



SEIU 775  
BENEFITS GROUP



# Course Catalog

FALL 2025 - SUMMER 2026



Luz C.  
Caregiver, Kennewick

**Explore your learning benefits  
and course options to grow  
your caregiving career.**



Получите каталог на русском языке.  
Obtenga el catálogo en español.  
Nhận danh mục bằng tiếng Việt.  
获取中文目录。  
한국어 카탈로그를 받으세요.  
Отримайте каталог українською мовою.  
احصل على الكatalog باللغة العربية.  
Ku hel daliil-hayaha Af Soomaali.  
ਪੰਜਾਬੀ ਵਿਚਿ ਕੈਟਲਾਗ ਪ੍ਰਾਪਤ ਕਰੋ  
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[myseiu.be/course-catalog](https://myseiu.be/course-catalog)



Learn more about  
your training  
requirements  
[myseiu.be/requirements](https://myseiu.be/requirements)

## Learning benefits help you begin or advance your career and give the best care possible.

This catalog outlines course options, formats, curriculum details and where to find support. Build your skills with training tailored to your caregiving role. View provider types and required training at [myseiu.be/requirements](https://myseiu.be/requirements).

Courses are offered in 3 formats:

- **Online Training** – Learn anytime, at your own pace.
- **Webinars** – Scheduled, instructor-led online sessions.
- **In-person Training** – Instructor-led classes held on-site.

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### Orientation & Safety

This training is completed before you first start work as a caregiver, and prepares you with knowledge of critical caregiving basics.

5 Orientation & Safety

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### Basic Training

To continue caregiving and developing your skills, Basic Training gives customized training for all caregiver types and helps you give high-quality care.

5 Basic Training 7

6 Basic Training 9

6 Basic Training 30

7 Basic Training 70

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### Continuing Education (CE)

Expand your skills and explore topics most relevant to the needs of those you care for. View courses listed in alphabetical order.

10 Continuing Education

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### Advanced Training

Advanced Training advances your career and is available to caregivers who care for those with complex needs.

19 Advanced Training

# Support to Help You Succeed

See all your learning support options at [myseiu.be/support](https://myseiu.be/support).

## Member Resource Center (MRC)

If you have enrollment questions or need support with language assistance or the Caregiver Learning Center, call **1-866-371-3200** or email [mrc@myseiubenefits.org](mailto:mrc@myseiubenefits.org), Monday through Friday, 8 a.m. to 4:30 p.m. Pacific time.

**Your employer can help you with questions about your provider type, what training is required or getting paid for training.**  
For questions about enrolling, course options or completing training, contact the MRC.

## Course Instructors

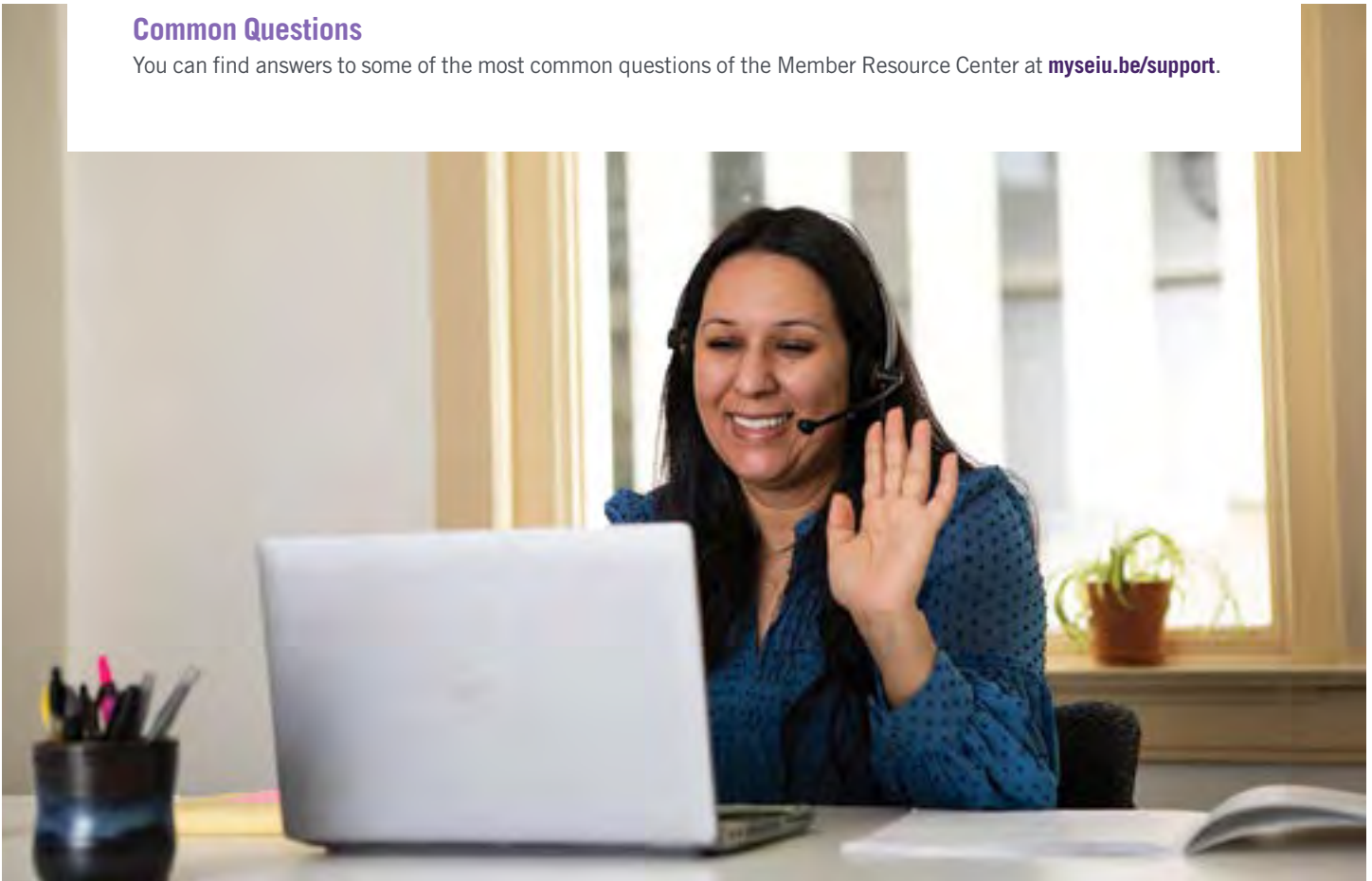
Your instructors are caregivers themselves and have a wealth of knowledge about caregiving and course materials. They're available during class to answer course-related questions.

