

# STARS: Education Model for Caregivers

\*Contact the Recruitment Team when you complete a level!\*

## 1. Level 1 Caregiver Courses ★

- HIPAA Do's & Don'ts: Electronic Communication & Social Media (0.5 hours)
- Basic Cleaning in the Home (0.5 hours)
- Food Safety in the Home (0.5 hours)
- Duties of the Unlicensed Caregiver (0.75 hours)
- Helping Clients with Bathing (0.25 hours)
- Assisting with Dressing (0.25 hours)
- Helping Clients with Denture Care (0.25 hours)
- Safe Transfers (0.25 hours)
- Back Injury Prevention (0.5 hours)
- Safe Use of Mechanical Lifts (1 hour)
- Survival Skills for Home Health Aides (0.5 hours)
- Customer Service in Home Health (0.5 hours)
- Maintaining Boundaries in the Home (0.5 hours)



\$8.50

## 2. Level 2 Caregiver Courses ★★

- Safe Transferring & Repositioning (0.25 hours)
- Empowering Clients through ADLs (0.25 hours)
- Providing Personal Care (1 hour)
- Stress Management for Caregivers (1 hour)
- Caring for Older Adults: The Aging Process (1 hour)
- Safe Swallowing & Feeding Techniques (1 hour)
- Elimination & Toileting (1 hour)
- Proper Positioning (1 hour)
- Durable Medical Equipment in the Home (1 hour)



\$9.00

## 3. Level 3 Caregiver Courses ★★★

- Introduction to Hospice Care (1 hour)
- Hospice Care: Introduction to Palliative Care (1 hour)
- Caring for Non-Communicative Patients (1.25 hours)
- Companion Care (1 hour)
- Courtesy: Beyond Politeness (1 hour)
- Helping Clients with Brushing & Flossing (0.25 hours)
- Helping Clients Shave (0.25 hours)
- Nutrition & Hydration: The Basics (0.5 hours)
- Safely Transporting Clients for Home Care (0.5 hours)
- Slips, Trips, & Fall Prevention (0.25 hours)



\$9.50

## 4. Level 4 Caregiver Courses ★★★★

- Dementia Care: Coaching & Completing Activities of Daily Living (1 hour)
- Understanding Communication in Persons with Dementia (1.25 hours)
- Delirium, Dementia, & Depression (1 hour)
- Dementia Care: Managing Challenging Behaviors (0.5 hours)
- Dementia Care: Normal Aging vs. Dementia/Alzheimer's (0.5 hours)
- Dementia Care: Helping Families & Friends (1 hour)
- Challenging Behaviors in Dementia Care (1 hour)
- Understanding Alzheimer's Disease & Dementia (1 hour)
- Providing High Quality Dementia Care: An Overview (1 hour)
- Teepa Snow: Dementia 101 (0.25 hours)
- A Day in the Life of Henry: A Dementia Experience (0.5 hours)



\$10.00

## 5. Level 5: Float Eligible ★★★★★

Now that you have completed all 4 levels of training, you are eligible to become a float caregiver for your area! Float caregivers are on-call, meaning they are available to care at a moment's notice most days of the week. **This position includes a pay raise to \$11 (\$12 if CNA).** If you are interested in taking this next step, contact your Service Supervisor for more information!

