



### An instructor for **Core, HCL, IADL, PS:**

- » Must be a direct care professional with a *Prepare to Care* advanced training certificate OR have a post-secondary degree (in any field)
- » Must possess at least one year of experience related to the content of the training modules
- » The experience must reflect knowledge of the role of the direct care professional in supporting persons served in relevant settings

### Content Summaries:

#### CORE

#### Core

Basic foundational knowledge and introduction to profession.

- » Person-centered approach
- » Communication & interpersonal skills
- » Infection control
- » Documentation
- » Mobility assistance & worker safety

#### IADL

#### Instrumental Activities of Daily Living

Services to assist an individual with daily living tasks to function independently in a home or community setting.

- » Infection control
- » Laundry support
- » Light housekeeping
- » Home safety
- » Nutritional support
- » Financial management support
- » Emergency preparedness

#### HCL

#### Home and Community Living

Services to enhance or maintain independence, access community supports and services, and achieve personal goals.

- » Home & community-based living principles & services
- » Building & maintaining friendships & relationships
- » Cultural competence
- » Development & disabilities across the lifespan
- » Behavioral support, crisis prevention & intervention
- » Individualized support plans, outcome-based philosophy, documentation

#### PS

#### Personal Support

Services to support individuals as they perform personal activities of daily living.

- » Person-centered support, maximizing independence
- » Community integration, developing partners
- » Communication
- » Principles of teaching and learning
- » Behavioral support, crisis prevention & intervention  
Individualized support plans, outcome-based philosophy, documentation



### An instructor for **PADL, HMM:**

- » Must be a registered nurse (hold a current registered nurse license in the state of Iowa) with a minimum of two years of nursing experience
- » Must possess at least one year of experience related to the content of the training modules
- » The experience must reflect knowledge of the role of the direct care professional in supporting persons served in relevant settings

### Content Summaries:



#### Personal Activities of Daily Living

Services to assist an individual in meeting their basic needs.

- » Professionalism, reporting & documentation, legal & regulatory guidelines
- » Person-centered approach, cultural considerations, special populations
- » Safety, infection control
- » Personal hygiene support
- » Functional support, safe patient handling, mobility assistance
- » Vital signs
- » Nutritional support
- » Elimination support



#### Health Monitoring and Maintenance

Services that support and maintain an individual's health and provide functional support for certain conditions.

- » Aging process
- » Support for persons with:
  - Sensory, musculoskeletal, gastrointestinal, cardiovascular, respiratory, skin, urinary & reproductive conditions
  - Diabetes-mellitus
  - Neurologic & nervous disorders
  - Mental illness & substance abuse disorders
  - Pain
  - Cancer
  - Intellectual & developmental disabilities
- » End of life