

Curriculum Overview

Competency	Learning Objectives
Care Settings	<ul style="list-style-type: none"> • Understand the historic changes related to deinstitutionalization • Learn about HCBS • Understand available care settings • Understand laws that apply to each type of care setting • Understand the abuse, misconduct, neglect, and misappropriation reporting requirements
Communication	<ul style="list-style-type: none"> • How to use successful verbal and non-verbal communication • How to actively listen and respond • How to communicate in a culturally appropriate manner • The difference between objective and subjective documentation and how to write objectively • How to effectively communicate with people who: <ul style="list-style-type: none"> ○ Have intellectual disabilities ○ Have dementia ○ Are deaf or hard of hearing ○ Have chronic, persistent mental illnesses ○ Have vision loss ○ Have speech impairments
Professionalism, Responsibility & Ethics	<ul style="list-style-type: none"> • Understand what it means to be professional, including the importance of integrity and accountability • Learn how to keep professional boundaries • Realize the importance of knowing the employer's policies and procedure • Understand the Health Insurance Portability and Accountability Act of 1996 (HIPAA)
Person-Directed Practice	<ul style="list-style-type: none"> • Understand that the first priority is to support the individuals receiving care and how to have all functions flow from that priority
Evaluation and Observation	<ul style="list-style-type: none"> • Understand the assessment process and how they are used by care teams • How to observe health and behavior within a cultural context • How to recognize changes in condition and report them to the appropriate resource
Crisis Prevention & Intervention	<ul style="list-style-type: none"> • Learn how to recognize risk and prevent crisis in a person-centered manner • Identify behavior supports to prevent crises and promote health and safety • Understand and implement trauma-informed care (TIC) • Understand the impact of Adverse Childhood Experiences (ACEs) and lifelong trauma
Safety	<ul style="list-style-type: none"> • Fire safety • First aid and choking • Infection prevention • Understand the laws regarding restraints and alternative measures to take



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Integrity & Respect	<ul style="list-style-type: none"> • Understand integrity and how to act with it • Understand Maslow's Hierarchy of Needs and how it relates to CDCP work • How to identify and change implicit bias
Empowerment, Advocacy, & Self-Determination	<ul style="list-style-type: none"> • Understand types of legal decision-makers and the difference between power of attorney and guardian • Identify role in caring for an individual with a legal decision-maker • Understand self-determination and dignity of risk • Dispel myths about sex as it relates to the HCBS populations • Distinguish between sexual assault and consensual sex • Understand sexuality in long-term care and the role of the CDCP
Health & Wellness	<ul style="list-style-type: none"> • Learn how to assist the individual with meal planning, shopping, and safe food preparation • Recognize signs of dehydration and prevention strategies • Strategies for feeding assistance • Learn how to safely assist the individual in taking medication while following all laws and safety rules • Learn what normal aging looks like • Learn how to support palliative care choices and end-of-life care
Community Living Skills & Supports	<ul style="list-style-type: none"> • Bathing • Dressing and grooming • Assisting with personal hygiene • Help the individual follow health care plans and use medical equipment as needed • Understand good body mechanics • Safely assist with mobility including walking, transferring, positioning, and transporting the person • Understand vital signs and how to apply them to CDCP scope of work • Understand basic medical terminology
Community Inclusion, Networking & Relationships	<ul style="list-style-type: none"> • Encourage and assist individuals in connecting with others, so they can reduce social isolation and loneliness • Help the individual connect with friends, live, and be included in the community of their choice • Help the individual transition between services and adapt to life changes, including moving into a home and community-based settings • Respect the role of family members in planning and providing services
Cultural Competency, Respect, Justice, Fairness & Equality	<ul style="list-style-type: none"> • Learn to promote and practice justice, fairness, and equity for the individuals you care for and the larger community, within practice and ethical standards and employer policies
Education, Training, & Self-Development	<ul style="list-style-type: none"> • Understand the process to renew your Certification for Direct Care Provider • Understand the importance of self-care, trauma-informed care, and preventing burnout