

CareAcademy PowerPacks		Min	Class ID
Class	Responding to an Incident PowerPack	25:00 min	PPAK0001
Description	<p>Responding to an Incident PowerPack This PowerPack includes videos on the following topics:</p> <ul style="list-style-type: none"> * Responding to a Fall Responding to a Fall: Part 1: (1:06) In this video, you will learn the importance of knowing what to do after witnessing or finding an individual after a fall. Responding to a Fall: Part 2: (4:33) This video covers the steps you should follow after you witness or find an individual who has fallen. * Responding to Vomiting Responding to Vomiting: Part 1: (1:28) In this video, you will learn about the importance of knowing how to respond, document, and report when caring for an individual who is vomiting. Responding to Vomiting: Part 2: (5:24) This video covers the steps involved in responding to, documenting, and reporting when caring for an individual who is vomiting. * Responding to Fainting Responding to Fainting: Part 1: (1:35) In this video, you will learn about some of the reasons individuals faint and why it is important to know how to respond. Responding to Fainting: Part 2: (6:18) In this video, you will learn the steps you should follow when responding to an individual who is actively fainting or who has already fainted. * Responding to Seizures Responding to Seizures: Part 1: (1:12) In this video, you will learn why seizures occur and what they look like. Responding to Seizures: Part 2: (3:47) This video covers the steps you should follow when responding to an individual experiencing a seizure. 		
Objectives	<p>After viewing the videos, you will be able to:</p> <ul style="list-style-type: none"> * Responding to a Fall Responding to a Fall: Part 1: Identify the importance of understanding what to do after an individual falls. Responding to a Fall: Part 2: Identify the steps to take after an individual falls. * Responding to Vomiting Responding to Vomiting: Part 1: Identify the importance of knowing how to respond and the supplies necessary when caring for an individual who is vomiting. Responding to Vomiting: Part 2: Identify the steps and supplies necessary when caring for an individual who is vomiting. * Responding to Fainting Responding to Fainting: Part 1: Identify why an individual might faint and the importance of responding to an individual who faints. Responding to Fainting: Part 2: Identify the steps to follow when responding to an individual who is actively fainting or who has already fainted. * Responding to Seizures Responding to Seizures: Part 1: Identify why seizures occur and what they look like. Responding to Seizures: Part 2: Identify the steps to follow when responding to an individual experiencing a seizure. 		

Class	Assistive Devices PowerPack	38:00 min	PPAK0002
Description	Assistive Devices PowerPack This PowerPack includes videos on the following topics: * Using Assisting Devices Introduction to Assistive Devices: (1:46) This video introduces you to the purpose of assistive devices. Using Assistive Devices: Part 1: (6:19) In this video, you will learn how to prepare assistive devices for use. You will also learn how to correctly use a gait belt to safely assist an individual with standing and ambulation. Using Assistive Devices: Part 2: (7:32) In this video, you will learn how to assist an individual with various assistive devices, including canes, crutches, walkers, and wheelchairs. Using Assistive Devices: Part 3: (3:42) In this video, you will learn how to assist an individual with a swivel or rotating disk and bed rails. * Assisting with Dressing, Bathing, and Elimination Aids Assisting with Dressing, Bathing and Elimination Aids: Part 1: (1:05) In this video, you will gain an understanding of the significance of assisting individuals with dressing, bathing, and elimination aids, including the necessary supplies required to carry out these tasks effectively. Assisting with Dressing, Bathing and Elimination Aids: Part 2: (5:28) In this video, you will learn how to assist with dressing, bathing, and elimination aids. * Using Anti-Pressure Positioning Devices Using anti-pressure positioning devices: Part 1: (2:24) In this video, you will learn about the importance of using anti-pressure positioning devices. You will also learn about the different types of devices and how to use them properly. Using anti-pressure positioning devices: Part 2: (4:42) In this video, you will learn how to properly use anti-pressure positioning devices for the upper body. Using anti-pressure positioning devices: Part 3: (4:19) In this video, you will learn how to properly use anti-pressure positioning devices for the lower body.		
Objectives	After viewing the videos, you will be able to: * Using Assisting Devices Introduction to Assistive Devices: Describe the purpose of assistive devices. Using Assistive Devices: Part 1: Describe how to check the condition of assistive devices. Describe the correct process for safely using a gait belt to assist an individual to stand. Describe the correct process for safely using a gait belt to assist an individual to ambulate. Using Assistive Devices: Part 2 Describe how to correctly assist an individual with a cane. Describe how to correctly assist an individual with crutches. Describe how to correctly assist an individual with a walker. Describe how to correctly assist an individual with a wheelchair. Using Assistive Devices: Part 3 Describe how to correctly assist an individual with a swivel or rotating disk. Describe how to correctly assist an individual with bed rails. * Assisting with Dressing, Bathing, and Elimination Aids Assisting with Dressing, Bathing and Elimination Aids: Part 1 Explain the importance of providing assistance with dressing, bathing, and elimination aids to individuals under care. Identify the necessary supplies for providing assistance with dressing, bathing, and elimination aids. Assisting with Dressing, Bathing and Elimination Aids: Part 2 Explain the procedure to assist with dressing, bathing, and elimination aids. * Using Anti-Pressure Positioning Devices Using anti-pressure positioning devices: Part 1: Explain the importance of using anti-pressure positioning devices. Identify different types of anti-pressure positioning devices. Using anti-pressure positioning devices: Part 2: Describe the procedure to properly use anti-pressure positioning devices for the upper body. Identify different types of anti-pressure positioning devices used for the upper body. Using anti-pressure positioning devices: Part 3: Describe the procedure to properly use anti-pressure positioning devices for the lower body. Identify different types of anti-pressure positioning devices used for the lower body.		

