

What is Home Care and why is it important?

- Home care allows people who are sick or in need of help to be cared for in their own homes.
- Home care agencies provide services to people that allow them to remain in their home instead of having to go to a nursing home or hospital.
- Home care services are provided to people of all ages who are getting better from an illness or just need help to get through the day.
- Home care workers provide help with things such as bathing, dressing, and walking; preparing meals; making the bed; and cleaning the kitchen or bathroom. Some aides even take a patient's vital signs (blood pressure, temperature, pulse, heart rate).

Why a job in Home Care?

- Home care is ideal for those who want to **work with people**, especially the elderly.
- It's very **satisfying** to be able to help people who are having trouble helping themselves.
- The **huge need** for home health

aides and personal care aides is still growing.

- There are exciting opportunities for workers looking for **rewarding jobs** with a purpose.
- Home care jobs allow you to have a **flexible part-time or full-time work schedule** set around your child care schedule and transportation restrictions.
- Home care can help with some of the problems that may have prevented you from getting a job or keeping it.
- **Free training** in all areas of New York State is offered through home care agencies, as well as various vocational schools.
- **Extra ongoing in-service training** is provided once you are hired so your skills continue to improve.
- You can **advance your career** in home care by going from personal care aide to home health aide and you might even become a nurse. Others find it very satisfying to remain a personal care aide.
- Different work settings will make your job more enjoyable. This is not a clerk position or a desk job.

It's up to you where your career goes.

What different jobs are available?

- **Personal Care Aides (PCAs)**. There are two types of personal care aides: Level 1 aides perform homemaker services such as making the patient's bed, cleaning the bathroom and running errands. Level 1 aides do not have physical contact with the patient. Level 2 aides do the Level 1 tasks plus such physical contact tasks such as helping the patient with dressing, walking and bathing. Training is provided as needed for the Level 1 PCA. A 40-hour training program is required for PCA Level 2.
- **Home Health Aides (HHAs)**. To become an HHA requires additional training (75 hours) beyond what is needed for personal care aides. Unlike PCAs, home health aides sometimes perform health-related tasks such as taking the patient's temperature or pulse. Home health aides work closely with a nurse and have a very important job.



If you work in home care, you make a difference in people's lives.

What do people say about home care workers?

Good personal care aides and home health aides are highly valued by their employers, their patients and their patients' families. Here are some comments we've often heard:

“She’s become like a member of the family.”



“I don’t know what I’d do without him.”



“She knows that home is where the heart is.”



“He’s a hero in my home.”

Want to learn more about how to get started?

Call toll-free at
877/201-7166
to get in touch
with a career counselor
in your area.



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Do you like working with people?



Do you enjoy taking care of others?

If so, you can turn your caring skills into a new job in the important, growing field of home care.

In this booklet, we talk about what home care is, why you might want a job in home care, and what types of jobs are available.

