



TEXAS REGULATIONS FOR CAREGIVER, HOME HEALTH AIDE & CNA TRAINING



YOUR CAREGIVER TRAINING REGULATIONS



WHAT'S REQUIRED TO BE A CAREGIVER IN YOUR STATE?

Initial Training: 0 hours

Ongoing Training: 0 hours

Currently, the Texas Department of Health has no training requirements for caregivers working in senior care. However, to ensure your caregivers provide superior client care in accordance with industry standards, **In the Know recommends caregiver certification through an eight-hour training program** in basic caregiving skills.

Certified Caregivers will help you stand out from the competition!



CERTIFIED CAREGIVER

training program



The **IN THE KNOW Certified Caregiver Training Program** is an eight-hour series in basic caregiving skills that will get your Caregivers up-to-speed and on the road to their first client in no time! **Courses include:**

- Your Role as a Caregiver
- Infection Control
- Patient Rights
- Helping with ADLs
- Guard Against Abuse
- Confidentiality / HIPAA
- Helping with IADLs
- Guard Against Neglect
- Providing Client Centered Care
- Keeping Yourself & Your Clients Safe
- Observing and Documenting Client Care

READY TO GET STARTED? The Certified Caregiver Training Program is just one of the many FREE perks you get when you subscribe to to In the Know On-the-Go Online Caregiver Training.

Call one of our Caregiver Training Specialists at 877-809-5515 for a free demo and customized quote!

YOUR HOME HEALTH AIDE TRAINING REGULATIONS

WHAT'S REQUIRED TO BE A HOME HEALTH AIDE IN YOUR STATE?

To care for Medicare or Medicaid clients, all home health aides in Texas must complete training according to federal regulations.

Initial Training: A minimum of 75 hours, including 16 clinical hours.

Certification: Must pass an exam to become a home health aide at a certified home health agency.

Ongoing Training: 12 hours/year if working for a Medicare/Medicaid certified home health agency; annual competency testing/evaluation on 13 key subject areas. (See Medicare/Medicaid requirements and Joint Commission recommendations later in this booklet.)



TOP PICKS FOR YOUR HHAs

COMMON CONDITIONS

[Understanding Arthritis](#)

[Understanding Alzheimer's Disease](#)

[Understanding Diabetes](#)

[Working with the Mentally Ill](#)

[Understanding CHF](#)

[Understanding CVAs](#)

DEMENTIA & ALZHEIMER'S DISEASE

[Activities for Clients with AD](#)

[Recognizing & Managing
Catastrophic Reactions](#)

[Communicating with Your
Alzheimer's Clients](#)

ASSISTING WITH NUTRITION

[Feeding Your Clients](#)

[Commonly Prescribed Diets](#)

[Nutrition for the Elderly](#)

IMPORTANT ISSUES

[Understanding Fall Risk Factors](#)

[Home Care Safety Tips](#)

[Dealing with Family Members](#)

[Winter Safety Tips](#)



All courses listed are available as [PDF](#) or [e-learning](#).

YOUR CNA TRAINING REGULATIONS



TOP PICKS FOR YOUR CNAs

COMMON CONDITIONS

[Understanding Depression](#)

[Understanding Alzheimer's Disease](#)

[Understanding Diabetes](#)

[Working with the Mentally Ill](#)

[Common Respiratory Conditions](#)

[Understanding CVAs](#)

[Understanding COPD](#)

DEMENTIA & ALZHEIMER'S DISEASE

[Activities for Clients with AD](#)

[Recognizing & Managing
Catastrophic Reactions](#)

[Communicating with Your
Alzheimer's Clients](#)

IMPORTANT ISSUES

[Helping Prevent Client Elopement](#)

[Activity for the Elderly](#)

[Restraints & Alternatives](#)

[Feeding Your Clients](#)

[End of Life Care](#)

[Preventing Pressure Ulcers](#)

[Working with Non-Compliant Clients](#)

WHAT'S REQUIRED TO BE A CERTIFIED NURSING ASSISTANT (CNA) IN YOUR STATE?

