Brief Program Description

The Personal Support Caregiver certificate program prepares students with the knowledge, practical skills, and professional competencies required to provide compassionate, person-centered care to individuals who require assistance due to aging, illness, disability, injury, or other health-related conditions. Students develop skills in personal care, safety and mobility support, communication, nutrition, infection prevention and control, household management, and supporting clients' physical, emotional, and social well-being. Through experiential learning, students learn to promote independence, dignity, and quality of life while working within ethical, legal, and professional standards. Graduates are prepared to provide supportive care in- private homes and other caregiving settings.

Career Occupation* (if applicable)

- Companion Caregiver
- Family Caregiver
- Elderly Caregiver
- Live-in Caregiver
- Personal Caregiver
- Personal Care Provider – Home Care
- Home Care Worker
- Respite Worker – Home Support
- Companion

Admission Requirements*

Students must meet all of the admissions requirements as listed below.

· *Secondary school/ Grade 12 graduation or equivalent, or mature student status 19 years of age*

<u>English Language Competency Requirements:</u>

<u>For English as First Language Speakers</u>-

- *Evidence that 3 years of full-time secondary education (Grades 8-12) have been successfully completed in the English language in a country where English is one of the principal languages. This may include successful completion of a BC Adult Graduation program. Applicants must produce transcripts as evidence of completion of grade 12 English with minimum of a "C" grade* ***OR***

- *Completion of 2 years of full-time post-secondary education at an accredited institution where English is the language of instruction. (Applicable to a country where English is one of the principal languages.)* ***OR****.*

- *Accuplacer Test -*
  Applicable to applicant who is 19 years (mature student) or older at the start of the program and is a Canadian citizen or permanent resident who cannot access is their educational records or provide sufficient evidence of secondary or post-secondary education as outlined above:
  - *applicant provides attestation that they have completed at least three years of full-time instruction in English in a country where the English is one of the principal languages, and*
  - *Applicant completes an Accuplacer English Assessment (Next Generation: Reading, Writing and WritePlacer) and achieves the following minimum scores:*
    - *Reading: 235*
    - *Writing: 235*
    - *WritePlacer: 4*

For English as Second Language Speakers-

*****Either of the following assessments must have been completed within the last two years, prior to a scheduled program start date:***

- *International English Language Testing System (IELTS) Academic: overall score of 5.5 or higher.*
- *Canadian Academic English Language (CAEL) Test: overall score of 40 or higher*
- *Duolingo English Test: overall score of 95 or higher*
- *Test of English as a Foreign Language (TOEFL) IBT: overall score of 46 higher*
- *Canadian English Language Proficiency Index Program (CELPIP): Listening 6, Speaking 6, Reading 5, and Writing 5.*
- *Pearson Test of English (PTE) Academic: overall score of 43 or higher*
- *International Test of English Proficiency (iTEP): overall score of 3.5 or higher.*

Learning Objectives*

Upon completion of this program the successful student will have reliably demonstrated the ability to:

- Discuss age-appropriate developmental milestones.
- Use techniques for fostering cognitive, emotional, and social growth in children, youth, young adults, and the elderly.
- Utilize strategies for managing behavioral issues and promoting positive discipline.
- Earn their First aid and CPR certification.
- Show awareness of safety standards for child-proofing homes and preventing accidents.
- Demonstrate skills in clear and empathetic communication with children, adolescents, adults, and families.
- Demonstrate techniques for active listening and conflict resolution.
- Convey important information and collaborate with parents and other caregivers (mental health practitioners, family members)
- Experience organizing and managing daily routines and schedules.
- Utilize their skills in meal planning, nutrition, and preparing healthy meals for children, youth, and elderly clients.
- Build trust and form positive relationships with children and clients needing support.
- Maintain patience, empathy, and understanding in challenging situations.
- Understand confidentiality and privacy standards.
- Adherence to ethical guidelines and professional conduct in caregiving.
- Practice skills in managing boundaries and maintaining a respectful, supportive environment.
- Adjust care approaches based on individual client needs and family dynamics.
- Utilize skills in creative problem-solving and resourcefulness in various situations.
- Be flexible in handling unexpected changes and maintaining a positive attitude.
- Show sensitivity to and respect for diverse family cultures and practices.
- Provide inclusive care that respects and accommodates different backgrounds.

Method(s) of Evaluation*	Evaluation of the students will be based on: · Class participation (Group Discussion & Attendance) · Projects: reports, presentations · Quizzes and Assignments · Final examination
Completion Requirements*	Students must pass all courses in the program with a minimum of 60% for each course. Students must complete First Aid, CPR, and Food Safe.
Program Duration	380 instructional hours (20 hours per week-5 months)
Homework Hours	The students can expect to spend 6-10 hours per week on homework.
Delivery Method(s)	*Indicate how the program is delivered* ☒*In-class instruction: 100% hours of instruction delivered in a classroom or other setting, where instructors share the same physical space as students.* ☒ *Distance education: 100% hours of instruction, excluding work experience hours, if applicable, delivered remotely from a BC location.* ☒ *Combined delivery (both in-class and distance): Instruction provided through a combination of in-class and distance delivery. Program may include a work experience component (in-person).* ***31.5% of the program will be delivered online.***

If distance delivery is indicated, the distance delivery method is:

☒ Synchronous, meaning students attend classes virtually in 'real time' with instructors and classmates.

☐ Asynchronous, meaning students and instructors do not meet in 'real time'. There is no live video lecture portion of the program. Students in a program or course that is delivered asynchronously may move through assignments at their own pace, supported by online resources such as recorded lectures, reading material, assignments and discussion groups.

