

# 10<sup>TOP</sup>

- Audiologist
- Chef – Personal Care Home
- Denturist
- Dietician/Nutritionist
- Financial Planner
- Geriatric Nurse
- Health Care Aide
- Home Support Worker
- Recreation Planner
- Transit Driver

## PROSPECTS IN HEALTH AND HUMAN SERVICES FOR SENIORS

### A Caring Career

Health Care Aide (NOC 3413)



Nurses aides, orderlies and patient service associates assist hospital staff and physicians in the basic care of patients. They are employed in hospitals, nursing homes, and other health care facilities.

Shift work is common in an institutional setting, including nights, weekends, and holidays. While the majority work full-time, a substantial percentage of the workforce are part-time employees.

#### DUTIES:

- answer call signals; bathe, dress and groom patients; serve meal trays, feed or assist in feeding patients; lift, turn or massage patients
- supervise exercise routines, set-up and provide leisure activities, accompany patients on outside recreational activities

- take blood pressure, temperature and pulse
- observe or monitor status and document patient care on charts
- make beds and maintain patient rooms
- assist with the set-up and maintenance of equipment, clean or sterilize equipment

#### SKILLS:

- a caring attitude, patience, tolerance and dependability
- ability to work independently or as a member of a team
- ability to follow instructions
- physical stamina and strength

## Keeping Seniors Moving

WE ARE LIVING LONGER. BY THE YEAR 2020, NEARLY 20% OF MANITOBA'S POPULATION WILL BE 65 YEARS OR OLDER AND FULLY ONE-THIRD WILL BE OVER THE AGE OF 55. This 'greying' of the population will create an increasing demand for all types of services for seniors – and a variety of opportunities for working with seniors.



Betty Bender, Director of Nursing for Middlechurch Personal Care Home, says that working with seniors is very rewarding. "Seniors really connect you to the past. Their life experiences are so valuable and they have a lot to offer society," said Bender. "There is a growing need for personal services directed at seniors to keep them living in their homes instead of housing them in facilities."

Depending on how active and involved seniors are, there are needs for private home care, housekeeping, transit and transportation, maintenance staff in senior's apartment complexes and assisted living facilities, food and nutrition, health promotion, fitness and recreation, health care providers, financial planning, travel and leisure program coordinators.

"Individuals and companies who specialize in providing these and other services to seniors will continue to be in demand," said Bender. "Nearly all of these occupations require post-secondary education and training – either university or college."



#### FOR MORE INFORMATION

MANITOBA SOCIETY OF SENIORS • [WWW.MSOS.MB.CA](http://WWW.MSOS.MB.CA)

SENIORS RESOURCE NETWORK • [WWW.SENIORS.CIMNET.CA](http://WWW.SENIORS.CIMNET.CA)

## PROFILE

**Lisa Skrypec**  
Health Care Aide

For Lisa Skrypec, being a health care aide at Middlechurch Personal Care Home is a reflection of her desire to help people. She is a recent graduate of the Winnipeg Technical College Health Care Aide Program.

"It was always something that I wanted to do but I put it on the backburner for awhile to concentrate on my family life," said Skrypec. "The Health Care Aide program was five months in length, with three spent in the classroom and the last two

in a work practicum here at Middlechurch."

Lisa has a lot of respect for the people she takes care of everyday. "Just listening to the residents, I understand that we have a lot to learn from our seniors," said Skrypec.

Skrypec's job is basically assisting the nurses in the facility. That includes helping residents get ready for breakfast, assisting with daily activities, monitoring health conditions and collecting health data at the nurses' request.



While Skrypec acknowledged she's working to earn a living, the rewards of working with seniors are more emotional for her. "You can't get into work like this just because it's a job," said Skrypec. "You have to have patience, communication skills, compassion, understanding and a caring heart."