



Home Health Aides

Course Overview: Focuses on careers in planning, managing, and providing therapeutic services, diagnostic services, health informatics, support services, and biotechnology research and development.

Career Goal (O*NET Code): (31-1011) - Aides provide light housekeeping and homemaking tasks, including planning and preparing meals. Home health and personal care aides help people who are disabled, chronically ill, or cognitively impaired. They also help older adults who may need assistance. They help with activities such as bathing and dressing, and they provide services such as light housekeeping. In some states, home health aides may be able to give a client medication or check the client's vital signs under the direction of a nurse or other healthcare practitioner.

Student Name: _____

Grade: _____

School: _____

SUGGESTED COURSEWORK

EXTENDED LEARNING EXPERIENCES

Middle School	8th	HS Courses:	(Local districts may list high school credit courses here)			Curricular Experiences: *** Health Occupations Students of America	Extracurricular Experiences:*** Language Immersion Programs National Youth Leadership Forum on Medicine School Newspaper Student Council UIL Academic Competitions Yearbook
	9th	Courses*:	English I Algebra I or Geometry Biology	World Geography Foreign Language I Physical Education or Athletics	Fine Arts		
10th		Career-Related Electives:	Principles of Health Science			Career Learning Experiences: Career Preparation Internship Job Shadowing Clinical Rotations Certifications Clinical Volunteer Work (local hospitals & medical facilities)	Service Learning Experiences: Boy/Girl Scouts Campus Service Organizations Community Service Volunteer Medical Mission Trips Peer Mentoring / Peer Tutoring Special Olympics
	Courses:	English II Geometry or Algebra II Chemistry	World History Foreign Language II Elective				
High School	11th	Core Courses:	English III Algebra II or Pre-Calculus Physics	United States History Foreign Language III ** Professional Communications or Speech	Elective	COLLEGE CREDIT OPPORTUNITIES -- High School Students should take Advanced Placement (AP), International Baccalaureate (IB), dual credit, Advanced Technical Credit (ATC), or locally articulated courses (Tech Prep), if possible. List those courses that count for college credit on your campus.	
	Career-Related Electives:	Health Science					
High School	12th	Core Courses:	English IV Pre-Calculus or Calculus 4th Science	Government/Economics Elective Elective			
	Career-Related Electives:	Practicum in Health Science					

How to Become a Home Health Aide
 Aides may help clients get out of bed, bathe, dress, and groom.
 There are no formal education requirements for home health aides, but most aides have a high school diploma. Home health aides working in certified home health or hospice agencies must get formal training and pass a standardized test.

Postsecondary		Texas Southmost College South Texas College Texas State Technical College	Carrer Options (Sample of reported job titles) <ul style="list-style-type: none"> • Home Health Aide (HHA) • Certified Nurses Aide (CNA) • Certified Nursing Assistant (CNA) • Residential Counselor • Certified Medical Aide (CMA) • Home Health Provider • Care Giver • Habilitation Training Specialist • Caregiver • Certified Home Health Aide 	Professional Associations: <ul style="list-style-type: none"> • National Association for Home Care & Hospice
		Patient Care Assistant (CERT)		
		The University of Texas at Brownsville The University of Texas - Pan American		

* Students must meet local & state high school graduation requirements. ** Required course for the Distinguished Graduation Plan (in addition to other measures). *** Based on campus availability. Students may select other elective courses for personal enrichment purposes.

This plan of study serves as a guide, along with other career planning materials, for pursuing a career path and is based on the most recent information as of 2009. All plans meet high school graduation requirements as well as college entrance requirements.



Home Health Aides

TEA Industry Cluster	Health Science
SOC Code	31-1011
Identified by	TWC LMCI
Projected Growth (2018)	56%
BISD Magnet School Available	Yes

Source: Demand Occupations by Cluster, updated June 27, 2012

Description

What Home Health and Personal Care Aides Do

Aides provide light housekeeping and homemaking tasks, including planning and preparing meals. Home health and personal care aides help people who are disabled, chronically ill, or cognitively impaired. They also help older adults who may need assistance. They help with activities such as bathing and dressing, and they provide services such as light housekeeping. In some states, home health aides may be able to give a client medication or check the client's vital signs under the direction of a nurse or other healthcare practitioner.

Duties

Home health and personal care aides typically do the following:

- Help clients in their daily personal tasks, such as bathing or dressing
- Do light housekeeping, such as laundry, washing dishes, and vacuuming in a client's home
- Organize a client's schedule and plan appointments
- Arrange transportation to doctors' offices or for other kinds of outings
- Shop for groceries and prepare meals
- Provide companionship

Aides often keep track of when a client's prescriptions need to be filled or when the client has his or her next doctor's appointment. Aides may prepare leisure activities, including exercise, to keep their clients active and healthy. They may go for walks with their clients or play games with them. In some states, home health aides may be able to provide some medical services. Aides may be expected to complete unpleasant tasks such as emptying a client's bedpan or changing soiled bed linens. Some aides are hired directly by the client or the client's family. In these situations, the client or the client's family supervises the aide and gives the aide tasks to do.

Home health aides, unlike personal care aides, typically work for certified home health or hospice agencies that receive government funding and therefore must comply with regulations. They work under the direct supervision of a medical professional, usually a nurse. These aides keep records of services performed and of the client's condition and progress. They report changes in the client's condition to the supervisor or case manager. Aides also work with therapists and other medical staff.

