

Training Course for essential caregivers, visitors and families:

‘How to Stop
Infections from
Spreading When
Visiting Group
Living Homes’



York Region Public Health encourages essential caregivers, visitors and families to take a **FREE ONLINE TRAINING COURSE** to learn how to protect yourself, residents and staff from the spread of infections.

WHY SHOULD I TAKE THIS COURSE?

Residents in group living homes have an increased risk of getting infections because many people share the same living space. Many residents are also more likely to get seriously ill from infections when they are elderly and/or have underlying health issues. For these reasons, it is very important that everyone, including essential caregivers, visitors and families, learn how to stop the spread of infections when they visit.

Group living homes may also require essential caregivers, visitors and family members to be trained on how to stop infections from spreading. Taking this course may help you meet this training requirement.

WHAT WILL I LEARN IN THE COURSE?

You will learn practices to follow to stop the spread of infections when visiting group living homes.

The online course includes four videos that cover the following topics:

- **Part 1:** How infections spread
- **Part 2:** Practices to follow when visiting a group living home
- **Part 3:** Practices to follow during caregiving activities like feeding and laundry
- **Part 4:** Practices to follow when caring for a sick resident or during an outbreak

IS THE TRAINING FREE?

Yes, the online course is offered at no cost.

HOW LONG WILL THE TRAINING TAKE?

Each video takes approximately 20 minutes to watch. You do not have to complete all four videos in one sitting.

WHERE CAN I TAKE THE TRAINING?

You can complete the training online at york.ca/CaregiverTraining at your convenience in the comfort of your own home. You can complete it on a computer, iPad/tablet or smartphone with a connection to the Internet.

You do not need any special education or training to take the course.

IS THERE A TEST AT THE END?

There is not a formal test at the end of the course. At the end of each part of the course, there are a few questions for you to answer to help you review what you learned. Your answers to the questions will not be shared with anyone. They will be kept confidential by York Region Public Health in accordance with privacy laws.

WILL I RECEIVE CONFIRMATION OF COMPLETION FOR THE COURSE?

Participants who take the course have the option to receive a confirmation of completion email from York Region Public Health after completing the course.

You can save this email in case you are ever asked by a group living home if you have completed the course.

HOW DO I START THE COURSE?

Visit york.ca/CaregiverTraining to start the course. This is where you will find more information about the course and links to all four video parts.



For more information, contact
Access York by Phone: 1-877-464-9675
TTY: 1-866-512-6228 (for the deaf or hard of hearing)
or by email: AccessYork@york.ca