

In the World of Health Care: The Human Touch Still Makes A Difference

Unlock Your Inner Resources: Discover Yourself in the Long Term Health Care Continuum

What Offers You Something No Other Job Can?

A Career in the Long Term Health Care Continuum

Why?

- Join These Growing Industries: Nursing Homes, Hospitals, Home Health, Assisted Living, Hospice Care, Adult Day Programs, Group Homes
- Your Skills Will Always be in Demand
- You will Find Opportunities for Career Advancement
- Flexible Schedules
- Benefits--child care, transportation, health & life insurance, holiday pay
- Specialize in Your Areas of Interest: Rehabilitation, Psychiatric Care, Geriatrics, Hospice Care, Alzheimer's, Developmental Disabilities

If you Want to Work with Motivated and Caring People and if You Want to Care for People Who Truly Need Your Help, Explore the Possibilities of a Career in the Long Term Health Care Continuum.

Become A Certified Nurse Aide

Did You Know?

- Certified Nurse Aides (CNA's) provide the majority of direct care to residents in nursing homes and other health care settings.
- Certified Nurse Aides are Health Professionals: CNA's must be certified by the Colorado Board of Nursing (BON). To become certified, you must take and successfully complete courses that teach you to deliver personal care, recognize the mental health and social services needs of your clients, help people regain their skills and independence, and know the rights of residents and patients.

You will also learn communication and interpersonal skills; infection control procedures; safety and emergency procedures; and how to encourage and promote residents' rights and independence.

- Certified nurse aides work as members of a health care team.
- They monitor clients and alert others when there are changes in condition.
- They participate in care planning for the people they work with.

Often, certified nurse aides develop very close relationships with their clients and family members by providing companionship and care.

How To Become A CNA?

Classes: Take CNA training courses. These are offered throughout Colorado by nursing homes, community colleges and vocational schools, and by private contractors. Pass both oral and written tests.

Application to the Colorado Board of Nursing/Criminal Background Check: Submit an application to the Colorado Board of Nursing. Along with your application for certification, you must submit a Criminal Background Check performed within 90 days before your request for certification. Call the Board of Nursing to find out which Colorado agencies have been approved to conduct the background check and contact one of them. There is a fee for background checks, but some facilities may reimburse you.

This background check must show that you have not been convicted (found guilty in a court of law) of felonies such as abuse, theft or fraud.

Benefits of Being A Certified Nurse Aide:

On-the-Job Training: Some nursing homes teach their own CNA courses and provide you with on-the-job training. You receive a salary and gain work experience while learning. The Colorado Board of Nursing has a list of the nursing homes that provide CNA training. State law allows you to work as a nurse aide in a nursing home for a maximum of four months while you are training and receiving your certification.

Child Care: Nursing homes and other health care facilities may offer on-site child care or help pay your child care costs for off-site day care.

Flexible Schedules: Nursing homes and other health care settings need CNA's around the clock. Many are willing to work with you to develop a work schedule that meets the mutual needs of the employer and employee.

Ongoing Education and Training: Ongoing education and training classes are offered. You can learn new skills while at work!

Career Ladders: Health care facilities want to keep good people. Many now offer "career ladders" where you can earn more money as you take on more responsibility and new skills. Health care providers appreciate employees who make a commitment to stay with them.

Your Choice of Locations: Do you prefer rural, urban or suburban environments? Choose where you would like to live and work. There are thousands of health care providers throughout the state, located in all types of communities and geographical areas.

The People You Work With and For: If you are a "people person" and want to make a difference in somebody's life, work as a CNA.

Starting Your Journey to a Career in Health Care:

Visit a nursing home or health care facility in your area. It is best to call ahead. Explain that you are interested in becoming a CNA and would like to visit their facility.

For more information:

On Requirements/ Applications for CNA Certification, Lists of Accredited Courses, Criminal Background Check Agencies: The Colorado Board of Nursing, 1560 Broadway, Suite 670, Denver, CO. 80202. Phone: 303-894-2430. Internet: [http:// www.dora.state.co.us/nursing/](http://www.dora.state.co.us/nursing/)

Lists of Health Facilities in Your Area: The Health Facilities and Emergency Medical Services Division, Colorado Department of Public Health & Environment, 4300 Cherry Creek Drive South, Denver, CO. 80246. Phone: 303-692-2800. Internet: <http://www.cdphe.state.co.us/hf/index.html>

Assistance with Job Search and Placement: The Colorado Department of Labor and Employment, 1515 Arapahoe St., Suite 400, Denver, CO. Phone: 303-620-4200 or Internet: <http://employsvcs.cdle.state.co.us>

What CNA's Have to Say about their Work:

"Everything you give of yourself in this job is returned by the smiles and humor you get back from the residents. The response on their faces when they see you walk through the door is very rewarding."

---Kayla, CNA, Castle Rock Care Center

"Believe me, there is nothing like the feeling of self-worth you get and in turn brightens your day. If just one person smiles, squeezes my hand or gives me a hug it makes my day worth working."

---Sonya, CNA, Grace Manor Care Center

"I have always felt the need to help others, especially the folks that have lived their lives and need a little help when they get hungry, or tired or even just need a little company. I have learned a lot from the senior population, and have added a lot of this knowledge to my own life. I very much enjoy my job."

---Shannon, CNA, The Argyle

"I became a CNA several years ago, and I love it! It's a great job. I like coming home after work with the feeling I've done something good for the day."

---Sonya, CNA, Grace Manor Care Center

This brochure developed by the Long Term Care Advisory Committee to the Health Facilities and Emergency Medical Services Division of the Colorado Department of Public Health and Environment in cooperation with the Colorado Health Care Association, the Colorado Association of Homes and Services for the Aging, the Colorado Board of Nursing and the Office of the State Ombudsman.
August, 1999.