



Health Care Aide

Other names for this job

Health care assistant, home support worker, personal care attendant

What do health care aides do?

Health care aides help people who are old or sick. They also help other people. For example, people who can't feed themselves or dress themselves. Health care aides often work in hospitals and **nursing homes**. Sometimes they go to people's homes, too.

Meet a health care aide

Mona is a health care aide. She works in a nursing home. She works with the residents. Most of the residents are seniors. They need her help.

Here are things that Mona does:

- She helps the residents take baths. She helps them get dressed.
- Some residents can't feed themselves. So Mona feeds them.
- She helps some residents move from their beds to wheelchairs.

- She takes residents to exercise classes. Sometimes she takes them outside for walks.
- She makes sure the residents are safe.
- She writes about what she does in a **record** book.

tip

Do you see words in **bold**?
 You can look up these words at
alis.alberta.ca/ERdictionary.



What is Mona's work like?

Mona works an 8-hour **shift**. Her shifts change. Sometimes she works from 8 a.m. to 4 p.m. Sometimes she works from 4 p.m. to midnight.

She has to work some weekends and holidays.

Mona stands and moves a lot at her job. She has to push and lift things. For example, she pushes wheelchairs. She lifts **equipment**. It can weigh up to 20 kilograms (about 45 pounds).

Mona also helps people get in and out of chairs.

Some of the residents don't want to eat or get out of bed. They aren't always polite to Mona. She knows how to talk to them. She is **patient**.

Do you want to be a health care aide?

- You need to be healthy.
- You must like to work with people who are old or sick.
- You need to be patient and gentle. You can't get angry.
- You need to be dependable. For example, you must go to work every day. People depend on you. They can't take care of themselves.
- You have to be able to work alone and with a team.

- You must be able to decide when you need help. For example, Mona doesn't want to hurt her back. She needs help to move a heavy person into a chair.
- You must be good at talking with people.
- Some information from your job is **confidential** (private). You must follow the rules about confidential information.
- You may need a **criminal record check**.





What education do health care aides need?

- Some health care aides learn on the job.
- Some people take Health Care Aide training. They need Grade 10 reading and writing.
- Some employers want health care aides to be trained in first aid and food safety.

You can ask your **career advisor** or tutor about working as a health care aide. You can ask about training, too.

What can health care aides do in the future?

Health care aides can work in hospitals, nursing homes and other places. Some health care aides work for companies. The companies send the aides to people's homes.

Some health care aides with **experience** become **supervisors**.

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How much does a health care aide make?

A health care aide usually makes between \$14.00 and \$25.00 per hour.



Other jobs to think about

Nannies take care of babies and young children in people's homes. For example, nannies dress and feed the children. They play with the children. They make sure the children are safe.

Do you want more information?

You can find the information below at alis.alberta.ca/occinfo. Or you can ask your career advisor or tutor.

- OCCinfo profile: Health Care Aide
- Video: Health Care Aide
- Easy Reading Dictionary

You can also ask your career advisor or tutor about jobs that are like Health Care Aide.