Class	Basic Care Skills PowerPack	19:00 min	PPAK0003
Description	Basic Care Skills PowerPack This PowerPack includes videos on the following topics: * Measuring Height and Weight Measuring Height and Weight: Part 1: In this video, you will learn about the importance and supplies necessary for measuring an individual's height and weight. Measuring Height and Weight: Part 2: In this video you will learn how to measure the height of an individual based on their mobility status. Measuring Height and Weight: Part 3: In this video you will learn how to measure the weight of an individual based on their mobility status. * Measuring Intake and Output Measuring the intake of foods and fluid and the individuals output: Part 1: In this video, you will learn about the significance of measuring an individual's intake of food and fluids and output accurately, as well as the necessary supplies. Measuring the intake of foods and fluid and the individuals output: Part 2: In this video, you will learn how to measure and record an individual's intake of food and fluids. Measuring the intake of foods and fluid and the individuals output: Part 3: This video provides a comprehensive guide on how to measure and record output.		
Objectives	After viewing the videos, you will be able to: * Measuring Height and Weight Measuring Height and Weight: Part 1: Identify why measuring individual height and weight and the necessary supplies is important Measuring Height and Weight: Part 2: Identify the steps necessary to measure the height of an individual based on their mobility status Measuring Height and Weight: Part 3: Identify the steps necessary to measure the weight of an individual based on their mobility status * Measuring Intake and Output Measuring the intake of foods and fluid and the individuals output: Part 1: Explain the significance of measuring an individual's food and fluid intake and output Identify the supplies required for measuring food and fluid intake and output Measuring the intake of foods and fluid and the individuals output: Part 2: Identify how to accurately measure and record an individual's intake of food and fluids Identify the supplies required for measuring and recording intake Measuring the intake of foods and fluid and the individuals output: Part 3: Identify proper techniques and methods for measuring and recording output Identify the supplies required for measuring and recording output		
Class	CNA Certification Exam Prep PowerPack	44:00 min	PPAK0004
Description	CNA Certification Exam Prep PowerPack This PowerPack includes videos on the following topics: * CNA Certification Exam Prep CNA Certification Exam Prep: Intro: (1:08) In this video, you will learn the importance of preparing for the CNA certification exam, including tips, strategies and test-taking techniques. CNA Certification Exam Prep: Part 1: (12:49) In this video, you will learn how to prepare for your CNA certification exam, both before and on the day of the exam. The video also covers general examination guidelines to prepare learners who have trained for various roles. CNA Certification Exam Prep: Part 2: (8:04) In this video, you will learn the best practices for preparing for written or oral certification exams and the basics of written exams. Certification Exam Prep: Part 3: (8:23) In this video, you will learn how to prepare for the skills portion of your CNA certification exam.		
Objectives	After viewing the videos, you will be able to: * CNA Certification Exam Prep CNA Certification Exam Prep: Intro: Describe the importance of being prepared for the CNA certification exam. CNA Certification Exam Prep: Part 1: Explain effective strategies to prepare for the CNA certification exam. Identify general examination guidelines for taking certification exams. CNA Certification Exam Prep: Part 2: Explain the basics of written exams. Identify key strategies for preparing for written or oral certification exams. CNA Certification Exam Prep: Part 3: Identify the structure and format of the skills portion of the CNA certification exam. Explain practical tips and strategies for preparing for the skills portion of the exam.		

Class	Cultural Competency PowerPack	32:00 min	PPAK0005
Description	Cultural Competency PowerPack This PowerPack includes videos on the following topics: * Communicating with Nonnative English Speakers Communicating with Nonnative English Speakers: Part 1: (1:10) This video introduces you to the importance of clear and effective communication when caring for individuals whose primary language is not English. Communicating with Nonnative English Speakers: Part 2: (4:00) In this video, you will learn strategies for effective communication with individuals whose primary language is not English. * Caring for Individuals Identifying as LGBTQ+ Caring for Individuals Identifying as LGBTQ+: Interview: (15:50) In this video, Cory Grandinetti discusses the importance of LGBTQ+ awareness and cultural competency and shares guidelines for providing compassionate and respectful care for individuals who identify as LGBTQ+. Caring for Individuals Identifying as LGBTQ+: Part 1: (1:46) This video introduces you to the importance of providing competent and respectful care to individuals who identify as LGBTQ+. Caring for Individuals Identifying as LGBTQ+: Part 2: (9:29) In this video, you will learn important terminology and strategies that will enable you to provide competent and respectful care to individuals who identify as LGBTQ+.		
Objectives	After viewing the videos, you will be able to: * Communicating with Nonnative English Speakers Communicating with Nonnative English Speakers: Part 1 Describe the importance of clear and effective communication when caring for individuals whose primary language is not English. Communicating with Nonnative English Speakers: Part 2 Describe strategies for effective communication with individuals whose primary language is not English. * Caring for Individuals Identifying as LGBTQ+ Caring for Individuals Identifying as LGBTQ+: Interview Describe the importance of LGBTQ+ awareness and cultural competency. Describe common guidelines for providing compassionate and respectful care for individuals who identify as LGBTQ+. Caring for Individuals Identifying as LGBTQ+: Part 1 Describe the importance of providing competent and respectful care to individuals who identify as LGBTQ+. Caring for Individuals Identifying as LGBTQ+: Part 2 Define terms that are relevant to ensuring competent and respectful care to individuals who identify as LGBTQ+. Describe strategies for providing competent and respectful care to individuals who identify as LGBTQ+.		
Class	Cancer Care PowerPack	12:00 min	PPAK0006
Description	Cancer Care PowerPack This PowerPack includes videos on the following topics: * Cancer Care Cancer Care: Part 1: (01:24) This video introduces cancer and caring for individuals with cancer. Cancer Care: Part 2: (10:12) In this video, you will learn how to care for individuals with cancer, including recognizing and managing the side effects of chemotherapy and radiation, making dietary adjustments, and assessing and managing the overall condition.		
Objectives	After viewing the videos, you will be able to: * Cancer Care Cancer Care: Part 1: Identify what cancer is and the importance of strategies for caring for individuals with cancer. Cancer Care: Part 2: Identify strategies when caring for individuals with cancer and undergoing chemotherapy or radiation therapy.		
Class	Diabetes Care PowerPack	08:00 min	PPAK0007
Description	Diabetes Care PowerPack This PowerPack includes videos on the following topics: * Diabetes Care Diabetes Care: Part 1: (1:49) In this video, you will learn about what diabetes is and how it impacts the body. Diabetes Care: Part 2: (3:42) This video covers steps to take to help manage an individual's blood sugar. Diabetes Care: Part 3: (2:54) This video covers information about things to monitor individuals who have diabetes.		
Objectives	After viewing the videos, you will be able to: * Diabetes Care Diabetes Care: Part 1 Identify what diabetes is and how it impacts the body. Diabetes Care: Part 2: Identify the steps necessary to help manage an individual's blood sugar. Diabetes Care: Part 3: Identify different things to monitor when caring for an individual with diabetes.		

