



Provide  
Support



Develop  
Positive  
Relationships



Design  
Your  
Health  
Career  
Pathway

*The Career for the Present and the Future*

**Personal Support Worker**

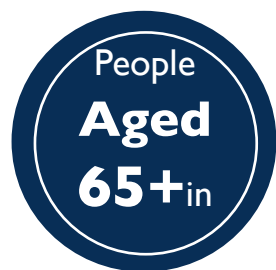
# Welcome

# Facts & Figures

## If you...

...are a caring person,  
...enjoy learning about healthy aging,  
...and would like to work in a growing career,

**...then** Personal Support Worker might be the right career choice.



Northumberland:	22,260 (26%)
Peterborough:	31,550 (22.8%)
Kawartha Lakes:	19,065 (25.3%)
Haliburton:	5,940 (32.9%)
Ontario:	2,251,655 (16.7%)

## Annual Rate of Increase for Aging Population (by County)

Northumberland:	2.9%
Kawartha Lakes:	2.2%
Haliburton:	2.0%
Peterborough:	2.0%
Ontario:	2.6%

## More Jobs

PSW currently constitutes

**32.1%** of total jobs in home health care centres and

**35.1%** of total jobs in Long-term care facilities\*\*.

## More Senior's

Now

**2.3**  
Million  
Senior's

The Number of senior's in Ontario is forecasted to **double to 4.6 million within the next 25 years\***.

In 25 Years

**4.6**  
Million  
Senior's

**There are now more people in Ontario 65 years of older than under 15 years\*\*.**

**16.4% <15**



**16.7% >65**



\*Ministry of Seniors Affairs "Aging with Confidence: Ontario's Action Plan for Seniors", 2017

\*\* Census, 2016

# How to Become a PSW

Step

1

## Before Selecting PSW as a Career

Do you like older people?  
Do you enjoy reading and learning about health?  
Do you have the required competencies\*?

Step

2

## Selecting your PSW Course

Where is it located?  
Is the program accredited?  
What are the costs?  
How long is the program?  
How many hours are the placements?

Step

3

## Before Beginning the PSW Program

Visit a senior's home or LTC facility.  
Volunteer for a senior's organization.  
Practice skills like dependability, adaptability and professionalism.

Step

4

## Practice Competencies\*

Demonstrate...  
...sensitivity.  
...punctuality.  
...responsibility.  
...initiative.

Step

5

## Practice Competencies\* as a Student

Work as a team member.  
Help to solve problems with your class.  
Organize your notes and timetable.

Step

6

## Practice Competencies\* on Placement

Demonstrate...  
...the skills you have learned.  
...your ability to document client care.  
...your ethical behaviour.  
...your ability to provide sensitive care for seniors.

