



Eldercare Competency Programme: Elevating Home Healthcare Standards

Empowering your agency's caregivers with the essential skills, legal knowledge, and compassionate techniques to deliver exceptional, compliant in-home care across the United States.

Learning Objectives:

By the end of this programme, your caregivers will be equipped to:

- Master the fundamentals of Activities of Daily Living (ADLs), including personal hygiene, mobility support, and nutrition management.
- Understand and comply with US healthcare regulations, focusing on patient privacy (HIPAA), ethical conduct, and the legal boundaries of a caregiver's scope of practice.
- Execute strict infection prevention protocols, including comprehensive education on bloodborne pathogens and HIV/AIDS.
- Safely assist clients with self-administered medications strictly within the legal limits of US Home Health Aide (HHA) and Personal Care Aide (PCA) regulations.
- Provide empathetic, specialised support for individuals living with chronic conditions, dementia, and cognitive decline.
- Implement fall prevention strategies, recognise medical errors, and respond effectively to health emergencies.
- Foster the emotional wellbeing of the elderly while managing caregiver stress and maintaining professional boundaries.

Enrolment Details:

Designed specifically for Healthcare Agencies, iCare Life operates on a streamlined SaaS model. For a flat annual fee of \$499, your agency can secure a batch of 50 student licenses. You will receive a white-labelled Academy Portal co-branded with your agency's logo. Caregivers gain 90 days of access to complete the course, take the auto-proctored test, and earn a certificate co-branded by iCare Life and your agency—an excellent tool for recruitment and compliance.

Assessment Methods:

To ensure complete competency and retention, the programme features robust evaluation tools:

- **Interactive Q&A:** Over 300 scenario-based questions with detailed explanations for correct answers embedded throughout the modules.
- **Mock Tests:** Multiple practice examinations designed to prepare caregivers for real-world application and final certification.



Eldercare Competency Programme: Elevating Home Healthcare Standards

- **Final Certification:** An auto-proctored examination that verifies the caregiver's readiness to serve your agency's clients safely and professionally.

Instructor Information:

This programme is developed by the instructional design experts at iCare Life. The curriculum merges 18 voiced-over PowerPoint presentations with high-quality animated video instruction, designed in consultation with healthcare professionals to align with US home care industry standards.

Key Topics:

This curriculum is delivered through engaging animated videos, voice-over presentations, and interactive assessments, covering the following 18 core modules:

- I. Introduction to Healthcare and Elderly Care:** Understanding the healthcare system, identifying the elderly, and preparing for the first day of duty.
- II. Roles and Responsibilities of Caregivers:** Establishing routines, maintaining boundaries, professional time management, and collaborating with medical professionals.
- III. Self-Care and Caregiver Stress Management:** Personal growth, time management, financial independence, and strategies to reduce caregiver burnout.
- IV. Effective Communication and Professional Skills:** Active listening, avoiding conflicts, and communicating effectively with elders, families, and medical staff.
- V. Human Body and Organ System:** A comprehensive overview of major physiological systems and sensory organs.
- VI. Personalized Care and Attention & Techniques:** Hands-on techniques for bathing, grooming, dressing, toileting, incontinence care, and respecting client dignity.
- VII. Health and Wellness Management:** The importance of exercise, sleep, rest, and adapting to age-related changes.
- VIII. Nutrition Management:** Managing food and fluid intake, hygienic food handling, and addressing nutritional issues.
- IX. Hygiene, Infection Control, and Safety:** Maintaining a clean environment, home safety, and mandatory education on HIV/AIDS, bloodborne pathogens, and universal precautions.
- X. HIV and AIDS Awareness and Legal Compliance:** Understanding transmission and prevention, ensuring non-discriminatory care practices, and strictly adhering to state and federal regulatory frameworks.
- XI. Mobility and Physical Support:** Bed making, handling and preventing falls, wheelchair assistance, and caring for bedsores.



Eldercare Competency Programme: Elevating Home Healthcare Standards

- XII. Mental Health and Emotional Support:** Promoting emotional wellbeing, handling difficult behaviours (anger, anxiety), and combating loneliness and depression.
- XIII. Chronic and Special Needs Care:** Managing chronic conditions, understanding hospital equipment, and handling dementia and diabetes care.
- XIV. Emergency Responses and Safety:** First aid fundamentals, handling health emergencies, and emergency situation protocols.
- XV. Pain Management and Palliative Care:** Understanding chronic and acute pain, mobility disorders, and hot/cold applications.
- XVI. Legal and Ethical Considerations:** Honouring confidentiality (HIPAA), ethical conduct, inclusiveness, and the rights of the client.
- XVII. Recreational and Social Activities:** The importance of social connections, hobbies, and outdoor activities for the elderly.
- XVIII. Medication Management and Administration:** Understanding the caregiver's legal scope of practice under US laws, focusing strictly on Assistance with Self-Administered Medications, observing vital signs, and monitoring glucose indicators safely.
- XIX. Palliative Care and End-of-Life Support:** Dealing with terminal illness, supporting spirituality, and handling end-of-life issues with compassion.