## Language Support

Classes and course materials are available in many languages. Even if you speak English fluently, a course in your primary language may better set you up for success.

## Common Questions

You can find answers to some of the most common questions of the Member Resource Center at [myseiu.be/support](https://myseiu.be/support).





# Caregiver Learning Center

**Visit [caregiverlearning.org](https://caregiverlearning.org) to access your training.**

Visit [myseiu.be/cglc-help](https://myseiu.be/cglc-help) to learn how to log in to your account. You can also find user guides to help you enroll and complete your training.

- ✓ Check your training requirement and enroll.\*
- ✓ See schedule and location for in-person classes.
- ✓ Find and enroll in Continuing Education courses.
- ✓ Attend webinars and complete online courses.

\* **Agency Providers (AP):** Contact your employer before enrolling in training.

*Courses change throughout the year visit [caregiverlearning.org](https://caregiverlearning.org) for the most current course availability.*



# Orientation & Safety

This training is completed before you begin work as a caregiver. You will learn caregiving basics, emergency preparedness and much more.

**Available in these Languages:** English, Amharic, Arabic, Chinese, Khmer, Korean, Nepali, Punjabi, Russian, Somali, Spanish, Tagalog, Tigrinya, Ukrainian, Vietnamese

Orientation & Safety Course
Pre-assessment
<b>Module 1: Role of the Caregiver</b>
Lesson 1: Clients and Caregivers Lesson 2: Professionalism as a Caregiver Lesson 3: Observing and Reporting Lesson 4: Communication Best Practices
<b>Module 2: Client Rights and Dignity</b>
Lesson 1: The Care Plan Lesson 2: Rules of Care Lesson 3: Client Confidentiality Lesson 4: Abuse, Neglect, and Exploitation
<b>Module 3: Accident Prevention</b>
Lesson 1: Safety Practices to Prevent Accidents and Injury Lesson 2: Safety Hazards In the Home Lesson 3: Fall Prevention and Care
<b>Module 4: Infection Control and Blood-borne Pathogens</b>
Lesson 1: Standard Precautions Lesson 2: Handwashing and Gloving Lesson 3: Exposure to Blood-borne Pathogens
<b>Module 5: Emergency Response</b>
Lesson 1: Medical Emergencies Lesson 2: Home Fires and Other Emergencies
Post-assessment

# Basic Training 7

Available in English only.

Basic Training 7 Course Outline	Format	Credit Hours
<b>Module 1: Developmental Disabilities &amp; CARE Assessment</b>	Webinar	3
<p>In this course, you can ask questions about the Developmental Disabilities Administration (DDA) CARE assessment, how hours are determined, personal care tasks and eligibility for services.</p> <p>Family members will learn about the Developmental Disabilities Administration (DDA) CARE Assessment process and how that process influences the determination of personal care hours, waiver eligibility, and levels of support. Participants will also learn how personal care tasks are defined, authorized, and paid by Medicaid. Participants will also develop a greater understanding of additional supports and services provided by the DDA.</p>		
<b>Module 2: Planning a Meaningful Life</b>	Webinar	4
<p>In this course, you will gain the insight, knowledge and tools to make sure your loved one has a meaningful life now and in the future.</p> <p>Family members will develop an understanding of systems, services, and community supports that will help them plan a meaningful life for their loved ones, both now and in the future. Participants will be introduced to financial and functional resources, such as the Social Security Administration's Supplemental Security Income (SSI); supported employment and day services; housing options; legal considerations (guardianship, wills, trusts, and alternatives to guardianship); and other local, state and federal resources.</p>		

# Basic Training 9

Requires 4 hours of Core Courses, plus 5 hours of Elective Courses. Elective Courses can be selected in the Caregiver Learning Center after enrolling in the Learning Plan.

**Available in these Languages:** Chinese, English, Korean, Russian, Spanish, Vietnamese

CORE COURSES	Format	Credit Hours
<b>The Caregiver and Client Experience</b>	Online	1
The purpose of this course is to give home care workers more information on their role as a caregiver.		
<b>Reducing the Spread of Infection through Standard Precautions</b>	Online	1
This course will review risks of infection and how to safely clean equipment and handle waste.		
<b>Recognizing and Reporting Consumer Abuse, Neglect and Financial Exploitation</b>	Online	1
In this course, you will learn to recognize and report consumer/client abuse, neglect and financial exploitation.		
<b>Providing Care Using a Person-Centered Approach</b>	Online	1
Learn skills related to a person-centered approach. You will determine what is important for a consumer/client to inform their caregiving, identify key information needed to create a one-page profile and analyze the importance of a one-page profile in supporting the consumer/client.		

