

ANSWER KEY

List three things you can do to promote safety in each of the rooms below:

Kitchen Safety	Bathroom Safety	Bedroom Safety
Turn pot handles back	Use non-skid grips in the tub	Make sure it is well lit
Do not wear long sleeves	Pick up rugs	Commode chairs on a flat surface
Use small containers that are easy to lift	Use assistive devices like bath chairs	Put items the Consumer needs close to the bed

There may be other reasonable answers not listed here which are acceptable answers.

How long should you wash your hands? 20 Seconds **What does “OR” mean?** Observe, Report

When should you wash your hands? You should wash your hands before and after each task.

List three things that may happen during your work with a Consumer that should be reported.

Possible answers:

1. Your Consumer falls
2. Your Consumer has a medication error
3. Your observations of the Consumer differ from the baseline
4. If you observe neglect or self-neglect
5. If your Consumer threatens to hurt themselves or someone else
6. If you are asked to do something that is not in the care plan
7. If your Consumer refuses to eat according to the diet plan in the care plan
8. If your Consumer refuses ADLs, such as bathing

There may be other reasonable answers not listed here which are acceptable answers.

Make a list of three tripping hazards you may see in your Consumer’s home.

Possible answers:

1. Cords laying across walkways
2. Rugs and floor mats
3. Piles of objects on the floor or stairs
4. Raised walkways
5. Landing steps
6. Poorly lit stairs

There may be other reasonable answers not listed here which are acceptable answers.

List five ways a Home Care Aide can help prevent the spread of infection and disease.

Possible answers:

1. Hand hygiene
2. Wearing PPE (Personal Protective Equipment)
3. Immunizations
4. Cleaning and disinfecting
5. Proper Waste Disposal

What are three things you can do to communicate and follow the principles of self-directed care?

Possible answers:

1. Ask questions and talk with Consumer
2. Paraphrase to make sure you understand
3. Ask your Consumer what his or her choice is and follow that.
4. Talk to the members of the care team
5. Talk to your supervisor or case manager
6. Take time to plan with your Consumer
7. Ask your Consumer which tasks they would like done and how they would like them done
8. Ask your Consumer which tasks they would like done first

There may be other reasonable answers not listed here which are acceptable answers.

Fill out the table with possible tasks a Home Care Aide will help with:

Bathing	Cooking	Shopping	Dressing
Eating	Walking/getting around	Cleaning	Toileting
Passive range of motion exercises	Talking and Listening	Communication (if Consumer has difficulty)	Computer help
Medication assistance	Meal planning	Reading	Making appointments

There may be other reasonable answers not listed here which are acceptable answers.

Reflection Questions:

1. What is your emergency plan for your home and your Consumer's home?

Possible answer: An emergency plan should be made in both your own home and your Consumer's home. It is always best to know what exits are available to you and where the emergency supplies are located. Also, part of the emergency plan is to make sure that smoke detectors are working and in every room. Talk to your Consumer about other emergency evacuation procedures that they may need help with in the event of an emergency.

2. What is your role in the care team?

Possible answer: The role of the Home Care Aide in the care team is very important. You are the person who sees a Consumer on a daily basis and are in the best position to report changes in your Consumer's health and emotional condition. Your role is to report anything that you see that could harm you or the Consumer, and sometimes talk to family members to gain more knowledge. It is important to remember that medical information should not be shared with anyone who is not on the care team, and that you are required to report abuse as a mandatory reporter.

3. How can you plan nutritious meals that cater to your Consumer's preferences?

Possible Answer: By looking at the care plan you can determine what, if any, are your Consumer's diet modifications. You also should ask your Consumer what kinds of food they are used to eating, what is their favorite food etc. You can also ask your Consumer if they are willing to try new foods, or would like to eat similarly to how they have always eaten. You should know if your Consumer likes spicy food (and if it's allowed from the doctor), and what your Consumer should not eat. Remember it is always the Consumer's choice as to what to eat, when and how, but you can make eating a pleasant experience by planning with your Consumer, cooking foods the Consumer likes, and setting the table so that eating is a fun event, not a chore.