

Home Health Aide HHA



Description of a HHA

Home Health Aides (HHA) provide medical and personal care to persons in their homes. A HHA provides assistance with Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs) including assistance with bathing, skin and hair care; getting in and out of bed; preparing meals; and using the bathroom.

HHA Work Settings and Populations Served

A Home Health Aide:

- Works with people living at home who need assistance with ADLs and/or IADLs
- Can work with persons of all ages and abilities
- Depending on person(s) they are helping, may be supervised by a nurse or therapist

Hiring Requirements

A person may not be hired as a HHA if that person has ever been:

- Convicted of a crime involving abuse, neglect or misappropriation of property in a health care setting
- The subject of a complaint involving abuse or neglect or misappropriation of property if the complaint was substantiated by the Maine Department of Health and Human Services and entered on the CNA Registry
- Convicted within the last 10 years for sexual misconduct, or abuse, neglect or exploitation in a setting other than a health care setting
- Convicted within the last 10 years for a crime that was punishable by 3 or more years in prison

TRAINING REQUIREMENTS

- Be at least 16 years old
- Receive home health aide orientation provided by the home health agency you work for
- Have completed 9th grade (although a high school diploma or GED is preferred) And, depending on where you work/ who you work with:
 - Successfully complete the 180-hour CNA Training Program
 - Be listed on the Maine Registry of Certified Nursing Assistants
 - Receive at least 12 hours of in-service training annually

CAREER PATHWAY

A person who is certified as a HHA can move into the following positions with additional education:

Health Services:

- CNA
- CNA-M
- LPN
- Medical Assistant
- Nursing Degree

Human Services:

- MHRT-1
- MHRT-C
- Mental Health Worker
- DSP