# Basic Training 30

Requires 7 hours of Core Courses, a 3.5 hour Skills Lab and 20 hours of Elective Courses. Elective Courses can be selected in the Caregiver Learning Center after enrolling in the Learning Plan.

**Available in these Languages:** Chinese, English, Korean, Russian, Spanish, Vietnamese

CORE COURSES	Format	Credit Hours
<b>Medication Assistance</b>	Online	2
Learn the difference between medication assistance and administration, safe storage practices, the Five Rights, and how to handle refusals or report medication issues.		
<b>Providing Care Using a Person-Centered Approach</b>	Online	1
Learn what information supports personalized care, how to create a one-page profile, and why it's important for client-centered support.		
<b>Recognizing and Reporting Consumer Abuse, Neglect and Financial Exploitation</b>	Online	1
Learn how to recognize and report consumer/client abuse, neglect, and financial exploitation.		
<b>Reducing the Spread of Infection through Standard Precautions</b>	Online	1
This course will review risks of infection and how to safely clean equipment and handle waste.		
<b>The Caregiver and Client Experience</b>	Online	1
Learn about your role as a caregiver.		
<b>Understanding Basic Medical Terminology</b>	Online	1
Learn common word parts and practice translating medical terminology and abbreviations into plain language.		
<b>Skills Lab: Mobility</b>	In-Person	3
Practice essential care skills like handwashing, gloving, assisting with walking, transfers, repositioning, and range of motion exercises.		



# Basic Training 70

**Required for Standard Home Care Aides (HCA).** Requires 70 hours that can be completed over 14 days. Training is available at multiple locations throughout the state.

**Available in these Languages:** English, Arabic, Amharic, Chinese, Korean, Russian, Spanish, Somali, Ukrainian and Vietnamese.

Day	Module	Format	Length
1	<b>Module 1:</b> Introduction to Home Care and the Consumer Rights (Part1)	In-Person	3.5 hrs
2	<b>Module 2:</b> Consumer Rights (Part 2), the Care Team and the Care Plan	Webinar	3.5 hrs
3	<b>Module 3:</b> Communication and Problem Solving	Webinar	3.5 hrs
4	<b>Module 4:</b> Infection Control	Webinar	3.5 hrs
5	<b>Module 5:</b> Blood Borne Pathogens	Webinar	3.5 hrs
6	<b>Module 6:</b> Human Development and Aging and Proper Body Mechanics	Webinar	3.5 hrs
7	<b>Module 19:</b> Developmental and Physical Disabilities	Webinar	3.5 hrs
8	<b>Module 20:</b> Dementia and Behavioral Health	Webinar	3.5 hrs
9	<b>Module 7:</b> Activities of Daily Living: Mobility and Assistive Devices (Part 1) <b>Module 8:</b> Activities of Daily Living: Mobility and Assistive Devices (Part 2)	In-Person	7 hrs
10	<b>Module 9:</b> Activities of Daily Living: Bowel and Bladder <b>Module 10:</b> Activities of Daily Living: Oral Health and Personal Hygiene	In-Person	7 hrs
11	<b>Module 11:</b> Activities of Daily Living: Skin and Dressing (Part 1) <b>Module 12:</b> Activities of Daily Living: Skin and Dressing (Part 2)	In-Person	7 hrs
12	<b>Module 13:</b> Activities of Daily Living: Nutrition and Food Handling <b>Module 14:</b> Activities of Daily Living: Medication - Managing the Consumer's Home	In-Person	7 hrs
13	<b>Module 15:</b> Grief, Loss and Self-Care <b>Module 16:</b> Practice Written Exam and Exam Preparation	In-Person	7 hrs
14	<b>Module 17:</b> Skills Practice <b>Module 18:</b> Skills Practice	In-Person	7 hrs



# Peer Mentor Skills Support and HCA Tutoring



## Peer Mentors are experienced HCA caregivers, trained to prepare you for your new career.

All Standard Home Care Aides are eligible for Peer Mentor support before, during and after Basic Training, or if you're preparing for the certification exam. They offer free tutoring support and can answer your questions about the skills and knowledge you need to pass your training and exam.



Learn more about your HCA  
support options at  
**[myseiu.be/hca-help](https://myseiu.be/hca-help)**



### Phone Support

Call **855-803-2095** to get started with a personalized tutoring plan and review your training schedule and first-year checklist.



### Email Support

Email **[Peer.Mentorship@myseiubenefits.org](mailto:Peer.Mentorship@myseiubenefits.org)** with your questions or needs at any time.



### Live Webinars

Prepare yourself for Basic Training, get help with course materials and attend skills demonstrations or reviews online with other caregivers just like you.



# Speak to a Peer Mentor in Your Language



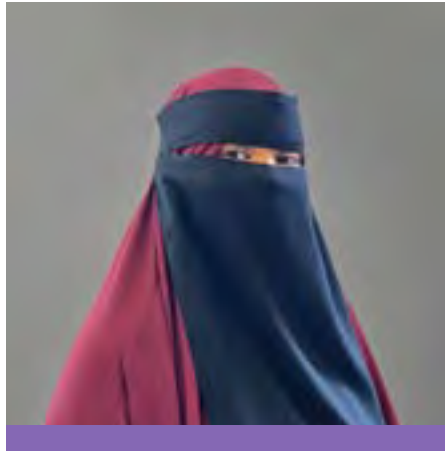
In addition to English, you can speak with a Peer Mentor in Cantonese, Mandarin, Vietnamese, Tigrinya, Amharic, Spanish, Arabic and Somali. All other languages can be served via interpretation over the phone.



