CareAcademy Class Catalog

Approved Senior Care Training
Learn Anytime and Anywhere on a Smartphone

CareAcademy™

About CareAcademy's Classes

CareAcademy's library of 60 state-approved classes are used by home care agencies across the nation to provide high-quality training to caregivers.

Classes are designed to be taken on a smart phone, tablet or computer. Scenario-based videos and interactive elements make the class content engaging and memorable. At the end of each class, caregivers complete a final test. If they score 80% or higher, they'll receive a certificate of completion. We give caregivers the power to access their completion records after they have left an agency and easily send certificates of completion to you. Never waste time re-training new hires again!

Caregivers love our classes, which increases the likelihood they will complete them, and complete them on time. In fact, we have a 90%+ class completion rate!

90%+ Class Completion Rate

60% Reduction in Onboarding Time

74% Reduction in Turnover

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CareAcademy™

Current Class List
CareAcademy Training Courses

1.866.227.3895
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Introduction to Caregiving | Class ID

| Class | What Does it Mean to Be a Professional Caregiver? | CARE0100 |

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 | CARE0202 |

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 | CARE0203 |

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 | CARE0204 |

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 | CARE0205 |

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 | CARE0206 |

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 | CARE0207 |

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 ID

| Class | Professionalism: Communication, Problem Solving & Cultural Competency | CARE0113 |

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.

Class	Communicating with Older Adults	CARE0103
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	CARE0104
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	CARE0105
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	CARE0106
Objectives	Define sexual harassment. Recognize sexual and other forms of harassment. Determine strategies for addressing sexual harassment .	

Class	Working with an Aging Population	CARE0107
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.	

Assisting with Activities of Daily Living

Class	Assisting with Personal Care Through ADLs	CARE0300
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.	

Class	Assisting with Bathing	CARE0301
Objectives	Bathe an older adult. Implement strategies for safe and dignified bathing. Solve conflicts in bathing an older adult.	

Class	Assisting with Elimination Needs	CARE0302
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	CARE0303
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.	

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Assisting with Living Independently | Class ID

Class **Assisting with Independent Living Through IADLs**	CARE0400

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**	CARE0403

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**	CARE0404

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**	CARE0405

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 | Class ID

Class **Overview of Cancer Care**	CARE0500

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**	CARE0501

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**	CARE0502

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**	CARE0503

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 | CARE0504 |

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 | CARE0505 |

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 | CARE0506 |

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 | CARE0507 |

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 | CARE0508 |

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.

| Class | Obesity & Weight Management | CARE0509 |

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.

| Class | Overview of Arthritis Care | CARE0511 |

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.

| Class | Advanced Heart Disease Care | CARE0512 |

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.

| Class | Overview of HIV/AIDS | CARE0513 |

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.

Class	Non-Drug Pain Management	CARE0514
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.	

Class	Assisting with Medication Self-Administration: Part 1	CARE0515
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.	

Class	Managing Breathing Difficulties	CARE0516
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.	

Class	Overview of Skin Care & Wound Prevention	CARE0517
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.	

Class	Assisting with Medication Self-Administration: Part 2	CARE0518
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.	

Class	Managing Respiratory Diseases	CARE0519
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.	

Class	Overview of Body Systems	CARE0536
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

Class	Overview of Nutrition & Food Preparation	CARE0600
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	CARE0601
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	Class ID
Class Maintaining a Clean & Healthy Environment (Infection Control)	CARE0700

Objectives Define infection control and explain its importance. Identify common bloodborne pathogens and other infectious diseases. Demonstrate appropriate practices for preventing infection.

Emergency & Safety	Class ID
Class Emergency Procedures	CARE0800

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	CARE0802

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	CARE0803

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.

Caregiver Self-Care	Class ID
Class Coping Skills for Caregivers	CARE0900

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	CARE0901

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	CARE0902

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	Class ID
Class Light Housekeeping Techniques	CARE1000

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	Class ID
Class Overview of Depression Care	CARE1100

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	CARE1101

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.

Class Overview of Mental Illness Care	CARE1102

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.

Alzheimer's & Other Dementias	Class ID
Class Introduction to Dementia Care	CARE1200

Objectives Define dementia and other associated words, and understand the difference between them. Identify common symptoms of an older person who is suffering from dementia. Describe the different stages of Alzheimer's dementia. Identify the symptoms experienced at each stage. Recognize dementia-related behavioral problems. Understand the importance of the care plan for older adults with Alzheimer's or dementia. Recognize the impacts of Alzheimer's and dementia on the care recipients family at each stage: early, middle, and late. Determine how to care for an older adult in the final stages of Alzheimer's. Recognize the types of non-medicinal therapies commonly used for individuals with dementia. Suggest environmental changes in the home that will best support a client with dementia.

Class Communicating with a Person with Dementia	CARE1201

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 with dementia who exhibit challenging or aggressive behavior.

Class End of Life Dementia Care	CARE1202

Objectives Recognize the signs of advanced dementia and end of life. Identify strategies for communicating with an older adult with advanced dementia. Determine causes of pain or discomfort in an older adult with dementia at the end of life. Apply strategies to promote comfort in the older adult with dementia at end of life.

Class Managing Agitation & Aggression in Dementia	CARE1203

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.

Class	Safety in Dementia	CARE1204

Objectives Identify safety risks for older adults with dementia. Implement accident prevention strategies in the home of an older adult with dementia. Determine tactics for ensuring the safety of the older adult with dementia outside the home. Consider the importance of balancing independence and safety for older adults with dementia.

Class	Parkinson's Disease Dementia	CARE1206

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 managing the care of an older adult with Parkinson's disease dementia.

Training You Can Trust

Franchisors and independent agencies across the nation use CareAcademy to meet state training requirements and deliver client-specific training.

Training Caregivers Love

Getting caregivers to complete training on time is easy with CareAcademy because our classes are engaging, interesting, and memorable. Caregivers learn through scenari-based videos and interactive elements.

Technology That Works

We know many caregivers do not have a computer in the home, so our classes are designed to be taken on smart phones (the classes work great on tablets and computers, too!)

Quite simply, CareAcademy is at the forefront of on-demand caregiver education. While in-person trainings will always be valuable to our caregivers, the opportunity to provide our home care aides with high-quality training materials that can be consumed at their convenience is a real differ-ence-maker.

Kevin Smith
CEO, Best of Care

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