

Train to become a
Personal Support Worker in Chapleau!



CANADIAN
CAREER
COLLEGE

The CTS is providing the PSW course in Chapleau, Ontario.
The tentative *start date* will be **September 30th, 2019**.
The program runs *5 hours per day*, **8 AM to 1 PM Monday to Friday**.

Contact the **CTS Sudbury** office today to register.

CTS Sudbury
66 Elm Street
Sudbury, ON P3C 1R8
Tel – (705) 688-1200
Fax – (705) 222-8037
1-866-688-1200

See detailed information within this package.



CANADIAN CAREER COLLEGE



Health Sciences

Addictions
and Mental
Health

Medical
Office
Administrator

Primary
Care
Paramedic

Personal
Support
Worker

Pharmacy
Technician

Medical Laboratory
Assistant/Technician

Developmental
Service Worker

Business

Accounting &
Payroll
Administrator

Office
Administrator

Business
Management

Law and Justice

Paralegal

Law Clerk

Police
Foundations

Technology

Network
Engineering
Technologist

Personal Support Worker 29 weeks including 310 placement hours

Health care trends continue to move toward more effective forms of home-based care for the elderly, as well as those facing post-surgery and illness recovery. As a result, the demand for Certified Personal Support Workers continues to grow.

Graduates of this program are trained to excel in today's challenging health care sector, within a community or an institutional setting. Alternative career paths include childcare facilities, senior recreational facilities and hospices. Upon successful completion of the program students will write a comprehensive final exam set out by the National Association of Career Colleges(NACC).

Students are required to wear the prescribed uniform and name tag during classes and during practicum placement.

Enrolment Criteria: Proof of Grade 12 Education or Mature Student Test, successful challenge of English literacy test, clear Criminal Records Check (vulnerable sector), Medical Waiver, Record of Current Immunization.

Special Aptitudes: Empathetic nature, excellent communication skills, multi-tasking abilities, and an interest in healthcare.

Program Outcomes: Post Secondary Certificate

COURSES INCLUDE:

- ▶ Academic and Professional Success Strategies & AODA and OH&S Training
- ▶ Introduction to Computer Technology, Outlook, and Google Applications
- ▶ Personal Support Worker Foundations
- ▶ Safety and Mobility
- ▶ Body Systems
- ▶ Assisting with Personal Hygiene
- ▶ Abuse and Neglect
- ▶ Household Management, Nutrition, and Hydration
- ▶ Care Planning, Restorative Care, Documentation, Working in the Community
- ▶ Assisting the Family, Growth, and Development
- ▶ Assisting the Dying Person
- ▶ Cognitive & Mental Health Issues and Brain Injuries
- ▶ Health Conditions
- ▶ First Aid/CPR
- ▶ Personal Support Worker Skills Application
- ▶ Clinical Placement (Community)
- ▶ Clinical Placement (Facility)
- ▶ NACC Final Examination

Personal Support Worker – 29 Weeks



Program Costs:

Program Tuition	\$6895.00
Student Activity Fee	\$199.00
Books (approximately +GST)	\$650.00
Uniform (approximately)	\$425.00
PSW NACC Exam.....	\$85.00 + HST

Course Title	Hours
Academic and Professional Success Strategies & AODA and OH&S Training	25
Introduction to Computer Technology, Outlook, and Google Applications	25
Personal Support Worker Foundations	55
Safety and Mobility	55
Body Systems	30
Assisting with Personal Hygiene	30
Abuse and Neglect	15
Household Management, Nutrition, and Hydration	30
Care Planning, Restorative Care, Documentation, Working in the Community	30
Assisting the Family, Growth, and Development	25
Assisting the Dying Person	30
Assisting with Medications	20
Cognitive & Mental Health Issues and Brain Injuries	40
Health Conditions	45
First Aid/CPR	20
Personal Support Worker Skills Application	25
Clinical Placement (Community)	110
Clinical Placement (Facility)	200
NACC Final Examination	5
TOTAL HOURS	840
	29 weeks
	140 days

Students in this program are required to achieve a final mark of at least 70% on each test, assignment and final examination, unless the program is designated for a credit only.

**Information is subject to change without prior notice.*



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Personal Support Worker Course Spotlight



Academic and Professional Success Strategies & AODA and OH&S Training

This course will familiarize students with the necessary academic and career skills that will contribute to their success. Tips for student success will be reviewed, and practice with student writing skills will be provided. Students will complete a module on financial literacy during this course. Research strategies will also be discussed to assist students in completing projects throughout their programs. A review of college policies will be conducted. Students will complete training modules on the Accessibility for Ontarians with Disabilities Act (AODA) and Ontario Health and Safety (OH&S) standards.

Introduction to Computer Technology, Outlook, and Google Applications

This course will familiarize students with the Windows® 7 operating system in anticipation of their working environments in college and beyond. Students will learn appropriate means to use computer applications, including Microsoft® Office Outlook 2010 and the Google® Education set of applications.

Personal Support Worker Foundations

This subject provides an overview of the Personal Support Worker role in a variety of settings. Students will learn the principles of client-centred versus client-directed care, emphasizing the individuality of the client and his/her relationship with family, friends and others. This subject introduces the concept of individuality of all persons, their experiences, rights, interests, beliefs, and needs. Students will be introduced to the role and scope of responsibilities of PSWs, including the variety of settings, work relationships, stress and time management, and applicable legislation. Consequences of exceeding the scope of the PSW role will also be covered. This subject will also introduce students to interpersonal skills and communications, including conflict resolution and problem solving.