**Ghenet**

12 years as a caregiver

Languages served: English, Amharic, Tigrinya



**Kadro**

7 years as a caregiver

Languages served: English, Somali, Arabic



**Khanh**

8 years as a caregiver

Languages served: English, Vietnamese



**Minjie**

12 years as a caregiver

Languages served: English, Cantonese, Mandarin



**Cecilia**

8 years as a caregiver

Languages served: English, Spanish



**Halima**

11 years as a caregiver

Languages served: English, Arabic

# Continuing Education

Expand your professional skills and explore topics relevant to the needs of those you care for.



## Growth

Build on your Basic Training with skills that match you and your client's needs.



## Flexibility

Take courses in-person or online—at your pace, on your schedule.



## Earnings

You can earn up to 12 paid hours per year for completing CE courses.



## Annual CEs

Check with your employer to confirm your Continuing Education (CE) requirement and due date.

### Caregivers with a CE requirement

You must complete 12 hours of CE every year. Courses can be completed in-person, through scheduled webinars or online.

### Caregivers without a CE requirement

You have the option to take free CE courses online. To see available courses, log in to [caregiverlearning.org](http://caregiverlearning.org) or see courses listed in this catalog. **In-person courses noted with (!) are NOT available to caregivers without a CE requirement.**

## Instructor-led Training

If you have a CE requirement, you have access to webinars and in-person classes near you.

Earn your CE credits with experienced instructors and meet and connect with fellow caregivers.

## Enrolling in CE Courses

Get step-by-step instructions on finding and enrolling in courses in the Caregiver Learning Center (CGLC) at [myseiu.be/cglc-help](http://myseiu.be/cglc-help).

Some courses can't be enrolled in via the CGLC. If you can't find a course, call 1-866-371-3200 to enroll.



Course	Format	Languages	Credit Hours and Description		Available
<b>Accident Prevention</b>	Online	English	1	This course explains common risk factors for falls, burns, and poison and shows prevention practices that will help minimize the risk of accidents to you and the client.	Fall 2025 - Summer 2026
<b>Addressing Sexual Harassment (!)</b>	In-Person	Amharic, Chinese, English, Korean, Russian, Somali, Spanish, Vietnamese	3	Learn how to recognize and respond to sexual harassment in the workplace, ways to reduce the risk of sexual harassment, strategies to address sexual harassment as it is happening, and what to do after witnessing or experiencing sexual harassment.	Fall 2025 - Winter 2026
<b>ADL Support for Clients With IDD</b>	Online	Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	1	Learn about challenges related to activities of daily living (ADLs) and instrumental activities of daily living (IADLs) with clients who have intellectual or developmental disabilities (IDDs). You will also learn how to support clients with IDD and promote independence when performing ADLs and IADLs.	Fall 2025 - Summer 2026
<b>Alcohol Misuse</b>	Online	Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	2	Learn about the negative effects, as well as how to report signs, of alcohol misuse. Understand how to safeguard yourself if a client misuses alcohol and what resources are available to help them. This course will also describe best practices to support a client with the effects of intoxication, challenges related to long-term alcohol misuse, and problems with mixing alcohol with medications.	Fall 2025 - Summer 2026
<b>Assertive Communication</b>	Online	Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	3	Learn about assertive and nonassertive communication styles and how assertive communication helps on the job. You will also learn to use nonverbal and verbal assertive communication techniques to protect against unwanted behaviors.	Fall 2025 - Summer 2026
<b>Cardiovascular Health</b>	In-Person or Online	Amharic, Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	3	Learn about the function of the cardiovascular system, common cardiovascular conditions, how to help clients address risks and maintain heart health, and ways to support the client during a cardiovascular emergency.	In-person: Fall 2025- Winter 2026 Online: Fall 2025 - Summer 2026
<b>Caring for a Client Who Communicates Nonverbally</b>	Online	Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	3	Learn how to provide care for clients who communicate nonverbally. You will learn: reasons a client may communicate nonverbally, best practices for forming relationships with clients, some of the resources available to help a client communicate their needs, how to recognize challenges unique to people who communicate nonverbally for various reasons, how to address those challenges, and how to support and calm clients when challenges lead to agitation.	Fall 2025 - Summer 2026
<b>Caring for a Client With a Terminal Illness</b>	In-Person or Online	Amharic, English, Korean, Russian, Chinese, Somali, Spanish, Ukrainian, Vietnamese	3	Learn how to support the physical and emotional needs of a client with a terminal illness. You will learn how to support a client who is in end-of-life care, strategies for dealing with grief, and supporting others who are grieving. You will learn about the medical, legal, and financial planning issues that a client with a terminal illness may experience.	In-person: Fall 2025- Winter 2026 Online: Fall 2025 - Summer 2026
<b>Caring for a Client With Obesity</b>	Online	Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	2	Learn about the care needs of clients with obesity, how to support a client who is following treatment guidelines, how to provide bias-free care, and how to assist with skin care and personal hygiene, as well as repositioning, transferring, and mobility.	Fall 2025 - Summer 2026
<b>Caring for Clients With Autism</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	4	This course provides information on assisting a client with autism. You will learn how to report changes from baseline, how to use appropriate strategies to communicate, and how to use appropriate measures to support a client with autism.	Fall 2025 - Summer 2026



