

Arizona Direct Care Worker Testing- Required Skills

Level 1 – Fundamentals	
Demonstrate proper hand washing technique.	
Demonstrate how to apply, remove and dispose of gloves.	
Describe or simulate the use of a fire extinguisher.	
Describe procedures for calling 911.	
Describe and/or role-play general procedures for common homemaking skills: <ul style="list-style-type: none"> a. Washing dishes b. Doing laundry (including use of washer/dryer) c. Cleaning the bathroom 	
Demonstrate/describe creating a menu (choice of scenarios with different dietary needs)	
Demonstrate effective communication techniques.	
Describe and demonstrate good technique for moving objects with good body alignment.	
Level 2	
Aging & Physical Disabilities	Developmental Disabilities
Demonstrate/describe giving a bed bath	Assistance with brushing teeth
Demonstrate/describe positioning of bedpan	Assistance with self-administration of medications
Demonstrate emptying a catheter bag	Demonstrate assistance with ambulation
Demonstrate assistance with ambulation	Demonstrate use of a gait belt
Demonstrate use of a gait belt	Demonstrate/describe transferring out of bed
Demonstrate/describe transferring out of bed	Describe or role-play assistance with eating
Describe or role-play assistance with eating	Demonstrate dressing using a blouse or a shirt
Demonstrate dressing using a blouse or a shirt	Demonstrate/describe positioning in bed
Demonstrate/describe positioning in bed	Demonstrate wheelchair to chair transfers
Demonstrate wheelchair to chair transfers	Demonstrate techniques for re-positioning a person in a chair/wheelchair
Demonstrate techniques for re-positioning a person in a chair/wheelchair	Redirect to avoid a power struggle
Redirect a person with a cognitive impairment / dementia	