Safety and Mobility

This module deals with aspects of safety as they relate to both the consumer/client and the worker. One of the fundamental activities of the Personal Support Worker is assisting the consumer/client with routine activities of living. It is essential that the PSW provide assistance in a manner that is effective, safe and provides for client comfort. As part of this, the PSW must be aware of potential risks posed by unsafe equipment or settings and the appropriate actions to take if unsafe situations are identified. Infection control methods will be taught as infections can cause distress for both the consumer/client and the worker. This module will also discuss body mechanics as well as consistency in transferring, lifting techniques and the use of equipment to increase safety and reduce client anxiety, confusion and dependency.

Body Systems

This module will introduce the student to the basics of anatomy and physiology. Students will gain an understanding of human body systems in order to apply that knowledge in their daily work as a Personal Support Worker. These body systems are: the musculoskeletal, digestive, urinary, integumentary, reproductive, cardiovascular, respiratory, nervous, and endocrine. Common disorders and age-related changes for each body system will also be covered.

Assisting with Personal Hygiene

PSWs must have the knowledge, skill and sensitivity to provide appropriate assistance to another person, since a significant number of clients for whom they provide service have disabilities that affect their ability to look after their personal hygiene. The Personal Support Worker will assist clients with all activities or routines of daily living. These tasks include bathing, grooming, mobility considerations, toileting and skin care. This module will consider caring for the ill, disabled, injured and/or a confused client. Frailness, dignity





and levels of dependence will be considered. Personal hygiene involves personal safety, self-esteem and dignity considerations.

Abuse and Neglect

Family violence (incorporating child abuse, spousal abuse, and elder abuse) is a significant aspect of current society. As well, research indicates an increased awareness among support workers of abusive behavior toward clients. This module introduces students to the concepts of family violence and abuse, including its possible signs, as well as appropriate actions to be taken (including legal requirements) if abuse is suspected. Personal beliefs and attitudes about family violence and abuse are examined, as is the concept of worker abuse of the client. Finally, abuse of the worker is discussed. Personal Support Workers identify the concept of abuse and are able to recognize both causes and indicators.

Household Management, Nutrition, and Hydration

In this module students will learn to assist the client with their nutritional needs, household activities and household management according to client preferences, comfort and safety within employer guidelines as required. Nutritional needs include planning balanced nutritious menus, preparing shopping lists, shopping, safe handling of food, storage and specific cooking techniques. Special dietary needs of infants, pregnant and nursing mothers, persons with specific conditions (diabetes, feeding tubes, etc.) as well as persons with specific cultural and religious preferences will be addressed. Students will have the opportunity to practice and demonstrate skills in a lab environment.

Care Planning, Restorative Care, Documentation, Working in the Community

Support of various types is the main function of the PSW. Yet, support is more than providing help - it relies on a number of factors, not the least of which are skill and sensitivity. Optimal support refers to the ability to provide sufficient

support to assist clients to do what they wish without inhibiting them. This module builds on the materials presented in the introductory module PSW Fundamentals. It identifies the support to be provided and the significance of the support (and of the need for the support) to the client. Supporting the client to relearn/regain routine abilities and issues of the rights of the client as a receiver of support will be presented. The care plan or service contract is the framework within which the worker provides support to the client.

Assisting the Family, Growth, and Development

This module builds a foundation for students to understand family characteristics in terms of structure, functions, roles, lifestyles and relationships. The influence of cultural values, practices, religious beliefs as well as the effects of illness, stress, disability on family relationships will be emphasized as central to the PSWs ability to provide effective support. This module also explores the role of the PSW in providing respite to and assisting families and their children, including those with special needs.

Assisting the Dying Person

In this module students discuss the concept of dying as a part of life and the possible impact of life-threatening illness on the person and their family. Students will also examine personal beliefs about life-threatening illness, dying and the provision of support to the dying person, their family and friends. Assisting the dying person to maintain a desired lifestyle and respecting their right to make decisions with regard to support are also discussed. Specific approaches within the scope of the support worker to reduce discomfort or pain (within the context of a plan of support/care) are covered. Care of the person at the time of death, care of the body after death, as well as any procedures that must be followed are discussed.





Assisting with Medications

The PSWs ability to assist a client with medication is essential in supporting client independence or in supporting a family caregiver to attend to tasks or take needed respite. Students gain basic knowledge of the drugs used in the treatment of common diseases and disorders including drug classification, use, therapeutic effects, side/adverse effects, brand/generic names, dosage forms, routes of administration, and directions for use of these medications.

Cognitive & Mental Health Issues and Brain Injuries

Personal Support Workers recognize that behaviours or changes in behavior can be related to illness or other conditions such as cognitive impairment, brain injury, substance abuse or mental illness. They use approaches and techniques to assist clients with these changes or conditions in keeping with the care/support plan and report observations to the appropriate team member.

Health Conditions

As the result of an ongoing condition, many clients will require the assistance of another person in order to accomplish routine activities of living. Although PSWs are not expected to make functional assessments, they do require an understanding of the effects of disability, disease or condition on functioning in order to provide appropriate assistance. As partners in a support or care team (along with the client and others), PSWs need to understand why, what, when and how maintenance, rehabilitation and restorative care are used to benefit the client. They will likely assist the client in a variety of activities and must be able to interpret and carry out the instructions of clients and professionals involved with the client so the client receives the maximum benefit from their assistance.

Personal Support Worker Skills Application

This course is designed to assist the student with modular content that requires further instruction and/or clarification. In this course, the student will become accountable for his/her own learning by using the classroom and skills facilities to work with content addressed throughout the program.

Program Also Includes:

NACC Final Examination

First Aid/CPR

Gentle Persuasive Approach (GPA) Certificate*

(*Scheduled as training is available locally)

Clinical Placement (Community)

Clinical Placement (Facility)

