

DSHS Fundamentals of Caregiving FAQs

The Revised Fundamentals of Caregiving (RFOC) textbook has undergone a major transformation and is now the *Fundamentals of Caregiving, 3rd edition* (FOC)! Aging and Long-Term Support Administration (AL TSA) staff worked with a wide range of subject matter experts, stakeholders, and tribal partners to develop a new and improved textbook and facilitator's guide for core basic training.

What changed?

Below are highlights of some the changes made:

- Complete visual and instructional design overhaul
- New person-first language and person-centered care principles and practices
- Updates to reflect changes in policy, rule, and recommendations
- Updates to important guidelines, contact information and resources
- Adjustments to language for better readability and inclusivity

When will the FOC be available?

The FOC learner's and facilitator's guides are available for download now. You can find them on the [DSHS Curriculum and Materials Available](#) page on the department's website.

You can also order printed copies of the FOC learner's guide online from the [Fulfillment Center](#) or by phone at (360) 664-4343.

Has the cost of the printed learner's guide increased?

Yes, due to improvements to the quality and presentation of the content, printing costs have increased. In addition, paper supply shortages due to the pandemic caused an increase in cost. Discounts apply when you order textbooks in larger quantities.

Do I have to use the new version? Training programs are required to use the new version by March 1, 2023. The RFOC and RFOC CE Course Packet will be phased out permanently on February 28, 2023. Please begin using the FOC and FOC CE Course packet as soon as you are able.

Do training programs need to request approval to use the FOC?

Maybe. If your training program was approved to use the RFOC, you are approved to use the FOC. If your training program was not approved to use the RFOC, but you want to use the FOC now, you need to request approval.

Does the FOC need to be enhanced?

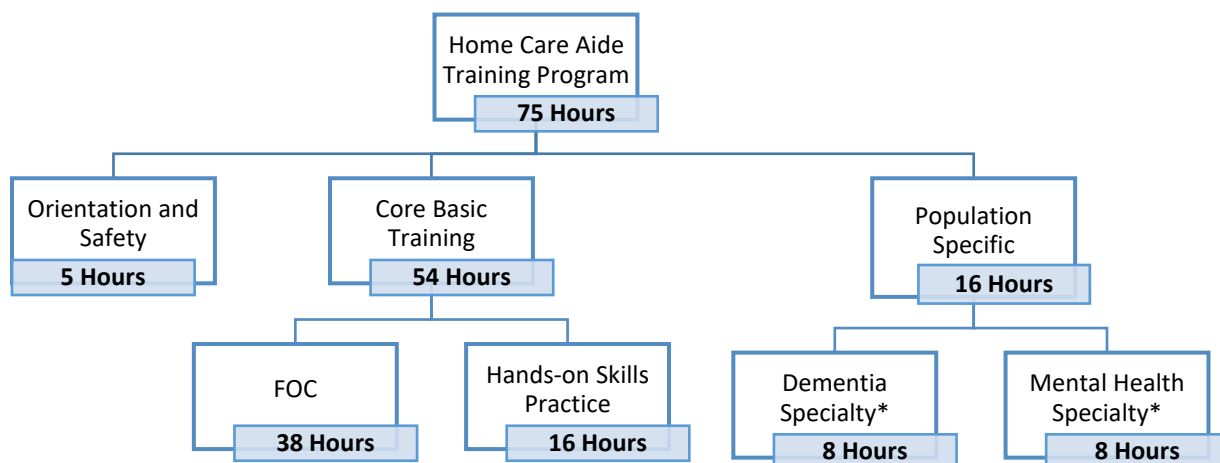
No, the department has enhanced the FOC by including Module 2: Person-Centered Care. This enhancement includes a fully developed lesson plan and PowerPoint presentation available for download with the facilitator’s guide, on the [DSHS Curriculum and Materials Available](#) page on the department’s website.

How many hours does it take to teach the FOC and does it include time for the hands-on skills training?

We estimate it will take 38 hours to cover all of the FOC content in an interactive classroom setting. These hours do not include the recommended 16 hours of hands-on skills practice.

Is there a recommended breakdown of a 75-hour home care aide training program?

Yes, the recommended breakdown of a 75-hour home care aide training program is copied below.



*Mental Health and Dementia Specialty Training are highly recommended to fulfill the Population Specific requirement.

Whom do I contact if I have more questions?

Please email your questions to:

Community Instructors email TrainingApprovalTPC@dshs.wa.gov

Facility Instructors email TrainingApprovalTPA@dshs.wa.gov