



**Note: The Prepare to Care curriculum does not include the following topics/skills:**

- » Child and dependent adult abuse training
- » Dispensing medications
- » Training specific to a state or federal certification or licensure (i.e., CNA, LPN, RN)

Reference	Required Training/Competency	Prepare to Care Curriculum
Iowa Admin. Code 441.82 – ICF/ID	<p><b>82.2 (3) Facility staffing.</b> <i>e. Staff training program.</i></p> <ol style="list-style-type: none"> <li>1. The facility shall provide each employee with initial and continuing training that enables the employee to perform the employee's duties effectively, efficiently, and competently</li> <li>2. For employees who work with clients, training shall focus on skills and competencies directed toward clients' developmental, behavioral, and health needs.</li> <li>3. Staff shall be able to demonstrate the skills and techniques necessary to administer interventions to manage the inappropriate behavior of clients.</li> <li>4. Staff shall be able to demonstrate the skills and techniques necessary to implement the individual program plans for each client for whom they are responsible.</li> </ol>	<p><b>Client's developmental, behavioral and health needs:</b></p> <ul style="list-style-type: none"> <li>» Core Unit 2 (Person-Centered Approach) includes principles of a person-centered approach, types of person-centered plans, promoting independence and enhancing or maintaining skills, rights, informed choice, individualized service plans</li> <li>» Home and Community Living Unit 4 (Abilities and Disabilities across the Life Span) addresses human development, functional barriers to major life activities, characteristics of specific disabilities, best practices for teaching skills and maintaining independence across lifespan</li> <li>» Health Monitoring and Maintenance Unit 14 (Intellectual and Developmental Disabilities) discusses causes and conditions, rights of individuals with ID/DD, and support in obtaining life skills</li> </ul> <p><b>Managing inappropriate behavior:</b></p> <ul style="list-style-type: none"> <li>» Home and Community Living Unit 5 (Behavioral Supports and Intervention) discusses definition of behavior and interfering behavior, principles of PBS, ABC of behavior, positive and negative reinforcement, functions and causes of behavior</li> </ul> <p><b>Implementing individual program plans:</b></p> <ul style="list-style-type: none"> <li>» Personal Support Unit 1 (Person-Centered Support Across the Lifespan) includes fundamental principles of person-centered support, person-centered plans, appropriate levels of support, levels of prompting, role of DCP, teaching/task analysis</li> <li>» Home and Community Living Unit 6 (Support Plans and Services) discusses individualized support plans, role of DCP and the team, outcome based philosophy, documentation and person centered language</li> </ul>

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**82.2(6) Health Care Services**

5. Implementing, with other members of the interdisciplinary team, appropriate protective and preventive health measures that include, but are not limited to:
  1. Training clients and staff as needed in appropriate health and hygiene methods.
  2. Control of communicable diseases and infections, including the instruction of other personnel in methods of infection control.
  3. Training direct care staff in detecting signs and symptoms of illness or dysfunction, first aid for accidents or illness, and basic skills required to meet the health needs of the clients.

**Personal Hygiene:**

- » Personal Activities of Daily Living Unit 4 (Personal Hygiene Support) covers oral care, bathing, perineal/incontinent care, back rubs, grooming, nail care, dressing

**Infection Control:**

- » Core Unit 4 (Infection Control) on infection control
- » Instrumental Activities of Daily Living Unit 1 (Safety and the Person Served) has 1 hour dedicated to infection control
- » Instrumental Activities of Daily Living Unit 4 (Providing Nutritional Support for the Person Served) addresses infection control related to food storage and risk of cross-contamination

**Signs/symptoms of illness, first aid, basic skills to meet health needs:**

- » Health Monitoring and Maintenance – entire module discusses various disorders and conditions, their symptoms, treatments, and the role of the DCP in supporting, observing, and informing
- » Personal Activities of Daily Living Unit 5 (Functional Support) covers hearing and visual supports, communication aids and supports, PADL supports, mobility supports, transfer supports, positioning, range of motion
- » Personal Activities of Daily Living Unit 7 (Nutritional Support) includes food preferences, special diet considerations, meal preparation, providing nutritional support
- » Personal Activities of Daily Living Unit 8 (Elimination Support) includes digestive system, bowel and urine elimination, bowel and urinary support, observations and reporting