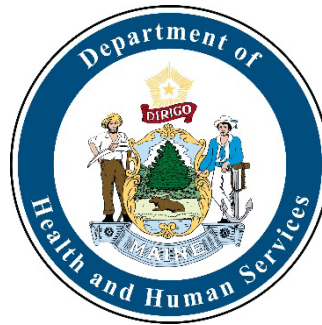


Partner Meeting: Universal Core Curriculum

January 13, 2025



Curriculum Goals

For the past two years, DHHS has been working with internal and external partners on the Worker Portability and Advancement Initiative.

DHHS has created a base-credential titled the Direct Service Worker (DSW) course based on the prior HRSA-funded work.

The DSW curriculum is to streamline entry to direct care and support across settings and groups of people.

Goal: To provide a base level of training across intellectual disability, brain injury, physical disability and aging service areas that address core competencies endorsed by the federal Centers for Medicare and Medicaid Services (CMS).

The DSW course creates stronger training for those who work with Maine's aging population (currently known as Personal Support Specialists or PSS) and provides needed aging training to Direct Support Professionals (DSP).

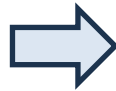
Career Pathways of Core Competencies

The department's goal is to launch the DSW course and the updated DSP training **July 2025**

The department is developing an updated DSP training that elevates the learning and remains in alignment with current training hours.

From this

PSS Training

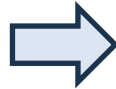


To this

DSW Course

From this

DSP Training



To this

DSW Course

DSP Add-on

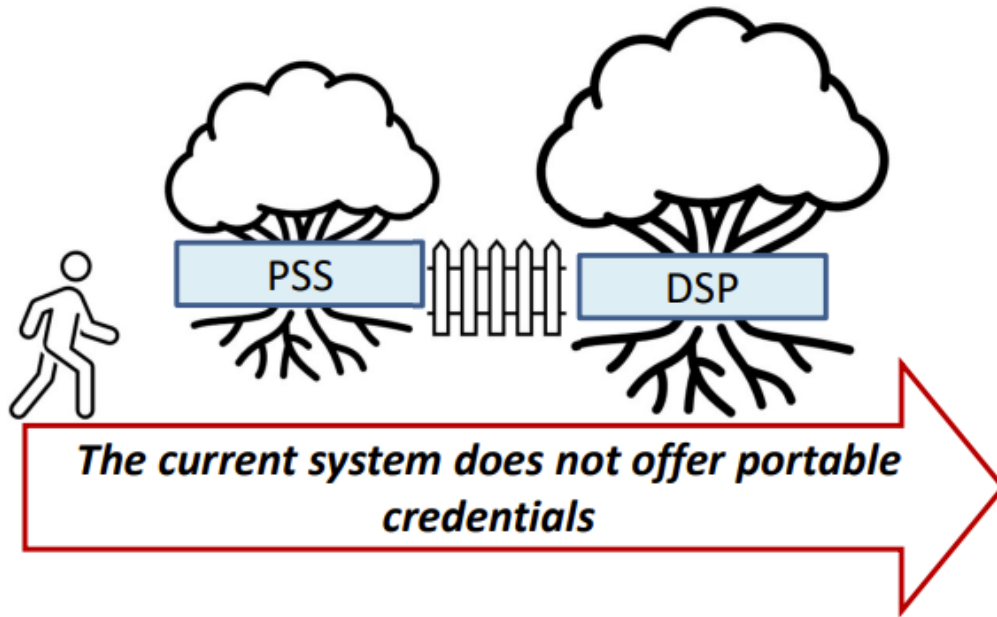
Key Curriculum Considerations

Quality

While previous PSS curriculum was based on CNA textbooks, the new DSW curriculum is based on and aligns with Home and Community Based Services Best practices as outlined by CMS

- Created interactive curriculum with less reading
- Curriculum will be translated to additional languages and American Sign Language
 - Closed captioning and narration provided in every lesson
- Curriculum has been reviewed by national and local subject matter experts, area providers and interested parties

Goal: Portability



The current system does not allow DSW's to easily change the service populations that they serve and the settings in which they work

However, much of the base level training for PSS and DSP staff is similar

Aging/ IDD providers and trainers have expressed frustration that similarities between training credentials are not acknowledged