Class	Client Health and Safety PowerPack	25:00 min	PPAK0008
Description	<p>Client Health and Safety PowerPack Note: CareAcademy classes are designed to deliver top-quality educational solutions applicable across various health care settings, including home care, community care, and skilled level care settings. The concepts taught in our content, such as "Rounds and Bed Checks," are intended to provide a comprehensive understanding of the subject matter. This PowerPack includes videos on the following topics:</p> <ul style="list-style-type: none"> * Prevent Falls Fall Prevention: Part 1: In this video, you will learn about how common and dangerous falls can be. Fall Prevention: Part 2: This video covers how to identify and modify environments to prevent falls. Fall Prevention: Part 3: This video covers ways to prevent individuals from falling. * Promoting Physical Activity Promoting Physical Activity: Part 1: In this video, you will learn about the importance of promoting physical activity and the supplies necessary. Promoting Physical Activity: Part 2: This video covers steps to follow in order to promote physical activity. * Safety in the Healthcare Setting Safety in the Healthcare Setting: Part 1: In this video, you will learn about the importance of safety in the healthcare setting. Safety in the Healthcare Setting: Part 2: In this video, you will learn how to manage safety when providing care by inspecting the individual's environment. Safety in the Healthcare Setting: Part 3: In this video, you will learn about healthcare equipment and appliance safety and, how to check equipment and appliances to identify any potential hazard. * Rounds and Bed Checks Rounds and Bed Checks: Part 1: In this video, you will learn about what it means to "do rounds" and to perform "bed checks". Rounds and Bed Checks: Part 2: This video will cover the steps to follow when you "do rounds" and when you perform a "bed check." 		
Objectives	<p>After viewing the videos, you will be able to:</p> <ul style="list-style-type: none"> * Fall Prevention Fall Prevention: Part 1 Identify the risks associated with falls. Fall Prevention: Part 2 Identify how to identify risks and how to modify environments to prevent falls. Fall Prevention: Part 3 Identify specific steps to take in order to prevent individuals from falling. * Promoting Physical Activity Promoting Physical Activity: Part 1 Identify the importance of promoting physical activity and the supplies necessary. Promoting Physical Activity: Part 2 Identify the steps to follow to promote physical activity. * Safety in the Healthcare Setting Safety in the Healthcare Setting: Part 1 Describe the importance of safety in the healthcare setting. Safety in the Healthcare Setting: Part 2 Identify how to inspect the individual's environment for potential risks or safety hazards when providing care. Safety in the Healthcare Setting: Part 3 Explain the importance of checking equipment and appliances. Identify potential hazards in healthcare equipment and appliances. * Rounds and Bed Checks Rounds and Bed Checks: Part 1 Identify the importance of "doing rounds" and performing "bed checks." Rounds and Bed Checks: Part 2 Identify the steps necessary to "do rounds" and to perform "bed checks." 		

Class	Housecleaning PowerPack	22:00 min	PPAK000g
Description	Housecleaning PowerPack This PowerPack includes videos on the following topics: * Housecleaning: Products and Schedule Housecleaning: Products & Schedule: Part 1: (1:28) In this video, you will learn about the importance of maintaining a clean environment and the necessary supplies. Housecleaning: Products & Schedule: Part 2: (4:57) This video covers general cleaning guidelines and different types of cleaning products. Housecleaning: Products & Schedule: Part 3: (2:06) This video covers techniques to use to prioritize and develop a cleaning schedule. * Housecleaning: Organizing and Decluttering Housecleaning: Organizing & Decluttering: Part 1: (1:26) In this video, you will learn about decluttering and organizing living spaces and necessary supplies. Housecleaning: Organizing & Decluttering: Part 2: (3:21) This video covers steps to take when decluttering and organizing living spaces. Housecleaning: Organizing & Decluttering: Part 3: (2:37) This video covers the steps necessary to organize and declutter the bathroom. * Housecleaning by Area Housecleaning by Area: Part 1: (1:04) In this video, you will learn about the importance of cleaning living areas and the necessary supplies. Housecleaning by Area: Part 2: (4:33) This video covers steps to take to clean an environment by living area.		
Objectives	After viewing the videos, you will be able to: * Housecleaning: Products and Schedule Housecleaning: Products & Schedule: Part 1: Identify why it is important to maintain a clean environment and the supplies necessary. Housecleaning: Products & Schedule: Part 2: Identify general cleaning guidelines and types of cleaning products. Housecleaning: Products & Schedule: Part 3: Identify steps to prioritize and develop a cleaning schedule. * Housecleaning: Organizing and Decluttering Housecleaning: Organizing & Decluttering: Part 1: Identify why it is important to declutter and organize living spaces and determine the supplies necessary. Housecleaning: Organizing & Decluttering: Part 2: Identify the steps necessary to organize and declutter living spaces. Housecleaning: Organizing & Decluttering: Part 3: Identify the steps necessary to organize and declutter the bathroom. * Housecleaning by Area Housecleaning by Area: Part 1: Identify the importance of cleaning living areas and the necessary supplies. Housecleaning by Area: Part 2: Identify the steps necessary to clean an environment by living area.		

Class	Infection Control PowerPack	19:00 min	PPAK001o
Description	Infection Control PowerPack This PowerPack includes videos on the following topics: * Transmission-Based Precautions Transmission-Based Precautions: Part 1: (2:39) In this video, you will learn about the importance of transmission-based precautions, its three main types, and the correct usage of each. You will also learn about the necessary supplies to effectively implement transmission-based precautions. Transmission-Based Precautions: Part 2: (2:25) In this video, you will learn how to use transmission-based precautions. Transmission-Based Precautions: Part 3: (4:00) This video provides an in-depth understanding of the three main types of transmission-based precautions and how to use them. * Standard Precautions Standard Precautions: Part 1: (1:24) In this video, you will learn about standard precautions, their definition, purpose in preventing infection transmission, importance in maintaining them, and the essential supplies needed for their proper application. Standard Precautions: Part 2: (3:25) This video covers when standard precautions should be used, an overview of different types of personal protective equipment (PPE), and a demonstration of the proper technique for donning PPE. * Using Masks and Goggles Using Masks and Goggles: Part 1: (1:26) In this video you will learn the importance of properly putting on, removing, and disposing of masks and goggles. Using Masks and Goggles: Part 2: (4:06) This video explains when, and how to properly don, remove, and dispose of masks and goggles.		
Objectives	After viewing the videos, you will be able to: * Transmission-Based Precautions Transmission-Based Precautions: Part 1 Identify the importance of transmission-based precautions Explain the three main types of transmission-based precautions and their appropriate use Identify the necessary supplies to effectively implement transmission-based precautions Transmission-Based Precautions: Part 2: Explain how to use transmission-based precautions Transmission-Based Precautions: Part 3: Identify the appropriate usage of each type of transmission-based precaution Describe the necessary supplies required to implement each transmission-based precautions effectively. * Standard Precautions Standard Precautions: Part 1 Explain standard precautions and their importance preventing the transmission of infections Identify the essential supplies required to apply standard precautions Standard Precautions: Part 2 Describe when standard precautions should be used Identify the different types of personal protective equipment (PPE) and their appropriate use. Explain the correct techniques for donning PPE. * Using Masks and Goggles Using Masks and Goggles: Part 1: Explain the importance of proper donning, removal, and disposal of masks and goggles Using Masks and Goggles: Part 2: Determine the appropriate circumstances for applying techniques for donning, removal, and disposal of masks and goggles Describe proper techniques for donning, removal, and disposal of masks and goggles.		

