



Professional Development for Trainers of Direct Care Workers:
Personal Care Skills – Demonstration – Practice – Testing
Dementia – What Caregivers and DSPs Need to Know

ARIZONA STANDARDIZED DIRECT CARE WORKER TEST

The Direct Care Workforce Initiative, in collaboration with ALTCS, DES-Division of Aging and Adult Services and DES-Division of Developmental Disabilities, has created competencies, a curriculum, and standardized tests for direct care staff providing personal care, attendant care, and housekeeping/homemaker services. Training can be provided by agencies, colleges, or other education providers if they are approved training programs.

Testing Requirement. One requirement for approval of training programs is that trainers take and pass all the tests that they plan to administer to workers (written and skills). Typically, any trainer would need the Level I – Fundamentals test and also one test at Level II, either Aging & Physical Disabilities or Developmental Disabilities.

Written Test. The written tests cover all the competencies developed for the Fundamentals or the modules. Passing rate for trainers is 95%.
Fundamentals: 100 multiple choice questions
Aging & Physical Disabilities: 80 multiple choice questions
Developmental Disabilities: 90 multiple choice questions

Skills Test. The skills test requires demonstration of the skills listed in the competencies. Skills are rated pass/fail; passing rate is 100%. Please see the list of skills on page 2.

Preparation. Please visit www.azdirectcare.org to find the competencies. On the Training Manuals page, you will find the *Principles of Caregiving* curriculum, which addresses most of the competencies. If you sign up for the workshop and testing, a Skills Study Guide will be sent to you beforehand.

For more information, please e-mail Jutta Ulrich at julrich@azdes.gov

Skills Testing for DCW Trainers

Level I – Fundamentals

1. Demonstrate how to apply, remove and dispose of gloves
2. Demonstrate proper hand washing technique
3. Describe or simulate the use of a fire extinguisher
4. Describe procedures for calling 911
5. Describe and demonstrate good technique for moving objects with good body alignment
6. Verbalize creating a menu (choice of scenarios with different dietary needs)

Level II – Aging and Physical Disabilities

1. Assistance with dressing
2. Assistance with meals
 - a. Total assistance (feeding)
 - b. Prompting, hand-over-hand assistance
3. Assistance with brushing teeth
4. Assistance with ambulation / use of gait belt. (with/without assistive devices)
5. Techniques for positioning a person (bed / wheelchair)
6. Transfer in and out of a wheelchair. (with/without assistive devices)
7. Redirect a person with dementia
8. Positioning in bed
9. Transferring out of bed
10. Use / positioning of bedpan/ urinal
11. Bed bath
12. Empty catheter bag

Level II – Developmental Disabilities

1. Assistance with dressing
2. Assistance with meals
 - a. Total assistance (feeding)
 - b. Prompting, hand-over-hand assistance
3. Assistance with brushing teeth
4. Assistance with ambulation / use of gait belt. (with/without assistive devices)
5. Techniques for positioning a person (bed / wheelchair)
6. Transfer in and out of a wheelchair. (with/without assistive devices)
7. Communication scenario: redirecting and/or avoiding a power struggle (for example over choice of TV program)
8. Reading medication label and checking it against the medication log / document; referring to 6 rights