Course	Format	Languages	Credit Hours and Description		Available
<b>Caring for Clients With Bipolar Disorder</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	2	Learn how to report signs and symptoms of bipolar disorder, how to report changes from baseline, and how to use appropriate measures to support a client with bipolar disorder. You will also learn about the appropriate measures to help aid in suicide prevention and will be provided bipolar disorder support resources.	Fall 2025 - Summer 2026
<b>Chronic Kidney Disease</b>	In-person or Online	Amharic, Arabic, Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	3	In this course, you will learn about how to help clients with chronic kidney disease. You will also learn how to collaborate with the client to prevent chronic kidney disease. Furthermore, you will learn about common symptoms and complications of chronic kidney disease. In addition, you will learn how to support a client with chronic kidney disease with their treatments and nutrition plans.	Spring 2026 - Summer 2026
<b>Climate Change: Extreme Heat</b>	Online	Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	1	Learn how extreme heat caused by climate change affects clients, how to help clients prepare for extreme heat, and how to support clients during extreme heat events.	Fall 2025 - Summer 2026
<b>Climate Change: Extreme Precipitation</b>	Online	Arabic, Chinese, English, Korean, Russian, Spanish, Ukrainian, Vietnamese	2	In this course, you will learn about the short- and long-term effects of extreme precipitation. You will also learn how to prepare for extreme precipitation events. You will learn how to take steps to prevent water damage. In addition, you will learn how to help a client during emergencies caused by extreme precipitation events.	Spring 2026 - Summer 2026
<b>Communicating With Clients Who Have Dementia</b>	Online	Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	2	Learn the importance of communicating effectively and respectfully with clients who have dementia and how to use verbal and nonverbal communication strategies.	Fall 2025 - Summer 2026
<b>Control and Prevent Insect Infestations</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	1	This course provides information on how to collaborate with a client to control and prevent insect infestations. You will learn how to recognize an insect infestation and how to collaborate with a client to implement control and prevention methods.	Fall 2025 - Summer 2026
<b>COVID-19 and Caregiver Self-Care</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	1	Review the importance of self-care during the COVID-19 pandemic, including managing the short-term and long-term challenges for caregivers. You will also review activities and techniques to relieve stress and to incorporate self-care into your everyday life.	Fall 2025 - Summer 2026
<b>Cultural Humility</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	1	This course provides information on cultural humility and diversity. Learn about the facets of cultural humility, how to communicate with clients to support their cultural values, what implicit and explicit biases are, and ways to recognize and modify your own bias.	Fall 2025 - Summer 2026
<b>Customer Service in Home Care (CSS)</b>	In-Person or Webinar	Russian, Spanish, Vietnamese	3	This course focuses on understating the importance of good customer service in Home Care. Students will learn what is considered good customer service and how it is applied in the Home Care profession.	Fall 2025 to Summer 2025
<b>Emergency Care and Disaster Preparedness</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	1	Learn how to recognize and respond to medical emergencies and disasters.	Fall 2025 - Summer 2026
<b>End of Life Care</b>	Online	English	2	This course will help you recognize and support the grief process, understand and adapt to the different feelings and attitudes about death, identify basic guidelines in caring for a dying client, and recognize how to treat the client and their family with dignity.	Fall 2025 - Summer 2026

Course	Format	Languages	Credit Hours and Description		Available
<b>Environmental Sensitivities</b>	Online	English	1	This course will help you collaborate with the client to utilize environmental control measures and reduce exposure to allergies and triggers.	Fall 2025 - Summer 2026
<b>Family Boundaries</b>	Online	English	2	Learn about family boundaries, including caring for loved ones and practicing dialectical thinking. Explore resources to recognize boundary ambiguity and build healthy, sustainable boundaries.	Fall 2025 - Summer 2026
<b>Food Allergies and Sensitivities</b>	Online	English	2	This course describes allergy-safe food zones in the home and the many types of food allergies and sensitivities. You are provided with resources and techniques to identify allergens on food labels, avoid cross-contamination, and prepare and serve food in an allergy-safe zone.	Fall 2025 - Summer 2026
<b>Improving Time Management Skills</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	2	Practice techniques and strategies to better manage and prioritize your time, including time spent supporting clients.	Fall 2025 - Summer 2026
<b>Influenza (The Flu)</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	1	Learn to tell the differences between cold and flu symptoms, how to identify who is at a higher risk of flu-related complications, and what the emergency warning signs are of the flu. You will learn infection control practices and how to create a comfortable environment for clients who are sick.	Fall 2025 - Summer 2026
<b>Insect Bite and Infestation Safety</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	1	Insect infestations are a common issue caregivers encounter while caring for clients. Learn how to help prevent adverse reactions from a bite or sting and how to keep yourself safe while working in an insect-infested environment.	Fall 2025 - Summer 2026
<b>Introduction to Caring for LGBTQ+ Clients</b>	Online	Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	1	Learn about the care needs of LGBTQ+ clients and how to provide affirming care for these clients.	Fall 2025 - Summer 2026
<b>Introduction to Dementia</b>	Online	Amharic, Arabic, Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	1	Learn about the different types of dementia, signs and symptoms at different stages, and the difference between delirium and dementia. You will also learn about common challenges a person with dementia may face.	Fall 2025 - Summer 2026
<b>Introduction to Rheumatoid Arthritis</b>	Online	Amharic, Arabic, Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	1	Learn about the signs and symptoms of rheumatoid arthritis. You will also learn best practices to support a client in treatment for rheumatoid arthritis.	Fall 2025 - Summer 2026
<b>Managing Compassion Fatigue</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	2	This course provides information on the signs and symptoms of compassion fatigue by learning about the different phases of compassion fatigue and the best practices for addressing them.	Fall 2025 - Summer 2026
<b>Mandatory Reporting (!)</b>	In-Person	Amharic, Chinese, English, Korean, Russian, Somali, Spanish, Vietnamese	3	Learn how to recognize signs of mistreatment and how to report mistreatment of adults and children to the proper authorities. You will also learn how to help clients address risk factors and possibly prevent mistreatment.	Fall 2025 - Winter 2026
<b>Masks and N95 Respirators</b>	Online	Amharic, Arabic, Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	1	Learn about the different types of required respiratory protection needed and how to compare protective face coverings. Get best practices for using an N95 respirator and the importance of obtaining certified respiratory PPE. Lastly, you will have an opportunity to learn and identify the available respiratory PPE resources.	Fall 2025 - Summer 2026