Class	Food Safety PowerPack	09:00 min	PPAK0011
Description	Food Safety PowerPack This PowerPack includes videos on the following topics: * Food Safety Food Safety: (1:26) In this video, you will learn the importance of food safety. Safe Food Prep: (4:26) This video covers information about safe food handling. Safe Food Storage: (3:01) This video covers information about storing food safely.		
Objectives	After viewing the videos, you will be able to: * Food Safety Food Safety: Identify why food safety is important. Safe Food Prep: Identify how you can safely handle food. Safe Food Storage: Identify ways to store food safely.		
Class	Personal Care Tasks PowerPack	34:00 min	PPAK0012
Description	Personal Care Tasks PowerPack This PowerPack includes videos on the following topics: * Standard Tasks to Begin and End Care Standard Tasks to Begin and End Care: Part 1: (0:54) In this video, you will learn about the standard procedures that should be followed before and after providing care, as well as the necessary equipment and supplies needed for these tasks. Standard Tasks to Begin and End Care: Part 2: (2:41) This video provides a step-by-step guide on how to prepare for providing care, including an overview of standard tasks that should be performed before care, as well as a list of necessary equipment and supplies. Standard Tasks to Begin and End Care: Part 3: (1:34) In this video, you will learn about post-care tasks that you should perform, along with an overview of the necessary supplies and equipment needed to carry out these tasks. * Applying Compression Devices Applying Compression Devices: Part 1: (01:47) This video introduces compression stockings and sequential compression devices (SCDs). Applying Compression Devices: Part 2: (03:16) In this video, you will learn the procedure for applying compression stockings (aka TED hose). Applying Compression Devices: Part 3: (03:13) In this video, you will learn the procedure for applying sequential compression devices (SCDs). * Assisting with Dressing Assisting with Dressing: Introduction: (1:24) This video introduces you to the task of assisting with dressing an individual. Assisting with Dressing the Lower Half of the Body: (4:31) In this video, you will learn how to properly assist an individual with dressing the lower half of their body. Assisting with Dressing the Top Half of the Body: (2:16) In this video, you will learn how to properly assist an individual with dressing the top half of their body. * Assisting with Undressing Assisting with Undressing: Part 1: (1:48) In this video, you will learn about the importance of individuals having the choice to change their clothing and the supplies necessary. You will also learn about emotions that you and the individual may feel. Assisting with Undressing: Part 2: (2:44) This video covers the steps to follow when assisting individuals with undressing. Assisting with Undressing: Part 3: (2:15) This video covers the steps to follow when assisting individuals with undressing the top half of the body. * Providing Backrubs Providing Backrubs: Part 1: (1:03) In this video, you will learn about the importance of administering enema and suppositories. You will also learn about the necessary supplies required to carry out these tasks effectively. Providing Backrubs: Part 2: (4:51) This video covers the steps to take before, during, and after providing a backrub.		
Objectives	After viewing the videos, you will be able to: * Standard Tasks to Begin and End Care Standard Tasks to Begin and End Care: Part 1: Identify the standard procedures that should be followed before and after providing care. List the necessary equipment and supplies needed for these procedures. Standard Tasks to Begin and End Care: Part 2: Identify the standard tasks that should be performed before providing care. List the necessary equipment and supplies needed before providing care. Explain the steps required to perform before providing care. Video title: Standard Tasks to Begin and End Care: Part 3: Identify the tasks that need to be performed after providing care. List the necessary supplies and equipment required to complete post-care tasks. Explain the steps required to perform after providing care. * Applying Compression Devices Applying Compression Devices: Part 1: Identify the equipment needed to apply compression stockings and sequential compression devices (SCDs). Video title: Applying Compression Devices: Part 2: Describe the procedure for applying knee-high compression stockings. Video title: Applying Compression Devices: Part 3: Describe the procedure for applying sequential compression devices (SCDs). * Assisting with Dressing Assisting with Dressing: Introduction Identify the equipment needed to assist an individual with dressing. Assisting with Dressing the Lower Half of the Body: Describe the correct process for assisting an individual with dressing the lower half of the body. Assisting with Dressing the Top Half of the Body: Describe the correct process for assisting an individual with dressing the top half of the body. * Assisting with Undressing Assisting with Undressing: Part 1: Identify the importance of assisting individuals with undressing and the supplies necessary. Assisting with Undressing: Part 2: Identify the steps to follow when assisting individuals to undress. Assisting with Undressing: Part 3: Identify the steps to follow when assisting individuals with undressing the top half of the body. * Providing Backrubs Video title: Providing Backrubs: Part 1: Identify benefits associated with backrubs and supplies necessary. Providing Backrubs: Part 2: Identify the necessary steps before, during, and after providing a backrub.		

Class	Personal Hygiene PowerPack	44:00 min	PPAK0013
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Description Personal Hygiene PowerPack | This PowerPack includes videos on the following topics:

- * **Providing Fingernail and Foot Care** | Introduction to Providing Fingernail and Foot Care: (1:30) This video introduces you to the importance of proper fingernail and foot care. Providing Hand Care: (3:30) In this video, you will learn how to provide hand care for an individual. Providing Foot Care: (4:04) In this video, you will learn how to provide foot care for an individual. Providing Fingernail and Toenail Care: (3:26) In this video, you will learn how to provide fingernail and toenail care for an individual.
- * **Assisting with Shaving** | Assisting with Shaving: Part 1: (1:41) This video covers why it is important to learn the correct method for shaving with safety and electric razors, and identifies the supplies needed for shaving. Assisting with Shaving: Part 2: (6:24) In this video, you will learn how to assist an individual with shaving with a safety razor and an electric razor.
- * **Assisting with Shampooing in Bed** | Assisting with Shampooing in Bed: Part 1: (1:23) There are many reasons an individual may need assistance with shampooing. This video introduces the procedure and describes the supplies needed for shaving. Assisting with Shampooing in Bed: Part 2: (5:05) In this video, you will learn how to assist an individual with shampooing their hair in bed, and what to document and report.
- * **Assisting with Denture Care** | Assisting with Denture Care: Part 1: (1:30) In this video, you will learn about the importance of dentures and proper mouth care. Assisting with Denture Care: Part 2: (5:03) This video covers the steps necessary to provide individuals with denture care.
- * **Making an Occupied and Unoccupied Bed** | Making an Occupied & Unoccupied Bed: Part 1: (1:16) In this video, you will learn how to make an occupied and unoccupied bed. You will also learn about the necessary supplies. Making an Occupied & Unoccupied Bed: Part 2: (3:20) This video covers steps and reminders involved with removing linens from an occupied bed and steps necessary to make hospital corners. Making an Occupied & Unoccupied Bed: Part 3: (3:31) In this video, you will learn how to make an occupied bed. Making an Occupied & Unoccupied Bed: Part 4: (1:39) In this video, you will learn how to make an unoccupied bed.

