

# A career that will make you right feel at home.

If you're interested in providing care that helps people of all ages live more comfortably at home, consider a career as a Home Health Aide (HHA). HHAs are an important part of a fast-growing trend within the caring industry: enabling people to remain at home as they age and allowing patients to recover in the comfort of their homes and communities. To become an HHA in New York state, all you need is a natural desire to care for others and the ability to complete the following:

## Training & Certification

If you want to work for a home care agency that receives Medicare or Medicaid funds, you will need to complete a state-approved training program and a competency test. In New York state, that means undergoing training that is approved by either the New York State Department of Health (NYSDOH) or the New York State Education Department (NYSED). Their requirements are similar.

An HHA training program approved by the NYSDOH may not charge tuition, but a program approved by the NYSED may. Often, these tuition charges are covered by your employer.

Here are lists of approved NYSED HHA training programs:

### [Nursing Programs](#)

### [Training Programs](#)

## Training Program Overview

To become a Home Health Aide, your training will include at least 75 hours of classroom and supervised practical experience:

- 40 hours about general home care
- 35 hours about health-related tasks, including:
  - 19 hours of classroom/lab training
  - 16 hours of supervised demonstration of skills, including 8 hours of supervised training with a client or patient at home or in a healthcare facility. The home care health-related training includes written tests and performance checklists to determine the successful completion of each unit.

When you have successfully completed the coursework and supervised clinical experience, you will be awarded a New York State Home Health Aide Certificate and will be added to the [New York State Home Care Registry](#).

Once certified, HHAs must complete 12 hours of continuing education every 12 months.



**If you care, your career starts here.**

**To become a Home Health Aide in New York state, you must:**

Be at least 18 years of age

Have a high school diploma or GED

Undergo a criminal background check

Have an up-to-date immunization test

Show a negative TB skin test

Be in good physical health

Be willing to undergo drug testing

Start your new career!

## New York State Training Curriculum for HHAs

- Orientation to home care and the role of home health aides
- Understanding basic human needs of individuals and families including understanding the elderly, infants and children; people with physical illnesses, physical disabilities and mental disabilities
- Basic communication skills
- Basic elements of body function
- Patient rights and HIV confidentiality
- Safety, accident prevention and responses to emergencies
- Infection control and universal blood and body fluid precautions
- Personal hygiene and grooming
- Use of prescribed medical equipment and supplies
- Rehabilitation, including safe transfer techniques and ambulation; normal range of motion and positioning
- Assistance with use of crutches, walkers, and Hoyer lifts; and prescribed exercise programs
- Nutrition and fluid intake, including preparation of meals
- Temperature, pulse, respiration, and blood pressure readings
- Maintaining a clean, safe environment
- Assistance with medication administration
- Simple dressing changes
- Ostomy care
- Handling patient's money
- Observing, reporting, and recording patient behaviors

The training program, as well as the competency evaluation, must be completed within two months.

## If You Already Have Caregiver Experience

You may be eligible to demonstrate HHA competency without enrolling in a training program if you are:

- A nursing assistant with one year of full-time experience in a general hospital within the past five years
- A Home Health Aide or nurse aide with training and competency evaluation from an out-of-state training program
- A Home Health Aide with documented training and evaluation, but have not been employed as an HHA for 24 consecutive months
- A veteran trained in the U.S. military as a medical technician and/or medic
- A nursing student who has completed the fundamentals of nursing



## HHA FAQs

[View Frequently Asked Questions about New York Home Health Aide Training Programs.](#)