High School Home Care Aide Course Content Overview

- **Course:** Home Care Aide (HCA)[1]
- **Type:** Preparatory
- **Total Framework Hours:** 90
- **CIP Code:** 512699
- **State Codes:** 14053; 19054
- **Career Cluster:** Health Science
- **Cluster Pathway:** Therapeutic

This overview explains what is included in the OSPI Career and Technical Education framework for the HCA course. The course is based on the Washington State Department of Social and Health Services-approved HCA curriculum and OSPI CTE program standards. The course covers many topics, including person-centered care, safety, mobility, and client rights. Students will be able to demonstrate technical skill competency in caregiving situations.

To offer this course, both the instructor and the training program must be approved and contracted with DSHS. Standards and content can be added to the framework but not removed.

Please check OSPI's website or contact highschoolhca@dshs.wa.gov or cte@k12.wa.us to make sure you have the most current version of the framework.

Program Contacts

If you want to offer the High School HCA course at your school or want more information, please contact:

DSHS: Carly Seagren, Workforce Development High School Liaison
360-584-3271 / carly.seagren@dshs.wa.gov / highschoolhca@dshs.wa.gov

OSPI: Career and Technical Education Department
360-725-6245 / cte@k12.wa.us

[1] A Washington State Certified Home Care Aide is someone who has successfully completed the required state training and testing and has obtained their HCA credential from the Department of Health.

Framework Overview

*These hours cannot be changed.

Unit Number	Unit Name	Hours	National Health Science Standards
1	Welcome and Introductions	1	2: Communications
2	Introduction to Health Careers	2	3: Systems 4: Employability Skills
3	Caring for Others: A Person-Centered Model	4	2: Communications 4: Employability Skills 6: Ethics
4	Communication	3	2: Communications 4: Employability Skills 6: Ethics
5	Orientation (Certificate)	2*	2: Communications 4: Employability Skills 6: Ethics 11: Information Technology in Healthcare
6	Safety (Certificate)	7 (Safety Certificate: 3*)	7: Safety Practices 10. Technical Skills
7	Clients and Their Rights	4	5: Legal Responsibilities
8	The Caregiver Role – Basic Job Responsibilities	4	2: Communications 4: Employability Skills 5: Legal Responsibilities 7: Safety Practices 8: Teamwork 9: Health Maintenance Practices
9	Infection Control and Prevention	4	7: Safety Practices
10	Mobility	3	7: Safety Practices 10: Technical Skills
11	Skin and Body Care	4	1: Academic Foundation 9: Health Maintenance Practices 10: Technical Skills
12	Nutrition and Food Handling	4	9: Health Maintenance Practices
13	Toileting	3	1: Academic Foundation 10: Technical Skills
14	Nurse Delegations and Medications	4	9: Health Maintenance Practices
15	Self-Care for Caregivers	2	7: Safety Practices 9: Health Maintenance Practices

Unit Number	Unit Name	Hours	National Health Science Standards
16	Dementia (Specialty Certificate)	8*	1: Academic Foundation
17	Mental Health (Specialty Certificate)	8*	1: Academic Foundation 9: Health Maintenance Practices
18	Extended Learning	7	3: Systems 4: Employability Skills 7: Safety Practices 8: Teamwork
19	Skills Practice	16*	4: Employability Skills

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