



For more information, contact IDPH: [directcare@idph.iowa.gov](mailto:directcare@idph.iowa.gov)

For a list of instructors available to teach these courses, visit [www.iowapreparetocare.com](http://www.iowapreparetocare.com)



## CORE

### Core

Estimated course length: 6 hours

Basic foundational knowledge and introduction to profession.

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

## HCL

### Home and Community Living

Estimated course length: 13 hours

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

## IADL

### Instrumental Activities of Daily Living

Estimated course length: 11 hours

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

## PS

### Personal Support

Estimated course length: 9 hours

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

## PADL

### Personal Activities of Daily Living

Estimated course length: 48 hours

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

## HMM

### Health Monitoring and Maintenance

Estimated course length: 27 hours

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

## OH

### Oral Health Specialty

Curriculum under development