

NC Department of Health and Human Services
NC Home Care Aide Curriculum

Module 6
Age-Appropriate Care
July 2021

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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

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ACTIVITY #1

Growth and Development




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What is Growth and Development?

Growth: physical changes in an individual




Development: psychological and/or social functioning of an individual



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INFANCY: birth to 1 year old



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TODDLERHOOD: 1 to 3 years old



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PRESCHOOLERS: 3 to 6 years old




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MIDDLE CHILDHOOD: 6 to 8 years old



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LATE CHILDHOOD: 9 to 12 years old




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ADOLESCENCE: 12 to 18 years old




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YOUNG ADULTHOOD: 18 to 40 years old




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MIDDLE ADULTHOOD: ages 40 to 65




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LATE ADULTHOOD: 65 years and older




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Handout #1

MYTHS AND TRUTHS




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Activity #2

WHAT SHOULD YOU DO?




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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.




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Activity #3

AGE-APPROPRIATE QUIZ




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CONGRATULATIONS!

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



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