



NC Department of Health and Human Services

NC Home Care Aide Curriculum

Module 6

Age-Appropriate Care

July 2021

OBJECTIVES

- 1. Describe the normal growth and development of infants to preschoolers**
- 2. Identify developmental tasks of middle childhood to adolescence**
- 3. Identify developmental tasks of the varying stages of adulthood**
- 4. Identify physical, psychological, and social effects of aging**
- 5. Describe methods in which the aide can ensure age-appropriate care**

ACTIVITY #1

Growth and Development



What is Growth and Development?

Growth: physical changes in an individual



Development: psychological and/or social functioning of an individual

INFANCY: birth to 1 year old



TODDLERHOOD: 1 to 3 years old



PRESCHOOLERS: 3 to 6 years old



MIDDLE CHILDHOOD: 6 to 8 years old



LATE CHILDHOOD: 9 to 12 years old



ADOLESCENCE: 12 to 18 years old



YOUNG ADULTHOOD: 18 to 40 years old



MIDDLE ADULTHOOD: ages 40 to 65



LATE ADULTHOOD: 65 years and older



Handout #1

MYTHS AND TRUTHS



Activity #2

WHAT SHOULD YOU DO?



AGE GROUP COMPETENCIES

The RN supervisor will verify age group competencies for each home care aide prior to caring for each age group. Perform only the tasks verified by the supervisor.



Activity #3

AGE-APPROPRIATE QUIZ



CONGRATULATIONS!

You have newly acquired knowledge that will better inform you when providing care for various age groups.

