



Carefirst Seniors &  
Community Services Association

# Personal Care Aide Training Program

Fact sheet for participant

A 12-week program aims at teaching skills to participants to provide effective care to individuals of all ages and abilities who require assistance in their daily activities AND to prepare participants for employment

**WHEN** Tentative September 2022

Time: 9:15am-2:45pm

**WHERE** Both virtual and in person  
Carefirst One-Stop Multi-Services Centre  
300 Silver Star Blvd. Scarborough

A Personal Care Aid is a trained front-line worker who assists clients of all ages and abilities in their daily activities such as light housekeeping, doing laundry, companionship, meals/snacks preparation, assisting clients in eating and bathing set

## Admission requirements

- ◆ Adults, at least 18-year old, referred by Ontario Works
- ◆ Completed 2 doses of COVID vaccine
- ◆ Pass a Screening interview
- ◆ Pass Vulnerable section screening
- ◆ A negative 2-step Mantoux (skin) test for Tuberculosis, and flu shot administered during flu season

**Program includes:** (Medium of instruction: English)

**Theory module**  
**6-week, 150 hrs**

Role of PCA & legislation; individuality; communication & terminology; safety & risk management; effects of physical & mental conditions on mobility; hygiene; first aid & CPR training; abuse; dementia care; food handler certification; management of household & meal preparation; palliative care/grieving; technology & job search training

**Field placement**  
**3-week, 75 hrs**

Provide participants the opportunity to apply newfound skills in real-life situations & in working environment, enhance participants' confidence to explore future career opportunities

**Workplace English**  
**Enrichment**  
**3-week, 75 hrs**

Improve participants' English in working environment

Graduate students will receive certifications on

- \* Personal Care Aide
- \* First Aid & CPR
- \* Food Handler

**BENEFITS:** ~

- \* **INDIVIDUAL CAREER PLAN**
- \* **6-month POST PROGRAM TRANSITIONAL SUPPORT, including writing resume, practicing interview skills, job referrals..**
- \* **CAREER OPPORTUNITIES: trained PCAs are ready to be employed in nursing homes, community home care agencies, retirement homes, private homes**

## Information & Registration

Phone (416)847-2767  
E-mail training@carefirstontario.ca

Funded by:

Toronto  
Employment & Social Services