



PERSONAL CARE ASSISTANT

The Personal Care Assistant Profession

Personal Care Assistants aid elderly, disabled, ill, and mentally disabled persons who live in their own homes or in a residential care facility. Some Personal Care Assistants work with families in which a parent is incapacitated, and small children need care. Others help discharged hospital patients who have relatively short-term needs. The U.S. Bureau of Labor Statistics (BLS) reported that hiring of personal care assistants is expected to increase by 26% from 2014 to 2024. Numerous job openings with excellent opportunities are expected. Job opportunities will be prevalent in hospitals, clinics, rehab centers, home care, long-term care facilities, hospice and assisted living facilities.

The Personal Care Assistant Program

This comprehensive program prepares students for a position as a Personal Care Assistant. Emphasis is on giving personal care in a client's home, communications, working with ill persons, basic human needs, eldercare, nutrition, special diets, housekeeping, and home management. This course covers the following key areas and topics:

- An overview of long-term care and memory care.
- Communicating with ill persons and elderly individuals
- Nutrition, special diets, and meal preparation
- Safe assistance in health care management, monitoring and rehabilitation
- Safe assistance with activities of daily living and housekeeping

Personal Care Assistant

Delivery: Online self-paced, mentor support

Hours: 750

Externship: Optional Placement Available

Tuition: \$3,950

NHA Certification Exam Fee Included

Credential Achievement Guarantee
conditions apply

Education & Certification

- Students should have or be pursuing a high school diploma or GED.
- There are no state approval and/or state requirements associated with this program.
- National Certification:
 - **National Healthcareer Association (NHA) Certified Clinical Medical Assistant (CCMA)**

Detailed Course Topics Covered

- Describe long-term care in terms of the target populations, environment, care options
- Describe the physiological, psychological, and sociological changes related to aging
- Explain proper procedures for infection control in a home or residential environment
- Perform basic housekeeping procedures and safety for residents, staff, and visitors
- Explain procedures and strategies for planning, purchasing, and serving food
- Explain the proper procedures for safely assisting an individual in activities of daily living
- Explain procedures involved in caring for individuals with special needs
- Describe effective and appropriate care of an individual who is dying
- Explain proper care for infants and children in the home or residential setting
- Explain how to assist individuals in a home or residential environment
- Explain common preoperative and postoperative care procedures

National 
Healthcareer
Association*

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