

Here are good resources for those who are caregivers and for those who are seeking caregivers.

Pennsylvania Caregiver Support Program

<<http://www.pahomecare.org/links/articles/2.-personal-careprivate-duty-homecare.html>>

For those seeking a caregiver Includes:

About Care at Home

What is Home Health?

What is Homecare?

What is Hospice?

Find a Provider

Bringing Care Home Guidebook & DVD

Secrets No One Told You About Family Caregiving

For caregivers who want to improve skills and gain knowledge

my learning center

<<https://learningcenter.pahomecare.org/>>

The videos are excellent, and this is a free resource. Certificates are emailed to those who pass the quizzes.

From the web page:

"Improve the care you give and learn more about the people you serve by taking free video training courses. Offered in a convenient, online format, these videos include real-life scenarios, computer graphics and dramatizations that will increase your knowledge and understanding of:

How medication works

Dementia and Alzheimer's

Levels of pain

Infection prevention."

[Eight are available in spanish.)

Here is the English list: <<https://learningcenter.pahomecare.org/courses/>>

Infection Control

How to Prevent Pressure Ulcers

How to Protect Against Infection

Proper Hand Washing

Recognizing Common Infections

Alzheimer's and Dementia Care

Activities to Keep Your Consumers Engaged

Bathing and Showering Someone with Dementia

Caring for an Aggressive Person

The Effects of Dementia on the Brain

How Attitudes and the Environment Affect Agitation and Aggression

Identifying and Assessing Aggression

Providing Care for Someone with Dementia

Understanding Dementia and Alzheimer's Disease

Understanding the Physical Causes of Agitation and Aggression

End-of-Life Care

Understanding Hospice Care

Seniors and Aging

Assisting Stroke Patients

Caring for Consumers with Diabetes

Caring for Individuals with ALS

Dental and Oral Care

Effects of Aging on Emotions and the Five Senses

Elder Abuse and Neglect

Physical Changes of Aging

Preventing Fraud and Financial Abuse of Seniors

Proper Skin Care and Bathing

Independence & Confidentiality

Caring for LGBT Consumers

Consumer Choice and Independent Living Philosophy

Understanding Activities of Daily Living

Understanding HIPAA and Confidentiality

Understanding Instrumental Activities of Daily Living

Safety

Assistive Devices to Help Seniors and People with Disabilities

Back Anatomy and Body Mechanics

Being Safe While Bringing Care Home

Caregiver First Aid

Caring for Obese, Paralyzed or other Immobile Consumers

Handling Emergencies

Incident Reporting

Recognizing Signs of Heat Stroke, Heat Exhaustion and Hypothermia

Tools to Help Lift and Transfer Consumers Safely

Transferring People the Right Way

Medication and Pain

The Aide's Role in Palliative Care and Pain Management

Detecting and Understanding Levels of Pain

A Pill's Journey: How Medications Work

Miscellaneous

Assisting People with Behavioral Health Issues

Bed Bug Action Plan for Homecare

Building Relationships

Caring for the Blind and Visually Impaired

Caring for the Hearing Impaired and Deaf

Depression: Recognizing the Signs and Symptoms

Ethical Behaviors - What's Right and Wrong

Family Resources

Health Coaching: Helping People Manage Their Chronic Conditions

Importance of Nutrition and Diet for Good Health

Maintaining Boundaries with a Consumer

Professionalism

Understanding Family Dynamics

Understanding Pennsylvania's Homecare Agency and Registry Licensure