Objectives After viewing the videos, you will be able to:

- * **Providing Fingernail and Foot Care** | Introduction to Providing Fingernail and Foot Care: Identify the equipment needed to provide fingernail and foot care. Providing Hand Care: Describe the correct steps for providing hand care for an individual. Providing Foot Care: Describe the correct steps for providing foot care for an individual. Providing Fingernail and Toenail Care: Describe the correct steps for providing fingernail and toenail care for an individual.
- * **Assisting with Shaving** | Assisting with Shaving: Part 1: Identify the supplies needed to shave an individual with a safety razor. Assisting with Shaving: Part 2: Demonstrate how to assist an individual to shave with a safety and an electric razor.
- * **Assisting with Shampooing in Bed** | Assisting with Shampooing in Bed: Part 1: Identify the supplies needed to shampoo an individual's hair in bed. Assisting with Shampooing in Bed: Part 2: Demonstrate how to assist an individual to shampoo their hair in bed.
- * **Assisting with Denture Care** | Assisting with Denture Care: Part 1: Identify the importance of denture care and supplies necessary for care. Assisting with Denture Care: Part 2: Identify the steps to follow when providing denture care.
- * **Making an Occupied and Unoccupied Bed** | Making an Occupied & Unoccupied Bed: Part 1: Identify the benefits of a freshly made bed and the supplies necessary to make a bed. Making an Occupied & Unoccupied Bed: Part 2: Identify the steps involved in removing linens from an occupied bed and steps to make hospital corners. Making an Occupied & Unoccupied Bed: Part 3: Identify the steps involved in making an occupied bed. Making an Occupied & Unoccupied Bed: Part 4: Identify the steps involved in making an unoccupied bed.

Class	Clients' Rights PowerPack	21:00 min	PPAK0014
Description	<p>Clients' Rights PowerPack This PowerPack includes videos on the following topics:</p> <ul style="list-style-type: none"> * Right to Information Right to Information: Part 1: (0:59) In this video, you will learn about the individual's right to information and how it is important that you are aware of the information that you can and cannot share with individuals. Right to Information: Part 2: (2:36) This video covers patient rights and different rights to information including rights to knowing certain information about you. * Right to Participate in Activities Right to Participate in Activities: Part 1: (1:13) In this video, you will learn about the importance of understanding an individual's right to participate in activities with their family and friends. Right to Participate in Activities: Part 2: (3:03) This video covers the rights that individuals have and ways their family and friends can play a crucial role in their life. * Right to Refuse Care Right to Refuse Care: Part 1: (0:48) In this video, you will learn about the individual's right to refuse care. Right to Refuse Care: Part 2: (3:33) This video covers information about an individual's legal rights to refuse care and different types of legal documents. * Right to Security of Personal Possessions Right to Security of Personal Possessions: Part 1: (1:18) In this video, you will learn about the importance of an individual's right to secure their personal possession. Right to Security of Personal Possessions: Part 2: (2:57) This video covers ways you can ensure the safety of an individual's personal possession. * Individual's Right to Resolve Grievances and Disputes Individual's Right to Resolve Grievances and Disputes: Part 1: (1:18) In this video, you will learn about the important of an individual's right to resolve grievances and disputes. Individual's Right to Resolve Grievances and Disputes: Part 2: (1:50) This video covers the rights an individual has to request grievances or file a dispute. Individual's Right to Resolve Grievances and Disputes: Part 3: (1:31) This video covers how to assist resolving grievances and disputes. * Advocating for Others Advocating for Others: Part 1: (0:52) In this video, you will learn about advocating for individuals under care. Advocating for Others: Part 2: (4:43) This video covers strategies to advocate for individuals' right to provide informed consent. 		
Objectives	<p>After viewing the videos, you will be able to:</p> <ul style="list-style-type: none"> * Right to Information Right to Information: Part 1 Identify individual rights to information and the importance of awareness surrounding what you can and cannot share with individuals. Right to Information: Part 2: Identify what patient rights are and different rights to information that individuals have. * Right to Participate in Activities Right to Participate in Activities: Part 1: Explain the importance of recognizing an individual's right to participate in activities with their family and friends. Right to Participate in Activities: Part 2 Identify an individual's right to participate in activities with their family and friends Describe how an individual's family and friends can play a crucial role in their life. * Right to Refuse Care Right to Refuse Care: Part 1 Identify what it means for an individual to use their right to refuse care. Right to Refuse Care: Part 2 Identify legal documents related to refusal of care and individual rights. * Right to Security of Personal Possessions Right to Security of Personal Possessions: Part 1: Identify the importance of an individual's right to secure their personal possession. Right to Security of Personal Possessions: Part 2: Describe ways you can ensure the safety of an individual's personal possessions. * Individual's Right to Resolve Grievances and Disputes Individual's Right to Resolve Grievances and Disputes: Part 1: Identify the importance of an individual's right to resolve grievances and disputes. Individual's Right to Resolve Grievances and Disputes: Part 2: Identify the rights an individual has to request grievances or file a dispute. Individual's Right to Resolve Grievances and Disputes: Part 3: Describe ways to assist in grievance and disputes resolution * Advocating for Others Advocating for Others: Part 1: Explain the importance of advocating for individuals under care. Advocating for Others: Part 2: Identify the strategies to advocate for an individual's right to provide informed consent. 		

Class	Effective Communication PowerPack	31:00 min	PPAK0015
Description	<p>Effective Communication PowerPack This PowerPack includes videos on the following topics:</p> <ul style="list-style-type: none"> * Building Relationships Building Relationships: Part 1: (1:27) This video introduces the importance of building positive relationships with individuals. Building Relationships: Part 2: (4:58) In this video, you will learn how to develop healthy relationships with individuals in your care. * Active Listening Active Listening: Part 1: (1:43) This video highlights the importance of listening to clients actively. Active Listening: Part 2: (2:13) In this video you will see actively listening techniques useful to improve overall communication. Active Listening: Part 3: (3:27) In this video you will learn about how to ask effective questions to gain information. Active Listening: Part 4: (1:47) In this video, you will learn about using plain language when speaking with clients. * Communicating with Friends and Family Communicating with Friends and Family: Part 1: (1:27) This video introduces the importance of communication with friends and family regarding their loved one. Communicating with Friends and Family: Part 2: (3:52) In this video, you will learn how and when to communicate with family and friends within the healthcare setting. * Verbal and Nonverbal Communication Verbal and Nonverbal Communication: Part 1: (1:20) This video highlights the importance of good communication, both nonverbal and verbal. Verbal and Nonverbal Communication: Part 2: (4:50) In this video, you will learn how to become an effective verbal communicator. Verbal and Nonverbal Communication: Part 3: (4:02) In this video, you will learn how to become an effective nonverbal communicator. 		
Objectives	<p>After viewing the videos, you will be able to:</p> <ul style="list-style-type: none"> * Building Relationships Building Relationships: Part 1: Identify the importance of building positive relationships with individuals, especially those you are providing care for. Building Relationships: Part 2: Identify strategies for developing healthy relationships with individuals in your care. * Active Listening Active Listening: Part 1: Identify reasons for actively listening to clients. Active Listening: Part 2: Identify active listening strategies. Active Listening: Part 3: Provide examples of effective questions to ask to gain information. Active Listening: Part 4: Identify ways to modify language used to aid active listening. * Communicating with Friends and Family Communicating with Friends and Family: Part 1: Identify the importance of understanding how and when to communicate with family and friends of someone you are caring for. Communicating with Friends and Family: Part 2: Identify who you can communicate with, and how and when you should communicate with family and friends. * Verbal and Nonverbal Communication Verbal and Nonverbal Communication: Part 1: Identify why it is important to have good communication with individuals you're caring for. Verbal and Nonverbal Communication: Part 2: Identify methods to ensure you communicate effectively when using verbal communication. Verbal and Nonverbal Communication: Part 3: Identify methods to ensure you communicate effectively when using nonverbal communication. 		

