

## Training

To become a healthcare assistant:

You can get a job as healthcare assistant without training. Once you are in the job, then you will often be given the option to gain a Certificate in Healthcare. A first aid certificate and training in CPR is an advantage.



You can also complete a relevant qualification, eg. Certificate in Health and Wellbeing then apply for a healthcare assistant job.

Numerous agencies provide Certificate courses in Healthcare Assistance or Community Support. They take 12 to 34 weeks to complete. Most certificates are gained whilst on the job.

As an example, Toi Ohomai Polytechnic has a one semester, Level 3, NZ Certificate in Health and Wellbeing (Health Assistance) and a one semester, Level 4, NZ Certificate in Health and Wellbeing (Advanced Support). Applicants are assessed to ensure students have adequate literacy and numeracy skills to meet academic, health and safety requirements of their programme.

## Personal Qualities

Healthcare assistants need to be:

- interested in people
- good at communicating
- flexible
- compassionate
- caring
- patient
- respectful
- physically able
- cheerful, good sense of humour
- a team player
- honest



Information collated by NZIRH  
Where to go for more information:

[www.kiaorahauora.co.nz](http://www.kiaorahauora.co.nz)  
[www.careers.govt.nz](http://www.careers.govt.nz)

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# Healthcare Assistant



## Healthcare Assistants

Healthcare assistants are also called caregivers, carers or support or community workers. Their work involves caring for people who need support with their daily living activities and needs. This may range from helping an elderly or disabled person to dress and wash, to helping a recovering stroke patient to re-establish normal physical and cognitive activities in a rehabilitation unit or at home.



Healthcare assistants are supervised by other health professionals to support patients in hospitals or people requiring support in rest homes or the community.

## What do they do?

Healthcare assistants may do some or all of the following:

- support patients with showering, daily dressing and personal grooming
- patient education and health promotion
- help with rehabilitation tasks such as walking and social interaction
- cleaning and tidying
- monitoring vital signs
- look after medical equipment
- help with eating
- prepare meals and serve meals



## Chance of getting a job

The chances of getting a job as a healthcare assistant are high. This is due to an aging population who are living longer and often require care to maintain their daily life.

## Where do healthcare assistants work?

Healthcare assistants work in rehabilitation units, aged-care facilities or in the community.