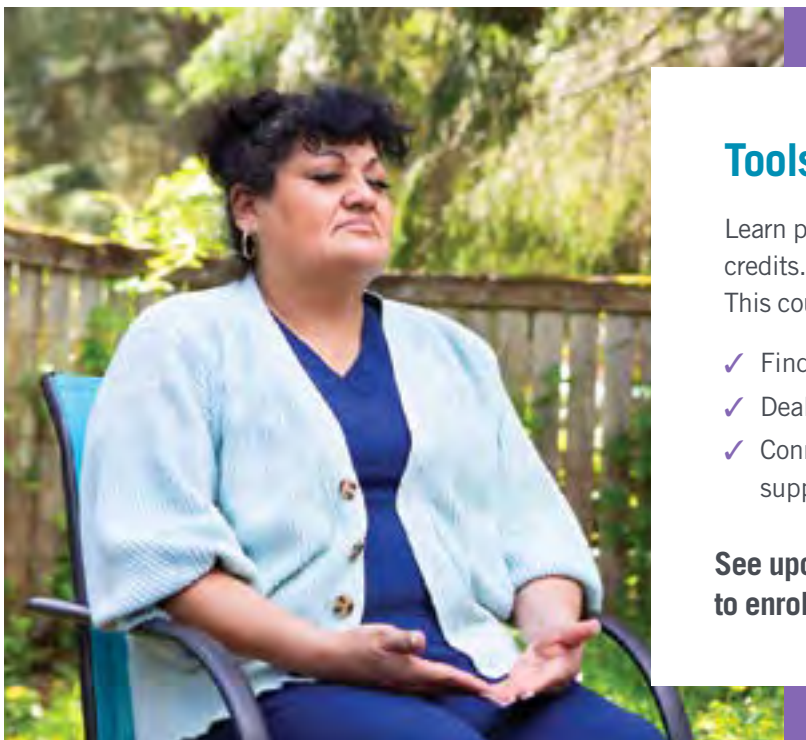
Course	Format	Languages	Credit Hours and Description		Available
<b>Medication Assistance</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	2	Learn the differences between medication assistance and medication administration and the best practices for medication storage. You will also learn how to apply the Five Rights, how to respond if a client refuses medication, and how to report medication-related concerns or errors.	Fall 2025 - Summer 2026
<b>Mindful Eating</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	2	Learn about mindfulness and how mindfulness influences eating. You will examine hunger through the lens of mindful eating and apply best practices of mindful eating.	Fall 2025 - Summer 2026
<b>Mold and Other Types of Fungi</b>	Online	Amharic, Arabic, Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	2	Learn how to explain the effects of exposure to fungus and mold as well as ways to help support a client experiencing health problems due to mold. You will learn how to collaborate with the client to prevent and address mold problems and ways to help the client maintain a mold-free environment.	Fall 2025 - Summer 2026
<b>Multiple Sclerosis</b>	Online	Amharic, Arabic, Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	2	Better understand the different types of multiple sclerosis (MS) and their effects by learning how to identify physical, cognitive, and mental health symptoms. You will also learn how to work with clients to help recognize symptom triggers and support their symptom management.	Fall 2025 - Summer 2026
<b>Nurse Delegation Core Self-Study &amp; Test (!)</b>	In-person	English*	9	Learn about the basics of nurse delegation, how to administer medication, and how to perform specific health care procedures.	Fall 2025 - Summer 2026
<b>Nurse Delegation Diabetes Self-Study &amp; Test (!)</b>	In-person	English*	3	You must complete the nurse delegation core exam before taking this course. Learn about diabetes, different kinds of insulin, and how to safely inject insulin.	Fall 2025 - Summer 2026
<b>Opioids and Pain Management</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	2	This course will provide an understanding of opioid medications for pain management, the risks associated with opioid use, and how to support clients in minimizing these risks.	Fall 2025 - Summer 2026
<b>Parkinson's Disease (!)</b>	In-Person	Amharic, Chinese, English, Korean, Russian, Somali, Spanish, Vietnamese	3	In this course, you will learn about the signs and symptoms of Parkinson's disease. You will also learn how Parkinson's disease progresses and the disease's risk factors. Finally, you will learn how to support a client with Parkinson's with their treatment, symptom management, and activities of daily living (ADLs).	Spring 2026 - Summer 2026
<b>Pet Safety in a Client's Home</b>	Online	Amharic, Arabic, Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	2	Learn about basic safety precautions while working around dogs and cats in a client's home. You will also learn how to respond to wounds caused by a dog or a cat.	Fall 2025 - Summer 2026
<b>Physical Supports for Cerebral Palsy</b>	Online	Arabic, Chinese, English, Korean, Russian, Spanish, Ukrainian, Vietnamese	2	This course focuses on the physical care needs of clients with cerebral palsy (CP). You will learn the physical symptoms of CP that clients may experience. You will learn strategies to help clients manage treatments and assistive devices. You will also learn ways to help clients with CP manage symptoms of common physical conditions.	Spring 2026 - Summer 2026
<b>Planning and Preparing for Mindful Meals</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	1	Explore various methods for creating meals that are quick, within budgetary considerations, and appropriate for the client's culture.	Fall 2025 - Summer 2026
<b>Post-Traumatic Stress Disorder (PTSD)</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	3	Learn how to recognize and report signs of PTSD, support clients through changes, use suicide prevention strategies, and connect clients with helpful resources.	Fall 2025 - Summer 2026
<b>Postsurgical Care</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	3	Learn how to work with clients after surgery to prevent complications like infections, constipation, and blood clots. You'll also learn how to support pain management and respond appropriately to emergencies.	Fall 2025 - Summer 2026