Class	Repositioning and Movement PowerPack	33:00 min	PPAK0016
Description	<p>Repositioning and Movement PowerPack This PowerPack includes videos on the following topics:</p> <ul style="list-style-type: none"> * Positioning an Individual on Their Side in Bed Positioning an Individual on Their Side in Bed: Part 1: (1:28) This video introduces you to the task of positioning an individual on their side in bed. Positioning an Individual on Their Side in Bed: Part 2: (4:17) In this video, you will learn how to position an individual on their side in bed from the supine position. You will also learn how to ensure the individual is comfortable after repositioning. Positioning an Individual on Their Side in Bed: Part 3: (3:09) In this video, you will learn how to position an individual on their side in bed using the logrolling technique. * Repositioning an Individual to Prevent Pressure Ulcers Repositioning an Individual to Prevent Pressure Ulcers: Part 1: (1:28) This video defines pressure ulcers and describes the importance of repositioning individuals to prevent pressure ulcers. Repositioning an Individual to Prevent Pressure Ulcers: Part 2: (3:55) In this video, you will learn the steps to correctly turn and reposition an individual in bed to prevent pressure ulcers. You will also learn other strategies to prevent pressure ulcers. * Repositioning a Seated Individual Repositioning a Seated Individual: Part 1: (2:47) This video describes the reasons for repositioning an individual in a wheelchair. Repositioning a Seated Individual: Part 2: (3:13) In this video, you will learn how to reposition a weight-bearing individual in a wheelchair using a gait belt. Repositioning a Seated Individual: Part 3: (2:20) In this video, you will learn how two people can reposition partial weight-bearing, non-weight bearing, and obese individuals in wheelchairs. * Adjusting Bed Height and the Head of the Bed Adjust Bed Height and the Head of the Bed: Part 1: (1:43) In this video, you will learn how to adjust an individual's bed height and head. Adjust Bed Height and the Head of the Bed: Part 2: (6:31) This video covers the steps necessary to adjust the bed height and the head of the bed. * Transferring an Individual into a Bathtub or Shower Transferring an Individual into a Bathtub or Shower: Part 1: (1:58) This video introduces the initial things you should consider before transferring an individual to a bathtub or shower. Transferring an Individual into a Bathtub or Shower: Part 2: (3:24) In this video, you will learn the proper steps to take while preparing an individual to transfer to a bathtub or shower. Transferring an Individual into a Bathtub or Shower: Part 3: (5:49) In this video, you will learn the steps for transferring an individual into and out of a bathtub or shower. You will also learn how to assist an individual during bathing or showering. 		
Objectives	<p>After viewing the videos, you will be able to:</p> <ul style="list-style-type: none"> * Positioning an Individual on Their Side in Bed Positioning an Individual on Their Side in Bed: Part 1: Describe the importance of properly positioning an individual on their side in bed. Positioning an Individual on Their Side in Bed: Part 2: Describe the correct process for positioning an individual on their side in bed from the supine position. Describe the steps to take to ensure an individual is comfortable after being positioned on their side in bed. Positioning an Individual on Their Side in Bed: Part 3: Describe the correct process for positioning an individual on their side in bed using the logrolling technique. Explain why you would use the logrolling technique. * Repositioning an Individual to Prevent Pressure Ulcers Repositioning an Individual to Prevent Pressure Ulcers: Part 1: Define pressure ulcers. Describe the importance of properly repositioning individuals to prevent pressure ulcers. Repositioning an Individual to Prevent Pressure Ulcers: Part 2: Describe the correct process for turning and repositioning an individual in bed to prevent pressure ulcers. Describe strategies for preventing pressure ulcers. * Repositioning a Seated Individual Repositioning a Seated Individual: Part 1 Explain the reasons for repositioning an individual. Repositioning a Seated Individual: Part 2 Demonstrate how to reposition an individual in a wheelchair using a gait belt. Repositioning a Seated Individual: Part 3 Demonstrate how two people can reposition an individual in a wheelchair. * Adjusting Bed Height and the Head of the Bed Adjust Bed Height and the Head of the Bed: Part 1: Identify why it is important to adjust an individual's bed height and head of the bed. Adjust Bed Height and the Head of the Bed: Part 2: Identify the steps necessary to adjust bed height and the head of the bed. * Transferring an Individual into a Bathtub or Shower Transferring an Individual into a Bathtub or Shower: Part 1: Describe common things to consider before transferring an individual to a bathtub or shower. Transferring an Individual into a Bathtub or Shower: Part 2: Explain the steps you should take to prepare an individual to transfer to a bathtub or shower. Transferring an Individual into a Bathtub or Shower: Part 3: Describe the steps for transferring an individual into and out of a bathtub or shower. Describe the steps for how to assist an individual during bathing or showering. 		

Class	Post-Orthopedic Surgery Care PowerPack	06:00 min	PPAK0017
Description	Post-Orthopedic Surgery Care PowerPack This PowerPack includes videos on the following topics: * Post-Orthopedic Surgery Care Post-Orthopedic Surgery Care: Part 1: (1:53) This video will introduce you to assisting clients after knee and hip surgery. Post-Orthopedic Surgery Care: Part 2: (3:55) In this video, you will learn how to assist individuals with pain, mobility, and activities of daily living after knee and hip surgery.		
Objectives	After viewing the videos, you will be able to: * Post-Orthopedic Surgery Care Post-Orthopedic Surgery Care: Part 1 Identify the equipment needed to assist individuals after orthopedic surgery Post-Orthopedic Surgery Care: Part 2: Describe how to assist individuals in completing activities of daily living after knee or hip surgery		
Class	Prosthetics & Orthotics Care PowerPack	08:00 min	PPAK0018
Description	Prosthetics & Orthotics Care PowerPack This PowerPack includes videos on the following topics: * Prosthetic and Orthotic Device Care Prosthetic and Orthotic Device Care: Part 1: (2:04) This video introduces caregivers to the types and purposes of prosthetic and orthotic devices and the equipment needed to apply and care for the devices. Prosthetic and Orthotic Device Care: Part 2: (6:11) In this video, you will learn how to put on, take off, and care for prosthetic and orthotic devices. You will also learn what information to observe and document.		
Objectives	After viewing the videos, you will be able to: * Prosthetics & Orthotic Device Care Prosthetic and Orthotic Device Care: Part 1: Identify the equipment needed to apply a prosthetic device. Prosthetic and Orthotic Device Care: Part 2: Demonstrate how to apply, remove, and care for prosthetic and orthotic devices.		
Class	Coughing & Deep Breathing PowerPack	08:00 min	PPAK0019
Description	Coughing & Deep Breathing PowerPack This PowerPack includes videos on the following topics: * Coughing & Deep Breathing Coughing & Deep Breathing: Part 1: (1:22) In this video, you will learn about the benefits of coughing, deep breathing exercises, and necessary supplies. Coughing & Deep Breathing: Part 2: (6:02) This video covers the steps involved when assisting individuals with coughing and breathing exercises.		
Objectives	After viewing the videos, you will be able to: * Coughing & Deep Breathing Coughing & Deep Breathing: Part 1: Identify the benefits of coughing and deep breathing exercises and the supplies necessary. Coughing & Deep Breathing: Part 2: Identify the steps to follow when assisting individuals with coughing and breathing exercises.		
Class	Post-Stroke Care PowerPack	10:00 min	PPAK0020
Description	Post-Stroke Care PowerPack This PowerPack includes videos on the following topics: * Post-Stroke Care Post-Stroke Care: Part 1: (1:43) This video introduces the impact of strokes on individuals and the importance of being familiar with strategies to provide care. Post-Stroke Care: Part 2: (5:02) In this video, you will learn how to recognize stroke symptoms and strategies to use when caring for someone living with long-term effects from a stroke. Post-Stroke Care: Part 3: (3:34) In this video, you will learn how to care for an individual who has suffered a stroke.		
Objectives	After viewing the videos, you will be able to: * Post-Stroke Care Post-Stroke Care: Part 1 Identify the impact of strokes and the importance of care strategies. Post-Stroke Care: Part 2: Identify stroke symptoms using FAST and strategies to care for individuals with long-term effects from a stroke. Post-Stroke Care: Part 3: Identify ways to provide care for an individual who has suffered a stroke		

