



Schmieding Method Home Caregiver Training

The Schmieding Method Home Caregiver Training was developed by the Schmieding Center for Senior Health and Education of Northwest Arkansas. This evidenced based program of training for family caregivers provides the right level of skills and hands-on care giving methods that may well keep a senior in his/her home for many years.

- 1) Family Caregiver Physical Skills** training provides 12 hours of training. This workshop contains information on infection control, skin care, incontinence management, nutrition, body mechanics, mobility, caregiver stress, safety, and activities of daily living. A certificate of completion is given at the end of the course.
- 2) Family Caregiver Dementia Skills** training provides 12 hours of training. and Alzheimer's disease, communication techniques, understanding behaviors, activities, nutrition and hydration, caregiver stress and maintaining respect, dignity, and quality of life. A certificate of completion is given at the end of the course.
- 3) Elder pal (Non-Certified Course)** provides 15 hours of scheduled classroom time with 10 hours of skill practice. Elder Pal is the foundation of training and focuses on basic principals of personal care.
- 4) Elder Pal (Certified Course)** The 25 hour course dedicates 15 hours of the schedule to classroom time and 10 hours for skills practice and competency check-off by an RN. This course is the first in a series (Elder Pal, Personal care Attendant, and Home Care Attendant) that lead to certification as a Schmieding Method Geriatric Home Caregiver. Completion of the full series will enable the worker to challenge the State CNA Exam.
- 5) Personal Care Assistant (Certified Course)** provides an additional 25 hours of training that builds on the skills and concepts learned in the Elder Pal level and focuses on "hand-on" personal care skills. Within the 25 hours of personal care assistant training, 14 hours are dedicated to classroom and 11 hours are allocated for skills practice and competency check-off.
- 6) Home Care Assistant (Certified Course)** provides an additional 50 hours of training and focuses on the more advanced care giving skills for in-home and long-term care settings. In the Home Care Assistant training 16.5 hours are dedicated to classroom, 17.5 hours are allotted for skills practice and competency, and 16 hours are allocated for off-site clinical experience.

These courses are available through the Center for Caregiver Excellence sponsored by the Area Agency on Aging a partner of the Central Texas Aging and Disability Resource Center. Contact your local Senior Citizens Center to make your reservation or call the Area Agency on Aging of Central Texas at 1-800-447-7169 extension 2330 for information about the next class.