Springfield COLLEGE

English

Personal Support Worker Certification Program

(This program does not require approval under the Ontario Career Colleges Act, 2005)



CAREER OPPORTUNITIES

- Home Support Worker
- Continuing Care Assistant
- Respite Worker
- Community Support Worker Surgical
- Suite Attendants Perioperative
- Support Assistant (PSA)

Government Grants, Scholarships, and Financial Aid May be Available For Those Who Qualify.

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Personal Support Worker Certification Program

Program Overview

The Personal Support Worker (PSW) Certificate Course is described here using the supplied PSW training duration and instructional hours. It focuses on caring, respectful assistance for people who need help with everyday activities, including hygiene, mobility, meals, safety, and communication.

The course introduces person-centred support, practical caregiving skills, appropriate professional conduct, and the need to respect each individual's dignity and independence. It also includes supervised clinical experience under the details provided.

Program Highlights

- Foundational instruction in personal care and activities of daily living.
- Focus on communication, dignity, safety, and respectful support.
- Topics include mobility, nutrition, infection prevention, and documentation.
- 400 hours of theory and 300 hours of clinical experience under the supplied structure.
- Practical learning focused on ethical caregiving responsibilities.

Career Opportunities

This certificate can strengthen a learner's preparation for more advanced health studies and can supplement knowledge used in healthcare-related administrative or support work. It is not a stand-alone qualification for regulated clinical practice.

Skills Acquisition

Learners can develop skills to:

- Assist with personal hygiene and daily living tasks.
- Apply safe mobility and transfer principles.
- Support meals, nutrition, and hydration.
- Follow infection prevention and workplace safety practices.
- Communicate respectfully with clients and caregivers.
- Recognize and report changes in client needs.
- Support individuals with cognitive and physical limitations.
- Respect confidentiality, independence, and care boundaries.

Program Outline

1. Introduction to Personal Support Work: Care roles, ethics, client dignity, and professional boundaries.
2. Human Body and Health Fundamentals: Basic anatomy, physiology, and everyday health needs.
3. Activities of Daily Living: Assisting with bathing, dressing, grooming, and hygiene.
4. Mobility and Transfer Assistance: Safe body mechanics, positioning, and fall prevention.
5. Nutrition and Hydration: Mealtime support, hydration, and basic nutritional needs.
6. Infection Prevention: Hygiene, protective equipment, and safe care environments.
7. Communication and Emotional Support: Listening, empathy, respectful interactions, and teamwork.
8. Cognitive and Physical Changes: Understanding aging, dementia, and disability-related needs.
9. Documentation and Reporting: Observing client needs and reporting concerns appropriately.
10. Supervised Clinical Experience: Applying safe and respectful support principles in practice.

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