



Pennsylvania Homecare Association

My Learning Center offers free training and education for direct care workers employed by homecare agencies, CCRCs, adult day centers, LIFE programs, hospitals, consumers, nursing homes and more! My Learning Center is also a helpful resource for family caregivers.

75 FREE VIDEOS are now available!



VIDEO COURSES...

Alzheimer's and Dementia Care

- Activities to Keep Your Consumers Engaged
- Bathing & Showering Someone with Dementia
- Caring for an Aggressive Person
- The Effects of Dementia on the Brain
- How Attitudes and the Environment Affect Agitation & Aggression
- Identifying & Assessing Aggression
- Providing Care for Someone with Dementia
- Understanding Dementia & Alzheimer's Disease
- Understanding the Physical Causes of Agitation & Aggression

Seniors and Aging

- Assisting Stroke Patients
- Bathroom Blues
- Caring for Consumers with Diabetes
- Caring for Individuals with ALS
- Dental & Oral Care
- Effects of Aging on Emotions & the Five Senses
- Elder Abuse & Neglect
- Importance of Protecting a Senior's Skin
- Physical Changes of Aging
- Preventing Fraud and Financial Abuse of Seniors
- Proper Skin Care and Bathing

Infection Control

- How to Prevent Pressure Ulcers
- How to Protect Against Infection
- Proper Hand Washing
- Recognizing Common Infections

Safety

- Assistive Devices to Help Seniors/People with Disabilities
- Back Anatomy & Body Mechanics
- Being Safe While Bringing Care Home
- Caregiver First Aid
- Caring for Obese, Paralyzed or other Immobile Consumers
- Handling Emergencies
- How DCWs Can Help Consumers Improve Mobility

- Incident Reporting
- Recognizing Signs of Heat Stroke, Exhaustion & 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 & Understanding Levels of Pain
- Direct Care Workers & Medication Assistance
- Effects of the Opioid Crisis on Older Adults
- A Pill's Journey: How Medication Works

Independence & Confidentiality

- Caring for LGBT Consumers
- Improving Cultural Competency in Home-Based Care
- Consumer Choice & Independent Living Philosophy
- Understanding Activities of Daily Living
- Understanding HIPAA & Confidentiality
- Understanding Instrumental Activities of Daily Living

End-of-Life Care

- Understanding Hospice Care
- What Death Looks Like

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 & 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
- Recognizing Common Behavioral Health Issues
- Understanding Family Dynamics
- Understanding PA's Homecare Agency & Registry Licensure
- Also Espanol
- Also Russian

What people are saying about ...



At Waverly Care we use My Learning Center to supplement the annual training we do. We challenge our caregivers to complete as many inservices as they can and it becomes a competition!

– Patricia Rodgers, Waverly Care Associates



My Learning Center is a nice complement to our new hire training and annual reviews. The videos are well done and very applicable to the services we provide to our clients. My Learning Center provides quality and consistency for our staff training. We are thankful to PHA to have this service to enhance our training.

– Rita Clemente, St. Paul's Without Walls



Our homecare agency has used My Learning Center online video courses as a tool to fulfill mandatory education requirements annually since 2010. These training videos have been excellent in both content and presentation. The response of our homecare aides to this learning tool has been very positive. Thanks for providing such informative, pertinent and practical information to enhance the skills and increase the competency and confidence of our staff.

– Rosemary Landis, RN, BSN, Community Home Svcs.

HOW IT WORKS:

1. Choose from 75 courses on various topics
2. Watch the video
3. Take a brief quiz
4. Successfully complete the quiz and receive a Certificate of Completion (*print or email directly from your computer*)

Convenience of Online Learning for Aides and Other Homecare Professionals

Courses cover a wide range of topics that help enhance the knowledge and skills required to provide quality care for homecare consumers and patients.

Agencies cannot always afford to have a caregiver attend a full-day on-site training session, nor can a caregiver always attend an evening or weekend session because of family or other demands. With **My Learning Center**, free training and education is just a click away! Videos are **web-based** and **mobile-friendly**, which means they are accessible from any computer, phone, tablet or any other device, in any location, 24/7.

Helping Agencies/Registries Meet Competency Requirements

- Videos may be used as a tool to meet competency requirements for homecare licensure under the Pennsylvania Department of Health
- Videos cover the core competencies required for homecare licensure.
- 20+ CE hours available for home health aides.
- Brief quiz at the conclusion of each video tests comprehension and competency.
- A certificate of completion is available for immediate download and printing.
- Track staff progress and performance.
- Users can re-watch and re-take quizzes annually to keep up with training requirements.

Helping Families with Free Resources and Education

Today in Pennsylvania, more than 1.3 million people are caring for a loved one at home. Many of the videos found on **My Learning Center** provide valuable tips, techniques and education to help better understand their loved one and enhance their role as caregiver.

Questions about the online video training program?



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FREE, ONLINE VIDEO TRAINING
for Pennsylvania's Direct Care Workers
and Family Caregivers



Find it on the web at...
learningcenter.pahomecare.org