☐ Combination of both synchronous and asynchronous. Program delivery is xx% synchronous and xx% asynchronous.

Required course materials

List textbooks, equipment, uniform and other educational materials required to complete this program.

Textbooks:

Lifespan Development, Canadian Edition, 7th edition
Published by Pearson Canada (January 14, 2020) © 2021
Denise Boyd Houston Community College Paul A Johnson
Confederation College of Applied Arts and Technology Helen Bee
Stanford University

Schram, B., Mandell, B.R., Dann, P., and Peterson, L. 2020. An Introduction to Human Services: Policy and Practice plus MyLab Helping Professions with Pearson eText -- Access Card Package. 9th Ed. Hoboken, NJ: Pearson. 0134773985.

Marion, M. C. (2018). Guidance of Young Children (10th ed.). Pearson Education (US).

Shebib, B. (2022). Choices: Interviewing and Counselling Skills for Canadians (8th ed.). Pearson Education Canada.

Online Resources:

http://www.nutrition.gov/home/index.php3
Nutrition facts and information

Canadian Mental Health Association (BC Division):
Offers programs and resources for caregivers of individuals with mental illnesses.

Foundry BC:
Provides mental health and wellness services for young adults, including resources on managing psychosis.

BC Schizophrenia Society:
Offers support, education, and advocacy for individuals and families affected by schizophrenia and psychotic disorders.

Anxiety Canada:

Provides information and resources on stress and anxiety, including support for young adults.

Here to Help BC:
Offers resources on mental health, including stress and adjustment disorders.

Money and Youth:
A free financial literacy guide for young Canadians, offering lessons and activities on financial responsibility.

The Jed Foundation (Mental Health & Emotional Well-Being)
Website: https://www.jedfoundation.org/
Description: Focuses on emotional health and suicide prevention for teens and young adults, offering resources for youth and caregivers on mental health and emotional development.

Youth Services Canada (General Youth Support)
Website: https://www.canada.ca/en/employment-social-development/services/youth.html
Description: Provides access to resources for young adults on employment, skills training, and financial support.

Caring for the Caregiver: The Young Adult Caregiver Guide
Website: https://www.caregiver.org/
Description: Offers practical advice for caregivers of young adults, including emotional support, coping strategies, and resources for managing caregiving responsibilities.

The Trevor Project - Caregiver Resources
Website: https://www.thetrevorproject.org/
Description: Focuses on providing resources for caregivers of LGBTQ+ young adults, with a strong emphasis on mental health, crisis prevention, and creating safe, supportive environments.

Parenting Young Adults: A Guide for Caregivers
Website: https://www.psychologytoday.com/
Description: Psychology Today offers articles on understanding and supporting the developmental needs of young adults. Includes tips on fostering independence, emotional health, and managing parent-caregiver relationships.

Youth.gov - Transitioning into Adulthood Resources
Website: https://youth.gov/

Description: A resource hub for caregivers and families of young adults focusing on transitions to adulthood, independent living, and fostering resilience. It offers links to government services and programs.

Youth Mental Health Canada (YMHC) - Caregiver Toolkit
Website: https://ymhc.ngo/
Description: A Canadian organization offering toolkits for caregivers on how to support the mental health needs of young adults, with a focus on awareness, advocacy, and navigating mental health services.

American Heart Association: heart.org
Alzheimer's Association: alz.org

Arthritis Foundation: arthritis.org

Diabetes Care: diabetes.org

COPD Foundation: copdfoundation.org

Fall Prevention Resources: cdc.gov (search "fall prevention in older adults")

National Institute on Aging: nia.nih.gov

AARP Caregiver Resources: aarp.org

Government of British Columbia. About BC's Health Care System. http://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system

Province of British Columbia (2015) Caring for Seniors. http://www2.gov.bc.ca/gov/content/family-social-supports/seniors/caring-for-seniors

Cohen, Marcy (2012) Caring for BC's Aging Population: Improving Health Care for All. https://www.policyalternatives.ca/sites/default/files/uploads/publications/BC%20Office/2012/07/CCPABC-Caring-BC-Aging-Pop.pdf

BC Care Aide & Community Health Worker Registry (2015) Resources: Health Care Assistant Program Provincial Curriculum Guide 2015. http://www.cachwr.bc.ca/About-the-Registry/Resources.aspx
Values, Beliefs, and Principles

Simon Fraser University Gerontology Research Centre.
http://www.sfu.ca/grc.html

Program Organization*

Title of Course/Work Experience Component* (in order of delivery)	# of Hours of Instruction *	Delivery Method (In-class, Distance, or Combined)	Distance/Combined Delivery Description (Synchronous or Asynchronous)	Breakdown for Combined Delivery Courses Summary of in-class vs. online attendance [xx% online and xx% in-class]
Lifespan Development	20	In-class/ Distance/ Combined	synchronous	100% online
Introduction to Caregiving	20	In-class/ Distance/ Combined	synchronous	100% online
Caring for Children	80	In-class/ Distance/ Combined	synchronous	100% online
Caring for Youth & Adolescents	80	In-class/ Distance/ Combined	synchronous	100% in-class
Caring for Young Adults	80	In-class/ Distance/ Combined	synchronous	100% in-class
Caring for the Elderly	80	In-class/ Distance/ Combined	synchronous	100% in-class
Accessing Community Supports	20	In-class/ Distance/ Combined	synchronous	100% in-class
Total Program Hours	**380**			
Total Number of Weeks	**19**			

Additional Requirements: First Aid/CPR, Food Safe (will be infused into program)