

# Pennsylvania Home Care Training Regulations

## Non-Medical Care Professionals in Home Care - DCW

Link to regulation: [To see requirements please scroll down to section 611.55](#)

### Initial Training Requirements:

Activated Insights **does** meet initial training requirements.

- Home attendants who provide direct personal care must complete specialized training for their specific roles, along with proving their skill by passing a competency exam created by the home care agency or registry.
- **Note:** Training needs may vary for caregivers serving Medicaid recipients or under state-specific waiver programs. Please contact us to explore possible solutions to address these program-specific training requirements.

| Training and Competency Requirements:                         | Activated Insights Recommended Equivalents:   |
|---|---|
| Confidentiality   | <ul style="list-style-type: none"> <li>• Maintaining Confidentiality</li> </ul>   |
| Consumer control and the independent living philosophy        | <ul style="list-style-type: none"> <li>• Patient Bill of Rights</li> <li>• Client-Centered Care</li> </ul>  |
| Instrumental activities of daily living                       | <ul style="list-style-type: none"> <li>• Instrumental Activities of Daily Living</li> </ul>   |
| Recognizing changes in the consumer that need to be addressed | <ul style="list-style-type: none"> <li>• Recognizing and Reporting Abnormal Observations</li> </ul>   |
| Basic infection control                                       | <ul style="list-style-type: none"> <li>• Infection Control in Home Care</li> <li>• Bloodborne Pathogens</li> </ul>  |
| Universal precautions   | <ul style="list-style-type: none"> <li>• Standard Precautions</li> </ul>  |
| Handling of emergencies                                       | <ul style="list-style-type: none"> <li>• Disaster Planning</li> <li>• Fire Prevention &amp; Safety</li> <li>• Basic First Aid Tips</li> <li>• A CPR Update</li> </ul> |
| Documentation   | <ul style="list-style-type: none"> <li>• Documenting &amp; Reporting Client Care</li> </ul>   |
| Recognizing and reporting abuse or neglect                    | <ul style="list-style-type: none"> <li>• Understanding Abuse</li> <li>• Understanding Neglect</li> </ul>  |
| Dealing with difficult behaviors                              | <ul style="list-style-type: none"> <li>• Working with Difficult &amp; Combative People</li> <li>• Working with Non-Compliant Clients</li> </ul>                       |
| Bathing, shaving, grooming, and dressing                      | <ul style="list-style-type: none"> <li>• Activities of Daily Living</li> <li>• Bathing Tips</li> </ul>  |
| Hair, skin, and mouth care                                    | <ul style="list-style-type: none"> <li>• Dressing &amp; Grooming Tips</li> <li>• Performing Mouth Care</li> </ul>   |
| Assistance with ambulation and transferring                   | <ul style="list-style-type: none"> <li>• Helping Clients with Mobility</li> <li>• Performing Safe Transfers</li> <li>• Understanding Fall Risk Factors</li> </ul>     |
| Meal preparation and feeding                                  | <ul style="list-style-type: none"> <li>• Preparing Balanced Meals</li> <li>1. Get Ready, Get Set, Cook</li> <li>• Feeding Your Clients</li> </ul>                     |
| Toileting   | <ul style="list-style-type: none"> <li>• Toileting Tips</li> <li>• Handling Incontinence of the Bowel and Bladder</li> </ul>  |

|   |   |
|---|---|
| Assistance with self-administered medications | <ul style="list-style-type: none"> <li>Helping Clients with Medication Reminders</li> </ul> |
|---|---|

#### Ongoing Training Requirements:

Activated Insights **does** meet the ongoing training requirements.

- The direct care staff must have a competency review annually of the initial topic requirements.
- Activated Insights recommends **6–12** additional training hours annually.
- Courses may be selected freely from our library. Please see our [online catalog](#) or download a [PDF catalog](#).

| Activated Insights Course Recommendation:   |
|---|
| <ul style="list-style-type: none"> <li>Recognizing &amp; Reporting Abnormal Observations</li> <li>All About Alzheimer's and Dementia (2hr)</li> <li>The Role of the Care Professional</li> <li>Standard Precautions</li> <li>Activities of Daily Living</li> <li>A Vital Signs Update</li> <li>Client Safety Tips</li> <li>Disaster Planning</li> <li>Home Care Safety Tips</li> <li>Fire Prevention &amp; Safety</li> <li>Basic First Aid Tips</li> <li>Helping Clients with Mobility</li> </ul> |

## Home Health Aides - Certified Nursing Assistant

Link to regulation: [Title 42-Chapter IV- Sub G -Part 484- Subpart B](#)

### Federal /State Initial Certification Training Requirements:

Activated Insights **does not** meet federal initial training requirements.

- Federal Training Regulations require Home Health Aides to **become certified through an approved school/training program** that includes a minimum of **75 hours** of training and **16 hours** of clinical training.
- Per the Pennsylvania state regulations to become a professional home health aide one must complete either of the following:
  - Complete training and evaluation programs as per federal regulations.
  - Attend a nurse aide training program approved by the state at a home health care agency and complete a set number of hours of practical training and classroom education. After passing an exam and competency test, you are eligible for a certificate.

### Ongoing Training Requirements:

Activated Insights **does** meet the ongoing training requirements.

- Home health aides must complete 12 hours of in-service training per year.
- Please see our [online catalog](#) or download a [PDF catalog](#).
- You may also view our [Building a Home Health Foundation Course List](#).

| Activated Insight Course Recommendations:                             |
|---|
| • Maintaining Confidentiality   |
| • Patient Bill of Rights  |
| • A CPR Update  |
| • Basic First Aid Tips  |
| • Client-Centered Care  |
| • Basic Nutrition and Hydration                                       |
| • Infection Control in Home Care                                      |
| • Safe Environments for Clients with Dementia and Alzheimer's Disease |
| • Disaster Planning   |
| • Reporting and Documenting Client Care                               |
| • Helping with Activities of Daily Living                             |
| • Grieving with and For Your Clients                                  |

## Hospice Aides - Certified Nursing Assistants also referred to as HHA

Link to regulation: [eCFR: 42 CFR Part 418 -- Hospice Care](#)

### Federal/State Initial Training Requirements:

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Activated Insights **does not** meet the Federal initial training requirements.

- Hospice Aides in Pennsylvania are often required to be certified as Home Health Aides (HHAs) or Certified Nursing Assistants (CNAs). They must complete the same **75-hour** training required for HHAs.

### Federal/State Ongoing Training Requirements:

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Activated Insights **does** meet the ongoing training requirements.

- A hospice aide must receive at least **12 hours** of in-service training during each 12-month period. In-service training may occur while an aide is furnishing care to a patient.
- Please see our [online catalog](#) or download a [PDF catalog](#).
- You may also view our [Hospice Courses for Caregivers](#).