down Syndrome	Self-paced Online	30 min
Learning About Fetal Alcohol Syndrome	Self-paced Online	30 min

Continued on next page

ELECTIVE COURSE LIST CONTINUED

Course	Type	Length
Learning About Fragile X Syndrome	Self-paced Online	30 min
Learning About Intellectual and Developmental Disabilities	Self-paced Online	45 min
Learning About Prader-Willi Syndrome	Self-paced Online	30 min
Learning About Rett Syndrome	Self-paced Online	30 min
Learning About Traumatic Brain Injury (TBI)	Self-paced Online	30 min
Medical Terminology	Self-paced Online	30 min
Personal Protective Equipment	Self-paced Online	30 min
Prescription Drug Misuse	Self-paced Online	30 min
Stress Management for Care Providers	Self-paced Online	45 min
What Is an Identity?	Self-paced Online	15 min
What Is Intersectionality?	Self-paced Online	15 min
Working with Non-Verbal Consumers	Self-paced Online	1 hour

COURSE DESCRIPTIONS

Body Systems 1			
TYPE	Online	LENGTH	60 minutes
COURSE DESCRIPTION			
<p>This module introduces the care provider to the human body. For each body system, body parts and their function, common problems, and disorders are covered. Body systems in this module include:</p> <ul style="list-style-type: none"> • Musculoskeletal • Circulatory • Digestive • Respiratory • Nervous • Integumentary <p>In addition, the following topics are covered:</p> <ul style="list-style-type: none"> • Observing and reporting • Medical emergencies 			

Body Systems 2			
TYPE	Online	LENGTH	60 minutes
COURSE DESCRIPTION			
<p>This module introduces the care provider to the human body. For each body system, body parts and their function, common problems, and disorders are covered. Body systems in this module include:</p> <ul style="list-style-type: none"> • Reproductive system • Lymphatic and Immune systems • Endocrine system • Urinary system <p>In addition, the following topics are covered:</p> <ul style="list-style-type: none"> • Observing and reporting • Medical emergencies 			

Discussing Strengths-Based Services

TYPE	Live Webinar	LENGTH	3 hours
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COURSE DESCRIPTION

The goal of this course is to introduce the philosophy of strengths-based services and start to build an understanding of how to provide services from a strength-based perspective. This course explores how to uncover the strengths that every person has, and how to utilize those strengths to build skills. Creativity in identifying strengths and building relationships with consumers and their families is emphasized. The course offers opportunities to practice using person-first language and to practice shifting perspectives from a deficit-based to a strengths-based mentality.

Introduction to Strengths-Based Services must be taken prior to taking this course.

Discussing Working with Child Consumers

TYPE	Live Webinar	LENGTH	TBD
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COURSE DESCRIPTION

This instructor-led course will have participants work through scenarios specific to supporting a child consumer. These scenarios will build understanding of how to navigate providing person-centered services for a minor and how to work with their employer representative.

Introduction to Working with Child Consumers and Introduction to Working with Employer Representatives must be taken prior to taking this course.

Discussing Working with Employer Representatives

TYPE	Live Webinar	LENGTH	TBD
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COURSE DESCRIPTION

This course will explore how to balance person-centered service when a consumer has an employer representative. This instructor-led course explores scenarios specific to working with employer representatives. This course focuses on building a relationship based on mutual respect and trust with employer representatives. This course builds understanding about how this will result in a better working environment for the care provider and better care outcomes for the consumer.

Introduction to Working with Employer Representatives must be taken prior to taking this course.

Food Safety			
TYPE	Online	LENGTH	45 minutes
COURSE DESCRIPTION			
<p>Foodborne illnesses are quite uncomfortable and can even be deadly to many consumers. To provide safe and high-quality support, care providers need to be able to practice food safety measures in all food handling scenarios. These scenarios include purchasing, storing, cleaning, and preparing foods. In this module we will cover the following:</p> <ul style="list-style-type: none"> • Describe the importance of food safety • Discuss how health and hygiene play an important role in food preparation. • Define foodborne illness and how to avoid it. • Determine what is contamination and cross contamination. • Identify recommended temperatures to kill disease-causing germs and how to avoid the danger zone. • And lastly, we will determine cleaning and sanitizing tips to help keep you and the consumer safe. 			

