DACUM Competency Profile for
The In-Home Support Services Provider

Produced By

Regional Health Occupations Resource Center
Mt. San Antonio College
1100 N. Grand Avenue, Building 35
Walnut, CA  91789
(562) 714-9916
Fax (909) 468-4093

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DACUM Panel Members

Armentres Ramsay
In-Home Support Service Worker - L.A. County
Los Angeles, CA

Lillie Mae Nash
In-Home Support Service Worker - L.A. County
Los Angeles, CA

Mariyeta Imirzyan
In-Home Support Service Worker - L.A. County
Los Angeles, CA

Lillie Beth Navarro
In-Home Support Service Worker - L.A. County
Los Angeles, CA

Eva Ponce
In-Home Support Service Worker - L.A. County
Los Angeles, CA

Anna Goodman
In-Home Support Service Worker - L.A. County
Los Angeles, CA

Suzanne Cohen
In-Home Support Service Worker - L.A. County
Los Angeles, CA

Lillie Beth Navarro
Personal Assistance Service Council
Los Angeles, CA

Lillie Beth Navarro
Personal Assistance Service Council
Los Angeles, CA

Lillie Beth Navarro
Personal Assistance Service Council
Los Angeles, CA

Lillie Beth Navarro
Personal Assistance Service Council
Los Angeles, CA

CEDA Facilitator

Joanne Gray, RN, MSN
Project Director
Regional Health Occupations Resource Center
Orange County Region
Saddleback College

DACUM Co-Facilitator

Bonnie Adams, RN, MSN, EdD.
Regional Health Occupations Resource Center
Los Angeles Region
Mt. San Antonio College

Sponsored By

Homecare Workers Union - Los Angeles County
Service Employees International Union (SEIU)
Local 434-B
2515 Beverly Blvd.
Los Angeles, CA 90057
The In-Home Support Services Provider is the primary caregiver who assists with or provides physical care, psychosocial care and domestic services so the recipient may remain at home in a safe, secure and caring environment.

<table>
<thead>
<tr>
<th>Duties</th>
<th>Tasks</th>
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<tbody>
<tr>
<td>Assist with or provide personal hygiene</td>
<td>A-1 Provide nail care</td>
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<td></td>
<td>A-2 Assist with shower</td>
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<td></td>
<td>A-3 Assist with or provide bed bath</td>
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<td>A-4 Assist with or provide oral hygiene</td>
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<td>A-5 Assist with or provide peri-care</td>
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<td>A-6 Assist with or shave facial hair</td>
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<td>A-7 Assist with or provide skin care</td>
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<td>A-8 Assist with or apply cosmetics</td>
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<td>A-9 Assist with elimination</td>
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<td>A-10 Assist with shaving female legs &amp; underarms</td>
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<td></td>
<td>A-11 Assist with dressing</td>
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<td></td>
<td>A-12 Assist with or provide hair care</td>
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<td>A-13 Assist with ambulation</td>
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<td></td>
<td>B-1 Assist with ambulation</td>
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<td>B-2 Take recipient to social outings</td>
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<td>B-3 Arrange or transport to special appointments</td>
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<td>B-4 Transport recipient in wheelchair</td>
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<td>B-5 Assist with or applies prosthesis mobility</td>
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<td>C-1 Assist or plan menus for week</td>
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<td></td>
<td>C-2 Provide bowel/bladder care</td>
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<td>C-3 Provide care for pressure sores</td>
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<td>C-4 Turn and position recipient</td>
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<td>C-5 Measure vital signs</td>
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<td>C-6 Assist with medications</td>
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<td>C-7 Assist with exercise activities</td>
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<td>C-8 Administer enemas</td>
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<td>C-9 Remove fecal impactions</td>
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<td>C-10 Assist with or change ostomy bag</td>
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<td>C-11 Apply Ace bandages</td>
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<td>C-12 Provide range of motion</td>
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<td>C-13 Provide therapeutic massage</td>
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<td>C-14 Assist with vaginal irrigations</td>
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<td>C-15 Clean &amp; maintain respiratory devices</td>
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<td>C-16 Assist with or change Foley catheters</td>
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<td>D-1 Assist with or plan menu for week</td>
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<td></td>
<td>D-2 Develop grocery shopping list</td>
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<td>D-3 Assist with or shop for groceries</td>
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<td>D-4 Assist with or prepare special diets</td>
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<td>D-5 Provide nutrition via nasogastric tube</td>
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<td><strong>E</strong> Assess and assist with psychosocial needs</td>
<td><strong>F</strong> Provide domestic services</td>
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<td>E-1 Read to consumer</td>
<td>F-1 Make beds and change linens</td>
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<td>E-2 Create fun activities</td>
<td>F-2 Provide laundry care</td>
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<td>E-3 Assist with holiday decorations</td>
<td>F-3 Clean bathroom</td>
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<td>E-4 Provide special treats</td>
<td>F-4 Run errands</td>
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<td>E-5 Select &amp; purchase cards or gifts for family/friends</td>
<td>F-5 Clean kitchen and appliances</td>
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<td>F-6 Vacuum/clean floors</td>
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<td>F-7 Empty trash/take to curb on trash day</td>
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<td>F-8 Maintenance &amp; cleaning wheelchair</td>
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<td>F-9 Dust the furniture</td>
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<td>F-10 Take personal phone messages</td>
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<td>F-11 Assist with managing financial needs</td>
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EQUIPMENT