Home health aides may provide some basic health-related services, such as checking clients' pulse, temperature, and respiration rate. They also may help with simple prescribed exercises and with giving medications. Occasionally, they change simple dressings, give massages, care for skin, or help with braces and artificial limbs. With special training, experienced home health aides also may help with medical equipment such as ventilators, which help clients breathe.

Personal care aides—also called homemakers, caregivers, companions, and personal attendants—provide clients with companionship and help with daily tasks in a client's home. They are often hired in addition to other medical health workers, such as hospice workers, who may visit a client's home. Personal care aides do not provide any type of medical service.

Direct support professionals work with people who have developmental or intellectual disabilities. They may help create a behavior plan, provide employment support, and teach self-care skills, such as doing laundry or cooking meals. They may also provide other personal assistance services.

Training Opportunities Linked to Those Jobs (Degree Types and Colleges/Universities)

How to Become a Home Health or Personal Care Aide

Aides may help clients get out of bed, bathe, dress, and groom.

There are no formal education requirements for home health and personal care aides, but most aides have a high school diploma. Home health aides working in certified home health or hospice agencies must get formal training and pass a standardized test.

Education and Training

Although a high school diploma or equivalent is not generally required, most aides have one before entering the occupation. They usually are trained on the job by nurses, other aides, or supervisors.

Aides may be trained in housekeeping tasks, such as cooking for clients who have special dietary needs. They learn basic safety techniques, including how to respond in an emergency.

A competency evaluation may be required to ensure that the aide can perform some required tasks. Clients have their own preferences and aides may need time to become comfortable working with them.

In some states, the only requirement for employment is on-the-job training, which employers generally provide. Other states require formal training, which is available from community colleges, vocational schools, elder care programs, and home health care agencies. In addition, states may conduct background checks on prospective aides.

Without additional training, advancement in this occupation is limited.

Important Qualities

Detail oriented-. Home health and personal care aides must follow specific rules and protocols to help take care of clients.

Interpersonal skills. Home health and personal care aides must work closely with their clients. Sometimes, clients are in extreme pain or mental stress, and aides must be sensitive to their emotions. Aides must be cheerful, compassionate, and emotionally stable. They must enjoy helping people.

Physical stamina. Home health and personal care aides should be comfortable performing physical tasks. They might need to lift or turn clients who have a disability.

Time management skills. Clients and their families rely on home health and personal care aides. Therefore, it is important that aides stick to the agreed-upon schedule and arrive when they are expected.

Certification

Home health aides who work for agencies that receive reimbursement from Medicare or Medicaid must get a minimum level of training and pass a competency evaluation or receive state certification. Training includes learning about personal hygiene, reading and recording vital signs, infection control, and basic nutrition. Aides may take a competency exam to become certified without taking any training. These are the minimum requirements by law; additional requirements for certification vary by state.

Aides can be certified by the [National Association for Home Care & Hospice](#) (NAHC). Although certification is not always required, employers prefer to hire certified aides. Certification requires 75 hours of training, observation and documentation of 17 skills demonstrating competency, and passing a written exam.

Texas Southmost College	South Texas College	Texas State Technical College	The University of Texas at Brownsville	The University of Texas - Pan American
	Patient Care Assistant (CERT)			

Local Employers

Employer	City	Employer	City
A Better Choice Home Health	Brownsville	All Home Care Inc	Harlingen
A One Health Svc Agency	Brownsville	All Texas Healthcare	Harlingen
A Touch Home Health Care Inc	Brownsville	American Red Cross	Harlingen
Aarp/Scsep	Brownsville	Amigos Del Valle Inc	Harlingen
Abundant Life Home Health Inc	Brownsville	Angelcare Haven	Harlingen
Acclaim Health Svc	Brownsville	Angelcare Home	Harlingen

**Career Options
(Specific Job Types)**

Sample of reported job titles:

- Home Health Aide (HHA)
- Certified Nurses Aide (CNA)
- Certified Nursing Assistant (CNA)
- Residential Counselor
- Certified Medical Aide (CMA)
- Home Health Provider
- Care Giver
- Habilitation Training Specialist
- Caregiver

Salary Ranges

Wages for Home Health Aides

Location	Pay Period	2011				
		10%	25%	Median	75%	90%
United States	Hourly	\$7.89	\$8.63	\$9.91	\$11.52	\$14.20
	Yearly	\$16,400	\$18,000	\$20,600	\$24,000	\$29,500
Texas	Hourly	\$7.63	\$8.05	\$8.75	\$9.52	\$14.27
	Yearly	\$15,900	\$16,700	\$18,200	\$19,800	\$29,700
Brownsville-Harlingen, TX MSA	Hourly	\$7.58	\$7.92	\$8.48	\$9.04	\$9.40
	Yearly	\$15,800	\$16,500	\$17,600	\$18,800	\$19,600
McAllen-Edinburg-Mission, TX MSA	Hourly	\$7.58	\$7.91	\$8.46	\$9.00	\$9.34
	Yearly	\$15,800	\$16,500	\$17,600	\$18,700	\$19,400

Professional Associations Linked to the Careers

For information about voluntary credentials for personal care aides, visit

[National Association for Home Care & Hospice](#)

Sources

The information provided in this document was collected from the following sources:

- Occupational Outlook Handbook (<http://www.bls.gov/ooh/>)
- O*NET OnLine (<http://www.onetonline.org/>)
- Texas CARES (<http://www.texascaresonline.com/>)
- CareerOneStop (<http://www.careeronestop.org/>)