Housekeeping Best Practices			
TYPE	Online	LENGTH	45 minutes
COURSE DESCRIPTION			
<p>Maintaining a clean household is an important aspect of keeping people safe and healthy. This course will focus on a comprehensive list of household duties that may appear on the task list or service agreement when working with a consumer in their home. Materials will include information and best practices on cleaning, sanitizing, organizing, decluttering, and how to approach all these tasks in a person-centered way.</p>			

Introduction to Providing Strengths-Based Services

TYPE	Online	LENGTH	1 hour
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COURSE DESCRIPTION

The goal of this course is to introduce the philosophy of strengths-based services and start to build an understanding of how to provide services from a strength-based perspective. It will cover the strengths that every person has, and how to utilize those strengths to build skills. Creativity in identifying strengths and building relationships with consumers and their families is emphasized. The course works through several scenarios to provide opportunities to practice using person-first language and to practice shifting perspectives from a deficit-based to a strengths-based mentality.

Introduction to Working with Child Consumers

TYPE	Online	LENGTH	15 minutes
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COURSE DESCRIPTION

This course introduces care providers to some of the specific requirements and considerations for working with child consumers. It provides an understanding of the legal boundaries and importance of building good relationships with employer representatives.

Introduction to Working with Employer Representatives

TYPE	Online	LENGTH	15 minutes
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COURSE DESCRIPTION

This course will explore how to balance person-centered service when a consumer has an employer representative. The self-paced portion will provide tips on how to build a good relationship and establish healthy boundaries and expectations with an employer representative.

Learning About Autism Spectrum Disorder

TYPE	Online	LENGTH	30 minutes
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COURSE DESCRIPTION

The course introduces care providers to autism spectrum disorder. It walks through the common causes, signs and symptoms, possible treatments, and examples of commonly needed services and supports.

This course is part of a series.

Learning About Down Syndrome

TYPE	Online	LENGTH	30 minutes
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COURSE DESCRIPTION

The course introduces care providers to Down syndrome. It walks through the common causes, signs and symptoms, possible treatments, and examples of commonly needed services and supports.

This course is part of a series.

Learning About Fetal Alcohol Syndrome

TYPE	Online	LENGTH	30 minutes
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COURSE DESCRIPTION

The course introduces care providers to fetal alcohol syndrome. It walks through the common causes, signs and symptoms, possible treatments, and examples of commonly needed services and supports.

This course is part of a series.

Learning About Fragile X Syndrome

TYPE	Online	LENGTH	30 minutes
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COURSE DESCRIPTION

The course introduces care providers to Fragile X syndrome. It walks through the common causes, signs and symptoms, possible treatments, and examples of commonly needed services and supports.

This course is part of a series.

Learning About Intellectual and Developmental Disabilities

TYPE	Online	LENGTH	45 minutes
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COURSE DESCRIPTION

The module will define IDD and explore what we know about intellectual and developmental disabilities that do not have any specific diagnosis. This module walks through the suspected causes, signs and symptoms, possible treatments, and examples of commonly needed services and supports.

This course is part of a series.

Learning About Prader-Willi Syndrome

TYPE	Online	LENGTH	30 minutes
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COURSE DESCRIPTION

The course introduces care providers to Prader-Willi syndrome. It walks through the common causes, signs and symptoms, possible treatments, and examples of commonly needed services and supports.

This course is part of a series.

Learning About Rett Syndrome

TYPE	Online	LENGTH	30 minutes
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COURSE DESCRIPTION

The course introduces care providers to Rett syndrome. It walks through the common causes, signs and symptoms, possible treatments, and examples of commonly needed services and supports.

This course is part of a series.

Learning About Traumatic Brain Injury

TYPE	Online	LENGTH	30 minutes
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COURSE DESCRIPTION

The course introduces care providers to traumatic brain injury (TBI). It walks through the common causes, signs and symptoms, possible treatments, and examples of commonly needed services and supports.

This course is part of a series.

Medical Terminology for Care Providers

TYPE	Online	LENGTH	30 minutes
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COURSE DESCRIPTION

Care providers support and assist consumers with many tasks that involve medical terminology. Understanding common medical terminology makes a care provider's job easier and helps them provide safer care. This course will cover common medical terminology related to the care of older adults, consumers who experience intellectual and developmental disabilities, and consumers who experience mental illness. Specific attention is given to abbreviations and instructions commonly seen on medications. In this module, we will cover the following:

- Breaking apart and combining words using roots, prefixes, and suffixes.
- Structure and organization of the body.
- Common medication terminology.
- Putting it all together and knowledge checks.
- Ways to practice learning.