Step

7

## Next Steps

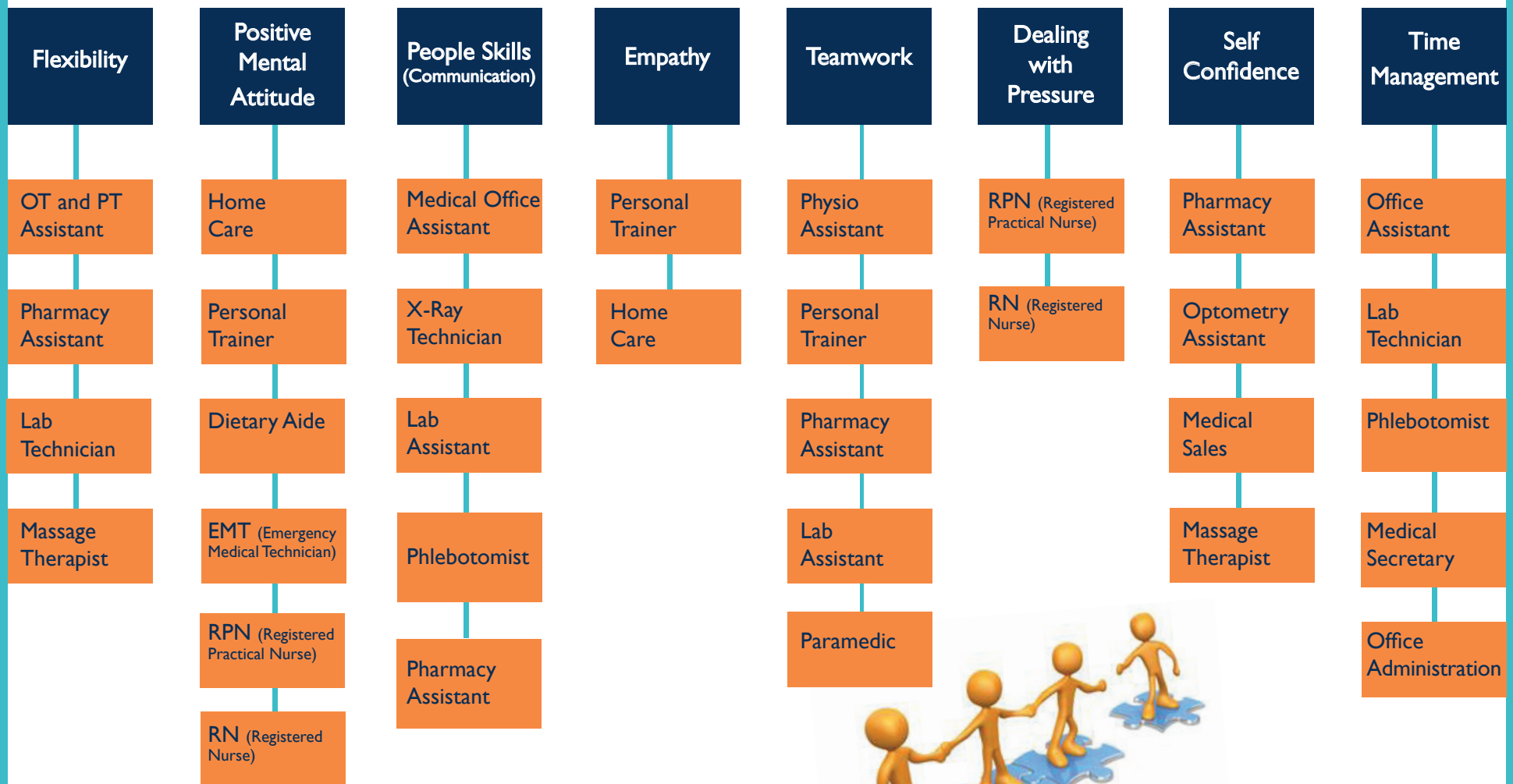
Learn about all the other professions that provide care and support for seniors.  
Learn to use the job specific technology.

## \*Personal Workplace Competencies

• Interpersonal skills • Empathy • Emotional sensing • Lifelong learning  
• Entrepreneur knowledge • Curiosity • Adaptability • Resilience  
• Professionalism • Integrity • Initiative • Insight • Conviction • Vision  
• Dependability • Reliability

# PSW Competencies

## and Related Potential Fields of Study and Employment



# Affiliated Careers

Based on PSW transferable skills of...

Physiology | Mobility | Hygiene | Cognitive Function | Aging | Health | Household Management

...and further training.

Physio Assistant

X-Ray Technician

Lab Assistant

Medical Office Assistant

Agency Receptionist

OT Assistant

Phlebotomist

Optometry Assistant

Massage Therapist

Home Care

Pharmacy Assistant

Audiology Assistant

Natural Products Sales

Dietary Aide

Personal Trainer

Activation (physical activity)

