

# High School Home Care Aide

## Overview

The High School Home Care Aide (HS HCA) course, a collaboration between Washington State Department of Social and Health Services (DSHS) and Office of Superintendent of Public Instruction (OSPI), is designed to prepare students for employment as a Home Care Aide while earning credit toward high school graduation. The content of this course includes, but is not limited to, person-centered caregiving, safety habits, mobility, and client rights. Using the academic foundation of medical terminology and knowledge of the life sciences, students will demonstrate technical skill competency in real-life caregiving situations. The program criteria are dictated by DSHS Home Care Aide (HCA) program requirements and National Health Science Standards.

For secondary high school programs, the 90-hour course covers the core foundational knowledge and skills for Health Science, aligned with National Health Science Standards from the National Consortium for Health Science Education, as well as DSHS requirements. These standards are the critical knowledge and skills that students should demonstrate to be successful in the home and health care industries.

Once students display evidence of competency in a classroom laboratory setting, they will participate in an extended learning experience in an adult family home, assisted living facility, or other residential setting appropriate to the HCA role. This extended learning experience may consist of instructional facility learning, job shadowing, or other alternatives including interviewing caregivers or residents, observing resident activities, and attending facility marketing or recruiting events.

From this training, students may sit for a proctored test that, if passed, will allow them to apply for certification with the Washington State Department of Health (DOH) and have a work-ready credential.

## Eligibility requirements

### Requirements to be a Home Care Aide

To work as a paid Home Care Aide, individuals must:

- Pass a background check
- Complete the Home Care Aide training
- Pass skills and knowledge exams
- Apply for and retain a Home Care Aide credential (issued by WA State Department of Health)

### Requirements to offer the High School Home Care Aide course

To offer the High School Home Care Aide course, schools must:

- Hire an instructor who meets both DSHS and OSPI requirements as defined here (WAC 388-112A-1245)
- Provide the equipment and supplies required to teach the course content
- Submit an application to DSHS to be approved and contracted to deliver training
- Obtain OSPI approval of their CTE Framework

For more information, please visit [highschoolhca@dshs.wa.gov](mailto:highschoolhca@dshs.wa.gov)

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