

# CONTINUING CARE ASSISTANT

CCA's provide support to people who are faced with a disability, illness or challenges that may come as a result of aging. They may work alone or as valuable members of a care team, to help each client maintain physical and mental wellbeing.

WORKING IN NURSING OR RESIDENTIAL CARE FACILITIES, PRIVATE OR GROUP HOMES, ACUTE CARE SETTINGS.

## continuing care assistant

Continuing Care Assistants provide vital services to people who need support in their daily activities. If you can see yourself helping an elderly person or someone facing life challenges because of a disability, accident or illness, you may find your passion as a Continuing Care Assistant.

As a CCA, your clients would depend on you to provide direct care for their safety and wellbeing, and to enrich their quality of life. You could be working in a nursing home or residential care facility, a private or group home, an acute care centre or hospital.



Often working on your own but as part of an overall care team, you would help clients to live as independently as possible. You would support their participation in meaningful activities, including social interaction and recreation.

You might help a client with:

- personal care such as bathing and getting ready for the day
- meal preparation and eating, laundry or housekeeping
- using a wheelchair, walker or cane
- repositioning or transferring to and from a bed or chair

As a contributing member of the care team, you might also:

- provide input on an individual's care plan
- monitor, report and respond to any changes in health or behaviour
- collect data for client assessment and care planning
- support end-of-life care

You'll be working with people at different - and sometimes difficult - stages in their lives. That means that dealing appropriately with an emotionally challenging situation is as important as physical care.

Providing compassionate care is physically and emotionally demanding. Respect for each client's privacy and dignity is critical, as are active listening skills, patience and a positive attitude. A CCA must be responsible and accountable, able to work well independently and as a team member.

Continuing care is a round-the-clock responsibility. You should be prepared to work nights, weekends, holidays and split shifts at times.

The need for Continuing Care Assistants is growing in Nova Scotia. Casual, part-time and full-time positions are usually available, and there are opportunities to advance.

Approximate salary:  
\$16 (casual) – \$22 per hour

Academic requirements:

To practice as a CCA in Nova Scotia, you must successfully complete a CCA program at a licensed educational institution and then pass the CCA Certification Exam. For details on the CCA Certification, go to [www.novascotiaccia.ca](http://www.novascotiaccia.ca)

Educational programs offered in NS

A CCA certificate or diploma program is currently offered at:

- CBBC Career College
- daVinci College
- Eastern College
- Futureworx Career College
- Island Career Academy
- Maritime Business College
- New Dawn College One
- Nova Scotia Community College
- Peopleworx
- Université Sainte Anne

Find out if continuing care services may be right for you:

[www.hcsc.ca/careers](http://www.hcsc.ca/careers)