All nursing assistants must be certified in order to work.

Initial Training: A minimum of 75 hours, including 24 clinical hours.

Ongoing Training: 12 hours/year if working for a Medicare/Medicaid certified home health agency; annual competency testing/evaluation on 13 key subject areas. (See Medicare/Medicaid requirements and Joint Commission recommendations later in this booklet.)



All courses listed are available as [PDF](#) or [e-learning](#).



FEDERAL TRAINING REGULATIONS

FEDERAL REQUIREMENTS

All agencies that receive federal funds from Medicare or Medicaid must deliver 12 hours/year annual competency testing/evaluation on 13 key subject areas, as follows:

1. Communications skills
2. Observation, reporting and documentation of patient status and the care or service furnished
3. Reading and recording temperature, pulse, and respiration
4. Basic infection control procedures
5. Basic elements of body functioning and changes in body function that must be reported to an aide's supervisor
6. Maintenance of a clean, safe, and healthy environment
7. Recognizing emergencies and knowledge of emergency procedures
8. The physical, emotional, and developmental needs of and ways to work with the populations served by the Home Health Agency, including respect for the patient, his or her privacy and his or her property
9. Appropriate and safe techniques in personal hygiene and grooming that include:
 - Bath (bed, sponge, tub or shower bath)
 - Shampoo (sink, tub, or bed)
 - Nail and skin care
 - Oral hygiene
 - Toileting and elimination
10. Safe transfer techniques and ambulation
11. Normal range of motion and positioning
12. Adequate nutrition and fluid intake
13. Any other task that the Home Health Agency may choose to have the home health aide perform



TOP PICKS FOR MEDICARE/ MEDICAID COMPLIANCE

[Special Communication Needs](#)

[Recognizing & Reporting Abnormal Observations](#)

[A Vital Signs Update](#)

[Infection Control in Home Care](#)

[The Normal Aging Process](#)

[Housekeeping Basics](#)

[Disaster Planning](#)

[The Patient Bill of Rights](#)

[Preventing Urinary Tract Infections](#)

[Helping Clients with ADLs](#)

[Performing Safe Transfers](#)

[Helping Clients with Mobility](#)

[Passive and Active Range of Motion](#)

[Basic Nutrition & Hydration](#)

[Client-Centered Care](#)



All courses listed are available as [PDF](#) or [e-learning](#).

OTHER COMPLIANCE TRAINING REGULATIONS



CHAP ACCREDITATION

If you are CHAP accredited, the following courses align with their Standards of Excellence:

[Customer Service in Health Care](#)

[Understanding Fall Risk Factors](#)

[Client Safety Tips](#)

[Client -Centered Care](#)

[Understanding Quality Improvement](#)

[Preventing Readmissions to the Hospital](#)

OTHER ACCREDITATION AGENCIES

Are you working with another accrediting agency? Email us at info@knowingmore.com. We will research their “standards” and recommend courses for your compliance.

JOINT COMMISSION

If you are registered with the Joint Commission, we recommend the following courses:

[Understanding Abuse](#)

[Understanding Neglect](#)

[Ethical Dilemmas in Health Care](#)

[Dealing with the Bully at Work](#)

[Client Safety Tips](#)

[Understanding the Survey Process](#)

[Cultural Diversity in the Workplace](#)

[Client -Centered Care](#)

[Maintaining Confidentiality](#)

[Understanding Quality Improvement](#)

[The Care Planning Process](#)

[Preventing Readmissions to the Hospital](#)



All courses listed are available as [PDF](#) or [e-learning](#).



IT'S EASY TO GET STARTED!



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By investing the appropriate training in an employee, they will develop a greater sense of self-worth as they become more valuable to the company. The company, too, will gain specific benefits from training and developing its workers, including increased productivity, reduced employee turnover, and decreased need for constant supervision.

-Training Magazine

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**Help your agency meet
federal and state
Compliance Mandates.**

**Reach out to one of our
Caregiver Training Advisers
to learn more today!**

877-809-5515

www.knowingmore.com

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