



Carefirst Vocational Training Centre Personal Support Worker

Certificate Program

Personal Support Worker

A Personal Support Worker (PSW) is a trained front line health care worker that provides health care service to clients' routine activities by following the care plan / service

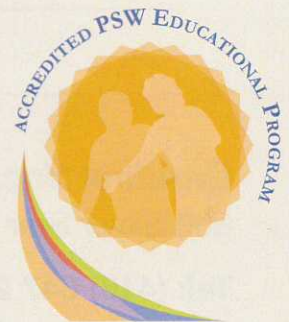
- **Activities of daily living**
e.g. light housekeeping, personal care (bathing, grooming, toileting and feeding) and transfers
- **Instrumental activities of daily living**
e.g. menu planning, shopping, meal preparation, transportation or accompanying clients to and from appointments

Admission Requirements for Carefirst VTC PSW Certificate Program

- Ontario Secondary School Diploma or equivalent **OR** mature student who passes a qualifying literacy test; and
- Fitness to complete practicum components; and
- Clean Vulnerable Sector Screening (Police Reference Check), a negative 2 step Mantoux (skin) Test for Tuberculosis, and flu shot administered during flu season

About Carefirst Vocational Training Centre

- Registered as a Private Career College under the *Private Career Colleges Act, 2005*.
- Personal Support Worker Certificate Program is approved as a Vocational Program under the *Private Career Colleges Act, 2005*.
- **Carefirst Vocational Training Centre has been granted accreditation under PEPA (PSW Educational Program Accreditation).**





Carefirst Vocational Training Centre Personal Support Worker Certificate Program

Program Information (Full-time / Part-time)

The PSW Program Consists of:

- 16 modules
- 2 practicum placements
- Total of 25 weeks

Theory Modules:

- Individuality
- Role
- Interpersonal Skills
- Safety
- Assisting a Person with Mobility
- Abuse
- Optimal Support and Care Plan
- Household Management and Meal Preparation
- Cardio Pulmonary Resuscitation (CPR) and First Aid
- Personal Hygiene
- Assisting the Family
- Cognitive Impairment and Mental Health
- Ongoing Conditions
- Assisting with Medications
- Assisting a Person who is Dying
- Workplace Readiness

Practicum Placement:

1. Practicum Placement in a Long Term Care Facility
2. Practicum Placement in the Community

Class Hours:

-
- **Full-time Program:** Monday to Friday, 9:00 am – 3:30 pm
 - **Part-time Program:** Monday & Wednesday, 6:00 pm – 9:00 pm & Saturday, 9:00 am – 3:30 pm
-

Contact Information

Carefirst Vocational Training Centre

300 Silver Star Blvd., Scarborough, Ontario M1V 0G2

Tel: (416) 847 2767 • Fax: (416) 502 2382

Email: training@carefirstseniors.com • Website: www.carefirstseniors.com