



# 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

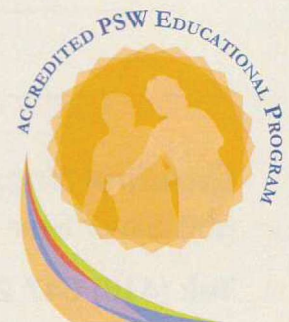
- **Activities of daily living**  
e.g. light housekeeping, personal care (bathing, grooming, toileting and feeding) and transfers
- **Instrumental activities of daily living**  
e.g. menu planning, shopping, meal preparation, transportation or accompanying clients to and from appointments

### 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

### Contact Information

#### Carefirst Vocational Training Centre

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