Putting On and Taking Off PPE

TYPE	Online	LENGTH	30 minutes
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COURSE DESCRIPTION

This course covers the following:

- Different types of personal protective equipment (PPE).
- When and how to use each type of item.
- The proper order to put on and remove PPE.
- Where to obtain PPE.
- Current regulations involving PPE.

Prescription Drug Misuse

TYPE	Online	LENGTH	30 minutes
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COURSE DESCRIPTION

Prescribed drugs and therapeutic substances are commonly overlooked as addictive substances. This course explores:

- The history of abused drugs.
- Specific prescribed drugs and substances that can be highly addictive.
- Information for the care provider to be better equipped to identify signs and symptoms of drug abuse and overuse.

Stress Management for Care Providers

TYPE	Online	LENGTH	45 minutes
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This course offers the learner information about stress, how to recognize it, and how to develop simple practices to monitor and manage stress levels to keep themselves healthy. At the end of this course, learners will be able to:

- Define stress and understand the concept of stress management.
- Recognize potential causes and triggers of stress.
- Identify signs and symptoms of stress and understand the connection to overall health.
- Identify techniques for managing stress with stress-reducing activities.
- Recall tools and best practices to incorporate into a healthy stress management plan.

What Is an Identity?

TYPE	Online	LENGTH	15 minutes
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COURSE DESCRIPTION

This course offers the learner information about identities and intersectionality, and how knowledge about these can inform person-centered care and a strengths-based perspective. Topics covered include:

- What is an identity?
- What are identity/social groups?
- Why is knowing about identity important?

What Is Intersectionality?

TYPE	Online	LENGTH	15 minutes
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COURSE DESCRIPTION

This course offers the learner information about identity, privilege, marginalization, and intersectionality as they apply to consumers and providing care. It also discusses how knowledge and awareness of intersectionality can inform person-centered care and a strengths-based perspective. Topics covered include:

- What is an identity?
- What are privilege and marginalization?
- What barriers do some marginalized groups experience when accessing health care?
- What is intersectionality, and why is knowing about it important?

Working with Non-Verbal Consumers			
TYPE	Online	LENGTH	1 hour
COURSE DESCRIPTION			
<p>This course will explore how best to support consumers who communicate non-verbally. Some topics include:</p> <ul style="list-style-type: none"> • Common supports and practices within the community. • Best practices for supporting a non-verbal person in public. • Different ways in which non-verbal consumers may communicate, including technology options that are available. 			

Coming Soon!

Lifting and Positioning			
TYPE	Online	LENGTH	1 hour
COURSE DESCRIPTION			
<p>Many consumers will need assistance with positioning and transfers. This course will focus on educating and implementing safe transfer and positioning techniques for both the consumer and care provider. In this module we will cover how to do the following:</p> <ul style="list-style-type: none"> • Implement proper body mechanics to keep the care provider and consumer safe during lifts and transfers. • Execute procedures to safely move a consumer in bed. • Demonstrate tasks that need to be done to position a consumer in bed in the supine, lateral, prone, Fowler's, and Sims' positions. • Describe different types of Durable Medical Equipment and assistive devices a consumer may use in transfers and assistive devices. • Demonstrate how to assist a consumer to stand from bed and stand from a sitting position. • Demonstrate how to assist a consumer using a walker, cane, crutches, and wheelchair. • Discuss ways to prevent a consumer from falling and how to assist a consumer who is falling. 			

Transfers and Assistive Devices

TYPE	Online	LENGTH	1 hour
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COURSE DESCRIPTION

Assistive devices and transfers can help to aid consumer independence and autonomy. This module will present how to assist a consumer out of bed, into standing position, assist consumer to walk, transfer from bed to wheelchair, support in use of assistive devices, and assist a consumer who is falling or has fallen down. In this module, we will cover how to do the following:

- Describe how to use proper body mechanics to assist a consumer to stand, and transfer a consumer from a bed to a chair or wheelchair.
- Describe how to use proper body mechanics to transfer a consumer from a bed to a chair or wheelchair.
- Describe how to use a transfer belt to transfer a consumer from a bed to wheelchair.
- Demonstrate how to assist a consumer to use a walker.
- Demonstrate how to assist a consumer to use a cane.
- Demonstrate how to assist a consumer to use crutches.
- Demonstrate how to assist a consumer to use a wheelchair.
- Demonstrate how to assist a consumer who is falling / has fallen.