• Adaptive Equipment:
  • Appliances:
  • Augmentive Communication Devices:
  • Shower chair
  • Ramp and/or lift
  • Transfer Board
  • Hoyer Lift
  • Wheelchairs
  • Motorized - battery charger
  • Respirator
  • Stoves
  • Dishwashers
  • Microwave
  • Telephone/cell phone
  • Vacuum cleaner
  • Speech synthesizers
  • TDD/TYY (telecommunication device for deaf)
  • Computer w/ software that reads & prints for the blind
  • Camera: video or digital
  • Disaster Kit:
  • Medications & schedules
  • Extra clothes & underwear
  • Flashlight
  • Important documents
  • Cash
  • Water
  • Storable food
  • Battery radio
  • Domestic Equipment:
  • Domestic appliances
  • Environmental Monitoring System:
  • Environmental controls (the "Clapper")
  • Baby & adult monitors
  • Life Alert
  • Cellphones
  • Answering machines
  • Beepers
  • First-aid Kits:
  • Band Aid
  • Thermometer
  • Medicine
  • Gauze
  • General Maintenance Tools:
  • Toolbox w/ basic screwdriver, etc.
  • Medical Supplies:
  • Medicines & prescriptions
  • Medical literature
  • Personal Hygiene Equipment:
  • Commode
  • Diapers & wipes
  • Mattress protectors
  • Alcohol
  • Perfumes
  • Lotions
  • Urinals
  • Feminine napkins
  • Postural Supports:
  • Back brace
  • Back support
  • Special pillows
  • Special seating systems
  • Recreational Equipment:
  • TV/VCR
  • Stereo/Boom box
  • Radio
  • Computers
  • Scales:
  • Weighing scale
  • Blood glucose monitor
  • Blood pressure monitor
  • Sensory Stimulation Kits:
  • Skin brushes
  • Body massagers
  • Vibrating furniture
  • Sphygmomanometer

FUTURE TRENDS & ISSUES

• Formal training for care providers
• Increase robotics
• Increased number of surviving disable
• Increase the minimum wage
• Longevity
• Multicultural
• Increased benefits
• Multi linguistics
• Decrease in nuclear families
• Better informed consumer
• More full time work
• Social changes by baby boomers
• Increase of more skilled workers
• Need for more personal assistants at the workplace
• Increased independent care
• More choices in personal care
• Certification
• Life management/technology
• Elevated to a profession
• Increased self advocacy from disabled

GENERAL KNOWLEDGE and SKILLS

• Basic anatomy/physiology
• Basic math (addition, subtraction, multiplication & division)
• Behavior management
• Body mechanics
• Bowel/bladder management
• Communication skills
• Conflict resolution
• Cultural sensitivity
• Defensive driving
• Developmental disability
• Fire/disaster safety
• Growth & development
• Hazardous waste
• Interpersonal skills
• Communication skills
• Legal rights (codes)
• Life quality outcomes
• Listening skills
• Medication supervision
• Mental/physical assessment
• Negotiation skills
• Nutrition/diets
• Personal hygiene
• Physician protocol
• Problem solving
• Self advocacy - Advocate for recipient
• Sex education
• Social skills
• Stress management
• Teaching management
• Time management
• Unusual occurrence
• Infection control
• Literacy skills
• Community resources

WORKER CHARACTERISTICS

• Affectionate
• Calm
• Common sense
• Compassionate
• Confidentiality
• Cost-conscious
• Courteous/polite
• Disciplined
• Empathetic
• Energetic
• Flexible
• Generous
• Good listener
• Good observer
• Healthy
• Understanding
• Team player
• Sensitive
• Enthusiastic
• Sense of humor
• Good personal hygiene
• Multi skilled
• Objective
• Optimistic
• Organized
• Patience
• Personal integrity
• Professional
• Respectful
• Responsible