CMS Core Competencies

1. Communication

7. Empowerment and Advocacy

2. Person-Centered Practices

8. Health and Wellness

3. Evaluation and Observation

9. Community Living Skills and Supports

4. Crisis Prevention and Intervention

10. Community Inclusion and Networking

5. Safety

11. Cultural Competency

6. Professionalism and Ethics

12. Education, Training and Self-Development

DSW Curriculum Structure



12 hours of Online Training

7 Units - each with end of unit quiz
Final exam



8 hours LIVE training

Unit 1: Roles and Responsibilities

Unit 2: Communication Skills and Interpersonal Relationships

Unit 3: Supporting Health and Wellness (including Behavioral Health)

Unit 4: Individual Needs, Rights and Choices

Unit 5: Safety

Unit 6: Documentation

Unit 7: Supporting Activities of Daily Living

DSW Sample Content | 1

TRANSCRIPT

Now let's discuss the final step to food safety: chill. Select each button on the left for a brief explanation.

Lesson 2, Unit 3

GLOSSARY ACCESSIBILITY

Chill



CLEAN



SEPARATE



COOK



CHILL



Refrigerator temperature
40° or below



Put food away shortly
after grocery shopping



Seal/wrap raw meat, poultry,
seafood in the refrigerator



Cool leftovers before
refrigerating



Thaw frozen food in the
refrigerator

Step 01

The temperature in a refrigerator should be 40° F or below throughout the unit, so that any place is safe for storage of any food.



DSW Sample Content | 2

TRANSCRIPT

Here's a helpful handout about food safety that you can use for reference. Select the document to open it.

Lesson 2, Unit 3

GLOSSARY ACCESSIBILITY

Food Safety

Handwritten text: Select the document to open it. →

4 STEPS TO FOOD SAFETY

- CLEAN**
- SEPARATE**
- COOK**
- CHILL**

Clean:

- Make sure the kitchen is neat and clean, all dishes and cookware are clean and ready for use.
- Wash your hands before you handle food, if you interrupt food preparation for another activity, wash your hands before handling food again.
- Wipe off raw fruits and vegetables before cooking or eating them.

Separate:

- Keep uncooked fresh foods separate (meat from fish, fish from eggs, etc.) to avoid spreading bacteria from one food to another.
- Use one cutting board for fresh produce or other foods that won't be cooked before they're eaten, and a different cutting board for raw meat, poultry, or seafood.
- Use separate plates and utensils to prepare different types of uncooked foods.

Cook:

- Pre-heat the oven to the desired temperature if you will be using it.
- Never undercook meat. The bacteria found in some uncooked meat can be fatal. A food thermometer is necessary to tell bacteria found in meat. You can use a meat thermometer to test this.
- Raw fish and shellfish may also contain deadly bacteria. Always consult with your supervisor before allowing individuals to eat raw fish and shellfish.
- Foods that will spoil (meat, dairy products, eggs, etc.) should be prepared as quickly as possible, kept food covered, stored in bacteria in the air that will spoil both uncooked and cooked food. Covering food protects it from airborne bacteria.
- Never leave the kitchen with a range or appliance on while you do some other activity. This is both for safety and for energy quality. Follow using the range, you may leave the room, but never the burner.

Unit 3 Supporting Health and Wellness
Maine Direct Service Worker Training Program

Navigation: [Speaker] [CC] [Refresh] [Settings] < PREV NEXT >

DSW Sample Content | 3


TRANSCRIPT

When you have questions about how best to promote the health and wellness of the people you serve, you can talk with your supervisor. You can also review each individual's plan. Service plans or Person-Centered plans provide two very useful types of information.

1. They define specific tasks you can do to help individuals experience happy, healthy, and independent lives.
2. They outline how individuals will use your support, along with the resources available, to work towards personal goals and priorities.

Lesson 2, Unit 3

GLOSSARY ACCESSIBILITY



The Plan as a Useful Tool in Promoting Health & Wellness

Service plans or Person-Centered plans provide two very useful types of information:

- 1 They define specific tasks you can do to help individuals experience happy, healthy, and independent lives.
- 2 They outline how individuals will use your support and other resources to work towards personal goals and priorities.

Learning Platform: Learning Management System

- Units completed in order
- Must pass each quiz (80%) to move on
- Learners will earn Certificate of Completion upon successfully passing final exam (80%)
- After earning certificate of completion, the learner is eligible to perform skills demonstration with trainer



Reviews

The Department has received multiple levels of review. Feedback is critical to creating a strong training program.

Learners will be surveyed for feedback to maintain continuing improvements to the curriculum

National Experts representing Advancing States and PHI have reviewed and provided feedback on the curriculum

The department is working to translate training into ASL and the top 5 New Mainer languages

All trainers and provider agencies were given the opportunity to participate and provide feedback on the DSW course

Discussion

Questions?

