

With just a little training, you can make a big difference.

If you're looking to work in the caring industry, but don't have any health-care training, a Personal Care Aide (PCA) role may be the place to start your career. While this is an entry-level position, employers provide free training to get you certified and advance your career. Some employers also pay trainees to become certified. To become a PCA in New York state, all you need is a built-in desire to care for others and the ability to complete the following:

Classroom & Coursework

To become a PCA in New York state, you must participate in a 40-hour training course as outlined by the state's Department of Health (NYSDOH). Working with a Registered Nurse instructor, you will take part in classroom training, demonstration, hands-on learning and take a written exam. Upon successful completion of this course you will earn a NYSDOH Certificate as a Personal Care Aide (PCA) and be ready to start your new career.

Program Requirements

PCAs typically undergo 40 hours of training over a two-week period*. In order to enter a training program, you must pass a physical exam and prove that your state-required health screening tests and immunizations are up to date. To graduate, you must pass exams that demonstrate your skills in dressing, bathing, grooming and infection control. Once you are a PCA, you must receive six hours of ongoing in-service training each year to stay certified. You also will be required to undergo a Criminal History Background check.

The New York State Department of Health curriculum outline for Personal Care Aide training includes:

- Introduction to Home Care
- Working Effectively with Home Care Clients
- Working with the Elderly
- Working with Children
- Working with People Who Are Mentally Ill
- Working with People with Developmental Disabilities
- Working with People with Physical Disabilities
- Food Nutrition and Meal Preparation
- Family Spending and Budgeting
- Care of the Home and Personal Belongings
- Safety and Injury Prevention
- Personal Care

*Personal Care Aides who perform only housekeeping services are not required to undergo the 40-hour training protocol.



If you care, you're prequalified.

To become certified as a Personal Care Aide in New York state, you must:

Be 18 years of age

Take part in 40 hours of training, typically over two weeks

Pass a written and hands-on exam

Show that you can work well with patients

Be in good physical health

Undergo a criminal background check

Start your new career!