Class	Developmental and Intellectual Disabilities PowerPack	25:00 min	PPAK0021
Description	Developmental and Intellectual Disabilities Care PowerPack This PowerPack includes videos on the following topics: * Developmental and Intellectual Disability Care Caring for Individuals Living with Developmental/Intellectual Disabilities: Interview: (13:57) In this video, a mother of a disabled child shares her experiences around providing care for her daughter and the do's and don'ts for others caring for individuals living with a developmental/intellectual disability. Caring for Individuals Living with Developmental/Intellectual Disabilities: Part 1: (2:29) This video introduces the importance of providing care for individuals living with developmental/intellectual disabilities in a dignified, compassionate way. Caring for Individuals Living with Developmental/Intellectual Disabilities: Part 2: (3:57) In this video, you will learn strategies for providing effective care for individuals living with developmental/intellectual disabilities. Communicating with Nonverbal Individuals Living with Developmental/Intellectual Disabilities: (5:00) In this video, you will learn strategies to effectively communicate with a nonverbal individual living with developmental/intellectual disabilities.		
Objectives	After viewing the videos, you will be able to: * Developmental and Intellectual Disabilities Caring for Individuals Living with Developmental/Intellectual Disabilities: Interview: Describe how you can provide effective and compassionate care for an individual living with developmental/intellectual disabilities. Caring for Individuals Living with Developmental/Intellectual Disabilities: Part 1: Describe the importance of caring for individuals living with developmental/intellectual disabilities in a dignified, compassionate way. Caring for Individuals Living with Developmental/Intellectual Disabilities: Part 2: Describe strategies for providing effective care for individuals living with developmental/intellectual disabilities. Communicating with Nonverbal Individuals Living with Developmental/Intellectual Disabilities: Describe strategies to effectively communicate with a nonverbal individual living with developmental/intellectual disabilities.		
Class	Medication Administration: Enemas & Suppositories PowerPack	11:00 min	PPAK0022
Description	Administering Enemas and Suppositories PowerPack This PowerPack includes videos on the following topics: * Administering Enemas and Suppositories Administering Enemas and Suppositories: Part 1: (1:44) In this video, you will learn about the importance of administering enema and suppositories. You will also learn about the necessary supplies required to carry out these tasks effectively. Administering Enemas and Suppositories: Part 2: (5:11) In this video, you will learn how to administer a cleansing enema. Administering Enemas and Suppositories: Part 3: (4:21) In this video, you will learn how to administer a suppository.		
Objectives	After viewing the videos, you will be able to: * Administering Enemas and Suppositories Administering Enemas and Suppositories: Part 1: Explain the importance of administering enema and suppositories Identify the impact of strokes and the importance of care strategies. Administering Enemas and Suppositories: Part 2: Describe the process to administer a cleansing enema. Administering Enemas and Suppositories: Part 3: Describe the process to administer a suppository.		

Class	Assisting with Toileting PowerPack	34:00 min	PPAK0023
Description	Assisting with Toileting PowerPack This PowerPack includes videos on the following topics: <ul style="list-style-type: none"> * Toileting Assistance with a Portable Toilet or Commode Toileting Assistance with a Portable Commode or Toilet: Part 1: (1:32) This video introduces the importance and procedures to safely assist a client when using the toilet or portable commode. Toileting Assistance with a Portable Commode or Toilet: Part 2: (5:44) In this video, you will learn how to safely assist clients with toileting using both a portable commode and a standard toilet, from the initial approach and safety precautions to disposal and post-procedure documentation. * Changing a Soiled Brief Changing a Soiled Brief: Part 1: (1:27) In this video, you will learn about incontinence and the importance of changing soiled briefs. Changing a Soiled Brief: Part 2: (4:12) This video covers the necessary supplies and steps when changing soiled briefs. * Bladder and Bowel Training Bladder and Bowel Training: Part 1: (1:41) In this video, you will learn about the importance of bladder and bowel training. You will also learn about the necessary supplies for bladder and bowel training. Bladder and Bowel Training: Part 2: (4:57) In this video, you will learn how to assist with bladder and bowel training. * Specimen Collection Specimen Collection: Part 1: (1:59) In this video, you will learn about the importance and regulations surrounding collecting specimens and necessary supplies. Specimen Collection: Part 2: (6:26) This video covers the steps involved with collecting a urine specimen. Specimen Collection: Part 3: (5:28) This video covers the steps and supplies necessary when collecting a stool and sputum specimen. 		
Objectives	After viewing the videos, you will be able to: <ul style="list-style-type: none"> * Toileting Assistance with a Portable Toilet or Commode Toileting Assistance with a Portable Commode or Toilet: Part 1: Explain the importance of safely assisting a client when using the toilet or portable commode while displaying empathy. Toileting Assistance with a Portable Commode or Toilet: Part 2: Identify the procedures and safety precautions for assisting clients with toileting, choosing between a portable commode or standard toilet based on the individual's condition and capabilities. Identify the essential post-procedure protocols, including waste disposal, documentation, reporting, and ensuring the client's comfort. * Changing a Soiled Brief Changing a Soiled Brief: Part 1: Identify what incontinence is and why it is important to change soiled briefs. Changing a Soiled Brief: Part 2: Identify the supplies necessary and steps involved when changing soiled briefs. * Bladder and Bowel Training Bladder and Bowel Training: Part 1: Explain the importance of bladder and bowel training. Identify the necessary supplies and equipment required for successful bladder and bowel training." Bladder and Bowel Training: Part 2: Describe the techniques for assisting with bladder and bowel training. * Specimen Collection Specimen Collection: Part 1: Identify the importance of specimen collection and necessary supplies. Specimen Collection: Part 2: Identify the steps involved with collecting a urine specimen. Specimen Collection: Part 3: Identify the supplies necessary and the steps involved in collecting a stool and sputum specimen. 		

