



Home Health Aide On-the-Go In-Service Lessons: Vol. 6, Issue 12: Personal Wellness (Home Health Aide on-the-Go in-Service Lessons, Volume 6)

HCPro, Inc., Beacon Health

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This lesson on Personal Wellness includes a complete training packet. Each in-service packet takes approximately one hour to complete and fully meets the Medicare in-service training requirements. As aides need training, you can make as many copies as you want - there is no restriction when used with aides assigned from your office location. Remember that Home Health Aides must have 12 hours of in-service training every year.

LESSON OBJECTIVES Upon completion of this program, the home health aide will be able to:

- Identify three signs of stress
- Define burnout, and
- Explain two ways to deal with stress.

OVERVIEW Since the home health aide's job is to care for others, most of your day is spent directly caring for another person. In addition to that, you have your own professional and personal obligations. It is common for all people, and especially for caregivers, to experience some stress and even burnout due to the pressures and responsibilities of caregiving. This in-service reviews the importance of caring for yourself first. It outlines how to do that by recognizing and dealing with stress. In addition, the in-service explains burnout and suggests ways to manage it effectively.

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Sarah Fernandez:

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John Kuykendall:

The reason? Because this Home Health Aide On-the-Go In-Service Lessons: Vol. 6, Issue 12: Personal Wellness (Home Health Aide on-the-Go in-Service Lessons, Volume 6) is an unordinary book that the inside of the guide waiting for you to snap that but latter it will jolt you with the secret it inside. Reading this book beside it was fantastic author who all write the book in such awesome way makes the content inside of easier to understand, entertaining method but still convey the meaning entirely. So , it is good for you for not hesitating having this anymore or you going to regret it. This amazing book will give you a lot of benefits than the other book possess such as help improving your ability and your critical thinking technique. So , still want to hesitate having that book? If I were being you I will go to the publication store hurriedly.

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