



Prepare to Care

Iowa's Direct Care and Support Curriculum

Direct Care Professional

Career Pathways

CORE Core Training

Estimated Course Length: 6 hours
Prerequisite for all Advanced Training Modules

Direct Care Associate Certificate

Basic foundational knowledge and introduction to profession.

Core Competencies:

- » Professionalism
- » Person-Centered Approach
- » Communication and Interpersonal Skills
- » Infection Control
- » Documentation
- » Mobility Assistance and Worker Safety Direct Care Associate Certificate
- » Basic foundational knowledge and introduction to profession.

Advanced Training Modules

Prerequisite for all: Core Training

Specialty Training

Prerequisite: Core Training



Home & Community Living

Services to enhance or maintain independence, access community supports and services, and achieve personal goals.



Instrumental Activities of Daily Living

Services to assist an individual with daily living tasks to function independently in a home or community setting.



Personal Support

Services to support individuals as they perform personal activities of daily living.



Personal Activities of Daily Living

Services to assist an individual in meeting their basic needs.



Health Monitoring & Maintenance

Services that support and maintain an individual's health and provide functional support for certain conditions.



Oral Health

Specialized skills to support and maintain an individual's oral health.

Advanced Training Certificates

Community Living Professional

CORE + HCL + IADL + PS + exam

Personal Support Professional

CORE + IADL + PS + PADL + exam

Health Support Professional

CORE + PADL + HMM + exam



For more information, contact IDPH: directcare@idph.iowa.gov
For a list of instructors available to teach these courses, visit www.iowapreparetocare.com



CORE

Core

Estimated course length: 6 hours

Basic foundational knowledge and introduction to profession.

- » Professionalism
- » Person-centered approach
- » Infection control
- » Communication & interpersonal skills
- » 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: 20 hours class/28 hours lab

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: 26 hours class/1 hour lab

Services that support and maintain an individual's health and provide functional support for certain conditions.

- » Aging process
- » End of life
- » 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

OH

Oral Health Specialty

Estimated course length: 12 hours

Specialized knowledge and skills to support and maintain an individual's oral health.

- » Value of good oral health for persons served
- » Normal hard and soft tissue anatomy of the oral cavity
- » Normal changes in the oral cavity related to aging of older adults
- » Oral health problems of the oral cavity
- » Observations to be reported
- » Medical conditions and the oral systemic connection to oral health
- » Basic oral care for persons served with and without teeth
- » Approaches to providing oral care when challenging behaviors are present