Course	Format	Languages	Credit Hours and Description		Available
<b>Practical Approaches for Caring for Clients With Anxiety</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	2	This course provides information about the signs and symptoms of anxiety disorders in clients. You will learn how to recognize and report these symptoms and will learn about available resources and measures to help support a client with anxiety.	Fall 2025 - Summer 2026
<b>Practical Approaches to Caring for Clients With Depression</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	2	Learn about the signs and symptoms of depression in clients, how to recognize and report these symptoms, available resources, and supportive measures to help clients.	Fall 2025 - Summer 2026
<b>Preventing Accidents in the Home</b>	Online	Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	1	Learn how to help a client prevent falls and poisoning in the home and, how to help a client prevent burns and other accidents in the home.	Fall 2025 - Summer 2026
<b>Preventing Stigma Associated With COVID-19</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	1	This course provides information about stigma related to COVID-19 and how to prevent and respond to it.	Fall 2025 - Summer 2026
<b>Professional Boundaries</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	1	This course provides information on maintaining professional boundaries while working with clients.	Fall 2025 - Summer 2026
<b>Providing Care Using a Person-Centered Approach</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	1	Learn how to identify the skills related to a person-centered approach. You will determine what is important for a consumer/client to inform their caregiving, identify key information needed to create a one-page profile, and analyze the importance of a one-page profile in supporting the consumer/client.	Fall 2025 - Summer 2026
<b>Recognizing and Reporting Consumer Abuse, Neglect, and Financial Exploitation</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	1	Learn how to recognize and report consumer/client abuse, neglect, and financial exploitation.	Fall 2025 - Summer 2026
<b>Reducing the Spread of Infection Through Standard Precautions</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	1	This course will review risks of infection and how to safely clean equipment and handle waste.	Fall 2025 - Summer 2026
<b>Schizophrenia</b>	Online	Amharic, Arabic, Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	2	Learn about the signs and symptoms, common misconceptions, and how to communicate appropriately with a client with schizophrenia. You will also learn best practices to support a client and how to report worsening symptoms.	Fall 2025 - Summer 2026
<b>Seizures and Epilepsy</b>	Online	Amharic, Arabic, Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	2	Learn about the types and signs of seizures, as well as how to support a client who has a seizure. You will also learn about the effects of epilepsy and ways to support a client with epilepsy.	Fall 2025 - Summer 2026
<b>Shingles</b>	Online	Arabic, Chinese, English, Korean, Russian, Spanish, Ukrainian, Vietnamese	1	Learn how the varicella-zoster virus (VZV) spreads and the risk factors, signs, and symptoms of shingles. Explore potential complications and emotional effects on clients, as well as how to provide support and prevent the virus from spreading during care.	Spring 2026 - Summer 2026
<b>Social Support for Clients With Intellectual and Developmental Disabilities (!)</b>	In-person	Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	3	Learn about the social barriers clients with intellectual and developmental disabilities (IDD) may face, how to support clients with IDD using communication and positive behavior, and the decision-making process for clients with IDD.	Fall 2025 - Summer 2026
<b>Stroke</b>	Online	Amharic, Arabic, Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	3	Learn about the effects of a stroke and best practices to support a client experiencing the cognitive, emotional, behavioral, and physical effects. You will learn how to respond to signs and symptoms and how to collaborate with a client to follow lifestyle changes that can prevent stroke.	Fall 2025 - Summer 2026



