

# High School Home Care Aide Course Content Overview

April 2025



Washington Office of Superintendent of  
**PUBLIC INSTRUCTION**



<b>Course</b>	Home Care Aide (HCA) <sup>1</sup>
<b>Type</b>	Preparatory
<b>Total Framework Hours</b>	90
<b>CIP Code</b>	512699 <a href="https://nces.ed.gov/ipeds/cipcode/cipdetail.aspx?y=55&amp;cip=51.2699">https://nces.ed.gov/ipeds/cipcode/cipdetail.aspx?y=55&amp;cip=51.2699</a>
<b>State Codes</b>	14053; 19054
<b>Career Cluster</b>	Health Science
<b>Cluster Pathway</b>	Therapeutic

This is an overview of the content included in the OSPI Career and Technical Education framework model for the Home Care Aide (HCA) course.<sup>2</sup> The course content is derived from the Washington State Department of Social and Health Services (DSHS)-approved HCA curriculum and OSPI Career and Technical Education (CTE) [program standards](#). Using the academic foundation of medical terminology, knowledge of the life sciences, and the DSHS curriculum, students will demonstrate technical skill competency in caregiving situations.

In addition to obtaining OSPI approval of the course framework, the instructor and training program must be approved by and contracted with DSHS. Standards and content may be added to the framework but not removed. Please confirm the most current version of the framework by visiting [OSPI's website](#) or contacting [highschoolhca@dshs.wa.gov](mailto:highschoolhca@dshs.wa.gov) or [cte@k12.wa.us](mailto:cte@k12.wa.us).

## Program Contacts

If you are interested in offering the High School HCA course at your school or would like more information, please contact:

### DSHS

Carly Seagren, Workforce Development High School Liaison  
360-584-3271 / [carly.seagren@dshs.wa.gov](mailto:carly.seagren@dshs.wa.gov) / [highschoolhca@dshs.wa.gov](mailto:highschoolhca@dshs.wa.gov)

### OSPI

Career and Technical Education Department  
360-725-6245 / [cte@k12.wa.us](mailto:cte@k12.wa.us)  
[OSPI CTE website](#)

<sup>1</sup> A Washington State Certified Home Care Aide (HCA) is someone who has successfully completed the required state training and testing, and has obtained their HCA credential from the Department of Health (DOH).

<sup>2</sup> For the full CTE framework model, please visit [OSPI's website](#) and/or contact [highschoolhca@dshs.wa.gov](mailto:highschoolhca@dshs.wa.gov) or [cte@k12.wa.us](mailto:cte@k12.wa.us).

## Outline of Course Modules

\*These units must meet the hours listed.

MODULE	HOURS	NATIONAL HEALTH SCIENCE STANDARDS
Welcome and Introductions	1	2: Communications
Introduction to Health Careers	2	3: Systems 4: Employability Skills
Caring for Others: A Person-Centered Model	4	2: Communications 4: Employability Skills 6: Ethics
Communication	3	2: Communications 4: Employability Skills 6: Ethics
Orientation (Certificate)*	2	2: Communications 4: Employability Skills 6: Ethics 11: Information Technology in Healthcare
Safety (Certificate)*	7 (Safety Certificate: 3*)	7: Safety Practices 10: Technical Skills
Clients and Their Rights	4	5: Legal Responsibilities
The Caregiver Role – Basic Job Responsibilities	4	2: Communications 4: Employability Skills 5: Legal Responsibilities 7: Safety Practices 8: Teamwork 9: Health Maintenance Practices
Infection Control and Prevention	4	7: Safety Practices
Mobility	3	7: Safety Practices 10: Technical Skills
Skin and Body Care	4	1: Academic Foundation 9: Health Maintenance Practices 10: Technical Skills
Nutrition and Food Handling	4	9: Health Maintenance Practices
Toileting	3	1: Academic Foundation 10: Technical Skills
Nurse Delegations and Medications	4	9: Health Maintenance Practices
Self-Care for Caregivers	2	7: Safety Practices 9: Health Maintenance Practices
Dementia (Specialty Certificate)*	8	1: Academic Foundation
Mental Health (Specialty Certificate)*	8	1: Academic Foundation 9: Health Maintenance Practices
Extended Learning	7	3: Systems 4: Employability Skills 7: Safety Practices 8: Teamwork
Skills Practice*	16	4: Employability Skills