



## **IMPART Alliance DCW Training Program**

### ***Level 2 Course Descriptions***

#### **Class 201: Food Safety**

Whether their role involves shopping, cooking, serving meals, and/or assisting an individual to eat, direct care workers handle food. In this class, students will explore the essentials for preventing food-borne illness. Topics include avoiding the spread of germs, recognizing vulnerabilities for serious illness, and the safe preparation and storage of foods.

#### **Class 202: Changes as We Age**

Direct care workers support older adults and can benefit from understanding the changes experienced by an aging person. In this class, students will understand the factors that influence the aging experience, describe the physical changes of the aging body, how to adapt supports for the aging person, and identify between changes and conditions in the body systems.

#### **Class 203: Meaningful Activities**

In addition to being a source of supports and services, direct care workers are a source of meaningful interactions for the individuals they work with. In this class, students will learn what makes for a meaningful interaction, develop communication strategies, and better understand the use of reminiscence in direct care work.

#### **Class 204: Family Dynamics and Legal Considerations**

Direct care workers may encounter individuals who have a legal guardian or durable power of attorney (DPOA) for healthcare, and will benefit from understanding the applicable terms, regulations, and ethical principles to these scenarios. In this class, students will explore facts and myths about working with individuals who require decision-making support, describe collaboration, and prepare for potential challenging situations in the workplace.

#### **Class 205: Home Safety and Emergency Situations**

There is always a risk of an emergency that could impact on the safety of a direct care worker or the individual they support. In this class, students will explore the possible safety concerns encountered in the home setting, identify steps to respond, and prepare to assist a person during a medical emergency.

#### **Class 206: Introduction to Dementia**

As the population ages, direct care workers can benefit from preparation to work with individuals with dementia. In this class, students will build awareness of the types and symptoms of dementia, cognitive impairment, and delirium.

#### **Class 207: Introduction to Mental Illness**

Direct care workers often support individuals with mental illness. In this class, students will be introduced to the topic of mental illness, its prevalence and impact. Additionally, this class will address the experience of working with individuals experiencing symptoms of mental illness and how to engage in person-centered supports.

#### **Class 208: Introduction to Intellectual/Developmental Disabilities**

Direct care workers frequently provide supports and services to individuals with intellectual and developmental disabilities. In this class, students are introduced to IDD, the history of direct care work for individuals with IDD, and the role of direct care workers in home and community-based services. Finally, students will practice including person-centered thinking and meaningful activities while supporting individuals with IDD.

**Class 209: Introduction to Trauma**

Traumatic experiences can impact an individual's life and their future interactions with direct care workers. In this class, direct care workers are introduced to the concepts of trauma, the impact of traumatic experiences on individuals, and how direct care worker supports may be affected. Finally, students will learn about secondary trauma in their own profession.

**Class 210: Specialty Communication**

Not everyone communicates the same way. Direct care workers may encounter challenges communicating with the individuals they support. In this class, students identify risks for communication challenges, examples of communication challenges, and techniques for enabling specialty communication.

**Class 211: Introduction to Diversity and Cultural Awareness**

Direct care workers and the individuals they support represent diverse cultural backgrounds. Cultural competency in direct care work is important for building supports and belonging. In this class, students will explore cultural competency, self-awareness, addressing misunderstandings, and developing relationships across cultural differences.

**Class 212: Grief, Loss, and End of Life**

Direct care workers frequently provide supports and services to individuals near the end of life. In this class, students will learn to better understand grief and offer supports to people who have experienced a loss. Class discussion will also address what to expect while supporting an individual who is dying, along with person-centered support for direct care workers working with people at the end of life.