Class	Work Readiness PowerPack	28:00 min	PPAK0024
Description	<p>Work Readiness PowerPack This PowerPack includes videos on the following topics:</p> <ul style="list-style-type: none"> * How to be Work Ready How to be Work Ready: Part 1: (0:54) In this video, you will learn about how you can ensure you are ready for the workplace. How to be Work Ready: Part 2: (3:19) This video covers steps that you can take to prepare for your initial meeting when starting at a new workplace. * Work Ready: Appearance and Work Bag Work Ready: Appearance & Work Bag: Part 1: (1:21) In this video, you will learn about the importance of preparing yourself for work, including supplies to keep in your work bag. Work Ready: Appearance & Work Bag: Part 2: (2:16) This video covers steps to take to ensure you dress appropriately and professionally and what to include in your bag. * Effective Problem Solving Effective Problem Solving: Part 1: (1:27) In this video, you will learn about the importance of effective problem solving. Effective Problem Solving: Part 2: (2:06) In this video, you will learn how to evaluate possible solutions. Effective Problem Solving: Part 3: (1:31) In this video, you will learn techniques to generate potential solutions. Effective Problem Solving: Part 4: (1:28) In this video, you will learn how to analyze a problem. Effective Problem Solving: Part 5: (1:38) In this video, you will learn how to define a problem statement. * Care Pledge Care Pledge: Part 1: (1:00) In this video, you will learn about the importance of taking a care pledge as a caregiver. Care Pledge: Part 2: (1:19) In this video, you will learn about the essential components that should be included in your care pledge as a caregiver. * Care Plans Care Plans: Part 1: (1:22) In this video, you will learn about the importance of care plans. Care Plans: Part 2: (4:02) This video covers how to use care plans to prioritize tasks and provide individualized care. * Initial Meeting Initial Meeting: Part 1: (1:00) In this video, you will learn about preparing for the initial meeting with the individual you will be caring for and the necessary supplies. Initial Meeting: Part 2: (2:50) This video covers steps that you can take to prepare for your initial meeting. 		
Objectives	<p>After viewing the videos, you will be able to:</p> <ul style="list-style-type: none"> * How to be Work Ready How to be Work Ready: Part 1: Identify what you can do to ensure you are ready for the workplace. How to be Work Ready: Part 2: Identify steps to take to prepare for your initial meeting when starting at a new workplace. * Work Ready: Appearance and Work Bag Work Ready: Appearance & Work Bag: Part 1: Identify items that you should keep in your work bag. Work Ready: Appearance & Work Bag: Part 2: Identify steps to take to ensure you dress appropriately and professionally and items to include in your bag. * Effective Problem Solving Effective Problem Solving: Part 1: Identify the importance of effective problem solving. Effective Problem Solving: Part 2: Describe techniques to evaluate possible solutions. Effective Problem Solving: Part 3: Describe strategies to generate potential solutions. Effective Problem Solving: Part 4: Describe strategies to effectively analyze a problem. Effective Problem Solving: Part 5: Describe strategies to define a problem statement. * Care Pledge Care Pledge: Part 1: Describe the importance of taking a care pledge as a caregiver. Care Pledge: Part 2: Identify the essential components of a care pledge as a caregiver. Care Plans Care Plans: Part 1: Identify why care plans are important and what is included in them. Care Plans: Part 2: Identify how to use a care plan to prioritize tasks and provide individualized care. * Initial Meeting Initial Meeting: Part 1: Identify the supplies necessary to prepare for the initial meeting with the individual you will be caring for. Initial Meeting: Part 2: Identify the steps to prepare for your initial meeting. 		

Class	Caregiver Health and Safety PowerPack	34:00 min	PPAK0025
Description	<p>Caregiver Health and Safety PowerPack This PowerPack includes videos on the following topics:</p> <ul style="list-style-type: none"> * Workers' Rights Workers' Rights: Part 1: (3:15) In this video, you will learn about what workers' rights are and why it is important to understand them. Workers' Rights: Part 2: (0:53) This video covers three different types of rights that you are entitled to as a worker. * A Short-Staffed Workplace A Short-Staffed Workplace: Part 1: (1:44) In this video, you will learn about how to manage your time and tasks while short-staffed. A Short-Staffed Workplace: Part 2: (5:15) This video covers signs that your workplace is short-staffed and ways to manage your time effectively when working with a limited staff. * Self-Care for Caregivers Self-Care for Caregivers: Part 1: (2:07) In this video, you will learn about the importance of self-care for caregivers. Self-Care for Caregivers: Part 2: (7:26) This video covers ways you can practice self-care as a caregiver. You will also learn to recognize the common signs of burnout. * Setting Boundaries with Individuals in Your Working Relationships Setting Boundaries with Individuals in Your Working Relationships: Part 1: (1:30) In this video, you will learn about boundaries and the importance of setting them in your professional relationships with individuals. Setting Boundaries with Individuals in Your Working Relationships: Part 2: (6:54) This video covers how to set boundaries for the individuals you provide care for. * The Importance of Self-Advocacy in the Workplace The Importance of Self-Advocacy in the Workplace: Part 1: (1:14) In this video, you will learn why advocating for yourself in the workplace is essential. The Importance of Self-Advocacy in the Workplace: Part 2: (3:14) In this video, you will learn your rights as a caregiver, how to advocate for yourself if you're asked to do work outside your scope of practice, and how to report a violation. 		
Objectives	<p>After viewing the videos, you will be able to:</p> <ul style="list-style-type: none"> * Workers' Rights Workers' Rights: Part 1: Identify what workers' rights are and why they're important to understand. Workers' Rights: Part 2: Identify the types of rights that workers are entitled to. * A Short-Staffed Workplace A Short-Staffed Workplace: Part 1: Identify ways to manage time and tasks while short-staffed. A Short-Staffed Workplace: Part 2: Identify signs that a workplace is short-staffed and ways to manage time effectively. * Self-Care for Caregivers Self-Care for Caregivers: Part 1: Identify the importance of self-care for caregivers. Self-Care for Caregivers: Part 2: Identify common signs of burnout. Describe self-care practices to prevent burnout. * Setting Boundaries with Individuals in Your Working Relationships Setting Boundaries with Individuals in Your Working Relationships: Part 1: Explain what are boundaries in working relationships. Identify the importance of setting boundaries with individuals in a working relationship. Setting Boundaries with Individuals in Your Working Relationships: Part 2: Identify strategies to set boundaries for the individuals you provide care for. * The Importance of Self-Advocacy in the Workplace The Importance of Self-Advocacy in the Workplace: Part 1: Understand the importance of advocating for yourself in the workplace. The Importance of Self-Advocacy in the Workplace: Part 2: Demonstrate you understand your rights and know how to advocate for yourself in the workplace. 		