Office Administration

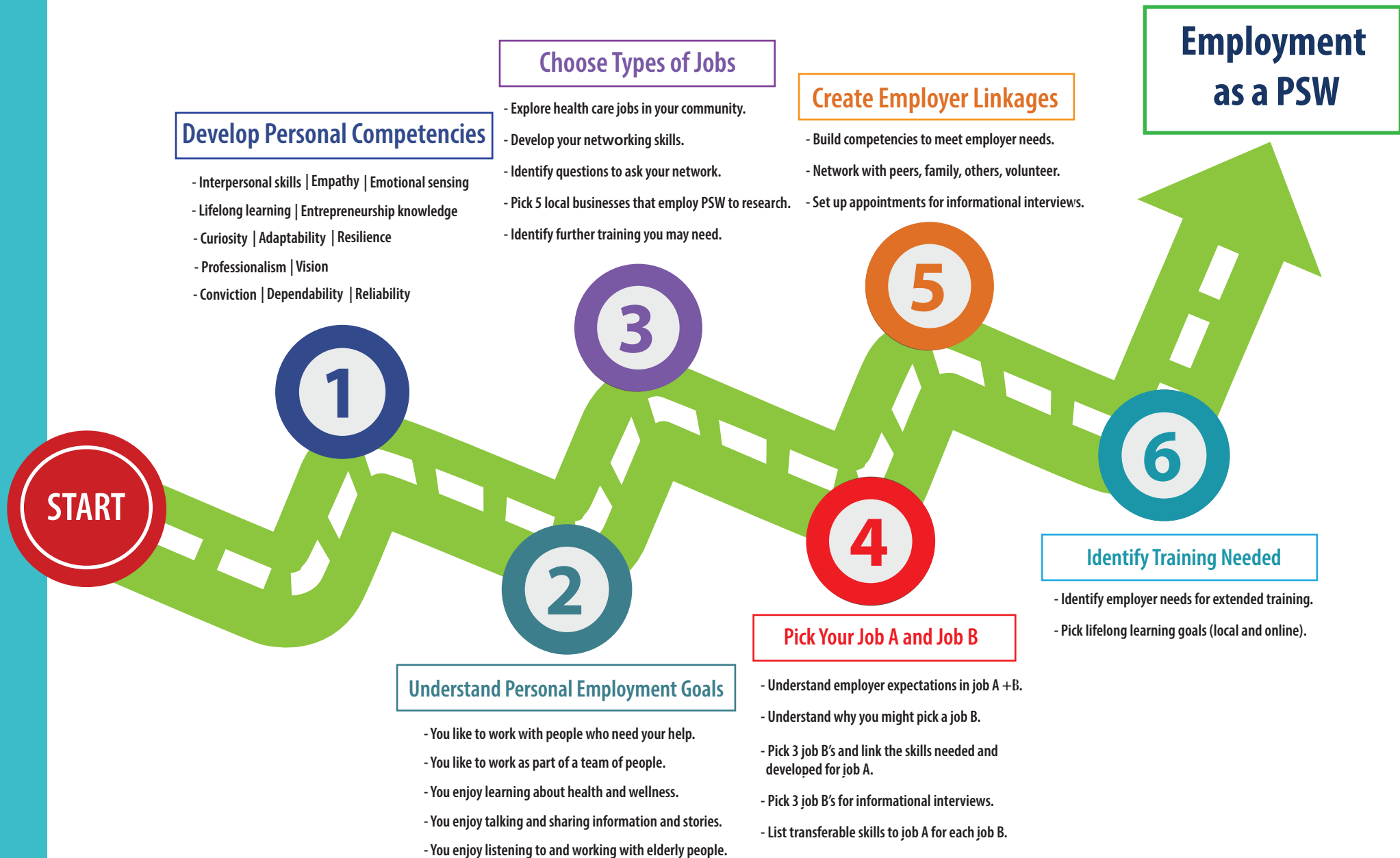
HR (Human Resources)

Patient Services

RPN (Registered Practical Nurse)

RN (Registered Nurse)

# Job Search in the PSW and Related Health Sector



# The Community Training and Development Centre

## The Source for:

- Career training
  - Research projects
  - Employability skills
  - Youth employment
  - Senior's projects
- 

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