

**Arizona Direct Care Worker Competencies
Curriculum Crosswalk - Level 2: Aging and Physical Disabilities**

Crosswalk for Alternate Curriculum

Date:

Agency:

Contact Person (name, phone, e-mail):

Name of Training Materials:

Competencies	Document name; page number	Comments
A. Chronic Diseases and Physical Disabilities		
1. Explain the terms aging, chronic illness and disability.		
2. Describe the following body systems and their function. a. Heart an circulation b. Lungs c. Brain and nervous system d. Skin, muscles and bones e. Stomach, bowels and bladder		
3. Explain the effects of aging on the body		
4. Identify common conditions affecting each body system, and explain how these would affect a person's care.		
5. Describe signs and symptoms of anxiety and depression.		
6. Explain the terms paralysis and amputation		
B. Knowledge of the Physical and Emotional Needs of an Individual		
1. Describe the impact of aging on the physical and emotional needs of an individual.		
2. Describe the physical and emotional needs of a person with a psychological or cognitive condition.		
3. Give examples of how to determine a person's abilities, needs, and wishes when providing services.		
4. Discuss the possible emotional impact of a physical disability or a chronic disease		
5. Describe how age, illness and disability affect sexuality		
C. Transfers and Positioning		

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1. Identify and describe common assistive devices, including gait belt, walkers and wheelchairs		
2. Explain the importance of proper transfer skills and the safe use of assistive devices.		
3. Explain the importance of repositioning and list techniques for preventing skin damage and pressure ulcers.		
4. Describe the use of a mechanical lift and/or slide board		
5. Simulate / role-play or describe assistance with ADLs.		
<i>a) Application and use of gait belt.</i> <i>b) Assistance with ambulation</i> <i>c) Techniques for positioning a person in bed</i> <i>d) Techniques for positioning a person in a / wheelchair</i> <i>e) Transfer out of bed</i> <i>f) Transfer in and out of a wheelchair.</i>		
D. Personal Care		
1. Identify and explain the relationship between a person's service plan and the DCW role when providing assistance with activities of daily living (ADLs)		
2. Give examples of techniques that can be used to preserve dignity and privacy while providing personal care.		
3. Give examples of techniques that can be used to preserve independence and respect a person's preferences while providing personal care.		
4. Identify characteristics of people who might be at risk for skin-integrity concerns.		
5. List the most common causes of skin breakdown.		
6. Describe and role-play assistance with ADLs.		
<i>a) Assistance with dressing</i>		
<i>b) Assistance with meal (total assistance/feeding; prompting / hand-over-hand assistance)</i>		
<i>c) Assistance with bathing (bed bath)</i>		
<i>d) Emptying a catheter bag</i>		
<i>e) Positioning of bed pan</i>		

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E. Activities and Activity Planning		
1. Identify basic principles and purposes of activities, and give examples		
2. Describe how a person's functional status affects activities.		
3. Give examples of activities suitable for individuals with specific disabilities.		
4. Describe the individual's right to choose or refuse activities.		
5. Give an example of choosing an activity appropriate to a person's cultural or religious background.		
F. Dementia-Specific Care Competencies		
1. Define different types of dementia		
2. Describe the stages of dementia		
3. Understand changes in cognitive abilities and describe the difference between normal forgetfulness and forgetfulness associated with dementia		
4. Identify dementia-related symptoms of depression and withdrawal from normal life activities		
5. Understand changes in behavior and emotions		
6. Identify and describe dementia-specific care related to: <ul style="list-style-type: none"> a) Communication issues and the use of a life story b) ADLs c) Managing difficult behaviors d) Planning activities e) Pain management f) Safety issues 		
7. <i>Role-play or describe how to redirect a person with dementia</i>		
G. Grief and End-of-Life		
1. Identify the stages of grief		
2. Give examples of behaviors at different stages of grief		
3. Understand that death is unique to each		

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individual		
4. Describe physical and emotional aspects of the dying process		
5. Give examples of how cultural and family differences influence the death and dying process		
6. Explain how a death can affect a DCW.		
7. Identify and explain coping strategies relevant to grieving and/or dying.		
8. Describe resources the community has to offer.		