Course	Format	Languages	Credit Hours and Description		Available
<b>Substance Misuse</b>	Online	Amharic, Arabic, Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	3	Learn how to identify signs of substance misuse and how to provide support for a client who is misusing substances.	Fall 2025 - Summer 2026
<b>Supporting a Client Using Telehealth Services</b>	Online	Amharic, Arabic, Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	1	Learn how telehealth works, the benefits and limitations of telehealth, and how to support a client who uses the services.	Fall 2025 - Summer 2026
<b>Supporting a Client With Dementia</b>	Online	Amharic, Arabic, Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	2	Learn what person-centered care is and how to use it to support a client with dementia. You will also learn about resources to help a client with dementia.	Fall 2025 - Summer 2026
<b>Supporting a Client With Hearing Loss</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	2	Learn how to support clients with hearing loss by recognizing signs, using effective communication, assisting with hearing devices, and preparing for audiology visits. Explore prevention tips and helpful resources.	Fall 2025 - Summer 2026
<b>Supporting a Client With Rheumatoid Arthritis</b>	Online	Amharic, Arabic, Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	1	Learn how to support a client with rheumatoid arthritis manage their daily activities, how to report changes from baseline, and what resources are available to them.	Fall 2025 - Summer 2026
<b>Supporting Clients with Incontinence (CCS)</b>	In-Person or Webinar	Russian, Spanish, Vietnamese	3	Learn the knowledge and skills required to support a client needing assistance with incontinence care. Caregivers will have an opportunity to apply and demonstrate the knowledge and skills learned in the class.	Fall 2025 - Summer 2026
<b>Supporting Clients' GI Health (CCS)</b>	In-Person or Webinar	Russian, Spanish, Vietnamese	3	This class focuses on understanding the importance of maintaining a healthy Gastrointestinal System. Students will learn what the GI system does, common disorders and ways to support a healthy GI system.	Fall 2025 - Summer 2026
<b>Supporting Young Consumers</b>	Online	English	1	Learn how to better support child and young adult clients by understanding their unique needs.	Fall 2025 - Summer 2026
<b>The Dangers of Food (CCS)</b>	In-Person or Webinar	Russian, Spanish, Vietnamese	3	This course focuses on understanding the dangers present from the foods we eat. Caregivers will learn to encourage good nutrition and avoid health complications caused by eating inadequate nutrients, foods we should not consume and foods contaminated with germs that could make one ill.	Fall 2025 - Summer 2026
<b>Tools for Calm (!)</b>	Webinar	English	6	Learn practical mindfulness tools you can use daily to reduce stress, handle challenging situations, and improve your caregiving effectiveness.	Fall 2025 - Summer 2026
<b>Trauma Informed Care</b>	Online	Arabic, Chinese, English, Korean, Russian, Spanish, Ukrainian, Vietnamese	1	This course teaches you about trauma, its effects on people, best practices for using a trauma-informed approach to build trust and safety with clients, and strategies for self-care and managing stress when working with those affected by trauma.	Spring 2026 - Summer 2026
<b>Traumatic Brain Injury</b>	Online	Amharic, Arabic, Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	2	In this course, you will learn about the effects of traumatic brain injury and how to support a client affected by traumatic brain injury.	Fall 2025 - Summer 2026
<b>Understand Basic Medical Terminology</b>	Online	Chinese, English, Korean, Russian, Spanish, Vietnamese	1	This course explains common word parts used in medical terminology. You will practice translating medical terminology and abbreviations into plain language.	Fall 2025 - Summer 2026

Course	Format	Languages	Credit Hours and Description		Available
<b>Understanding Racial Harassment (!)</b>	In-Person	Amharic, Chinese, English, Korean, Russian, Somali, Spanish, Vietnamese	3	Learn what racial harassment is and how it affects both clients and caregivers. Explore strategies for responding in different situations, how to report incidents, and to prevent it. You'll also learn about emotional health resources available for support.	Spring 2026 - Summer 2026
<b>Vaccines</b>	Online	Amharic, Arabic, Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	1	Learn about the importance of getting vaccinated, the safety and effectiveness of vaccines, and the requirements associated with getting vaccinated.	Fall 2025 - Summer 2026
<b>Vicarious Trauma</b>	Online	Amharic, Arabic, Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	2	Learn about the potential risks associated with vicarious trauma, how to report your own signs and symptoms, appropriate strategies to manage it, and how to protect yourself.	Fall 2025 - Summer 2026
<b>Visual Health</b>	In-person or Online	Amharic, Arabic, Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	3	In this course, you will learn about basic eye anatomy, visual function, and how visual health can affect the client's overall well-being. You will also learn about common eye conditions. Finally, you will learn how to support clients with eye conditions while maintaining visual health and safety.	Spring 2026 - Summer 2026
<b>Workplace Injuries</b>	Online	Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	2	Learn the importance of recognizing and addressing workplace injuries, using first aid responses for common workplace injuries, and reporting workplace injuries. You will also receive resources to help address and report workplace injuries.	Fall 2025 - Summer 2026
<b>Workplace Violence</b>	In-person or Online	Chinese, English, Korean, Russian, Somali, Spanish, Ukrainian, Vietnamese	3	Learn how to prevent and respond to workplace violence, including strategies to deter violent behavior, handle verbal abuse, recognize warning signs, and take appropriate action when witnessing violence.	In-person: Fall 2025 - Winter 2025 Online: Fall 2025 - Summer 2026



## Tools for Calm

Learn practical tools for relieving stress and earn up to 6 CE credits. The course is a 6-week series of 1-hour sessions. This course can help you:

- ✓ Find moments to relax and sleep better.
- ✓ Deal with anxiety or depression.
- ✓ Connect with a community of caregivers to support and encourage you.

**See upcoming sessions and learn how to enroll at [myseiu.be/toolsforcalm](https://myseiu.be/toolsforcalm)**

# Advanced Training

Advanced Training helps you build skills to support clients with complex needs and grow your caregiving career professionally with a new certification. This 70-hour course takes place over 8 weeks. You and your client must meet eligibility requirements to enroll.

**Learn more at [myseiu.be/advanced-training](https://myseiu.be/advanced-training)**





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[seiu775benefitsgroup.org](http://seiu775benefitsgroup.org)

# As a Professional Caregiver, You Have Access to Free & Low-cost Benefits.

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## Learning

Comprehensive training and support to help you help you give high-quality care and succeed as a professional caregiver.



## Health

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An employer-funded retirement plan for caregivers, to give you another source of income when you retire.



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