

*Office of Aging and Disability Services*

Maine College of Direct Support

Required Modules for Certification as a

Maine Direct Support Professional

*52 online lessons and 11 live classroom sessions*

Effective 9/1/2013

# \*ME DSP Professionalism

4 online lessons

1 live classroom session

# \*ME Individual Rights and Choice

3 online lessons

1 live classroom session

# \*ME Introduction to Developmental Disabilities

4 online lessons

1 live classroom session

# \*ME Maltreatment (NEW)

11 online lessons

1 live classroom session

\* Online lessons and live classes required before an employee works alone.

# ME Community Inclusion

4 online lessons

1 live classroom session

# ME Cultural Competence

2 online lessons

1 live classroom session

# ME Human Sexuality

1 online lesson

1 live classroom session

ME Personal Care

2 online lessons

# ME Positive Behavior Supports

2 online lessons

1 live classroom session

# ME – Safety (NEW)

14 online lessons

# ME Supporting Healthy Lives

3 online lessons

# ME Teaching People with Developmental Disabilities

2 online lessons

1 live classroom session

# Communication

1 live classroom session

(no online lessons)

# Documentation

1 live classroom session

(no online lessons)

***Lesson Detail***

***Maine Direct Support Professional Certification***

# \*ME DSP Professionalism

* *Introduction*
* Contemporary Best Practices
* Applying Ethics in Everyday Work
* Becoming a Direct Support Professional
* Practicing Confidentiality
* Live Classroom Session

# \*ME Introduction to Developmental Disabilities

* *Introduction*
* A Brief History of Developmental Disability
* Causes of Developmental Disabilities
* Services for People with Developmental Disabilities
* The Language and Ideas of Best Practices
* Live Classroom Session

# \*ME Maltreatment (NEW)

* What is Abuse?
* What is Neglect?
* What is Exploitation?
* The Ethical Role of the DSP
* Characteristics of People Supported that Affect Risk
* Reducing Caregiver Risk of Maltreating
* Engaging and Supporting Protective Factors in Individuals
* Responding to Potential Maltreatment
* Where to Report Potential Maltreatment
* How to Report Potential Maltreatment
* ME Reportable Events
* Live Classroom Session

# ME Cultural Competence

* *Introduction*
* Communication
* What is Cultural Competence?
* Live Classroom Session

ME Individual Rights and Choice

* *Introduction*
* Overcoming a Past of Barriers and Restrictions
* Overview of Individual Rights
* Your Role in supporting Expression of Rights and Facilitating Choice Making
* Live Classroom Session

# ME Community Inclusion

* *Introduction*
* Community Bridge Building and Networking
* Matching Community Resources with Individual Interests
* Natural Supports
* The DSP Role in Community Inclusion
* Live Classroom Session

# ME Personal Care

* *Introduction*
* Individualizing Personal Care
* Understanding Personal and Self Care

# ME Positive Behavior Supports

* *Introduction*
* Functions and Causes of Behavior
* Understanding Behavior
* Live Classroom Session

# ME Human Sexuality

* ME Human Sexuality
* Live Classroom Session

# ME – Safety (NEW)

* What is Risk?
* Balancing Risk with Individual Safety and Choice
* Personal Safety
* Safety in the Kitchen
* Safety in the Bathroom
* Safety in the Common Areas
* Safety in the Bedroom
* Safety enjoying outdoor Spaces at Home
* Fire Prevention
* Fire Emergency Response
* Fire Emergency Plans and Evacuation
* Individualized Fire Safety Plans and Skills
* Community Safety
* Role of the Direct Support Professional: Accident Prevention, Risk assessment, and Risk Management

# ME Supporting Healthy Lives

* *Introduction*
* Care of Common Health Conditions
* Living Healthy Lives
* Signs and Symptoms of Illness

# ME Teaching People with Developmental Disabilities

* *Introduction*
* Preparing to Teach
* Understanding Teaching
* Live Classroom Session

# Communication

* Live Classroom Session

# Documentation

* Live Classroom Session

# Maine Direct Support Professional – Work Supports

*Must have completed all requirements above for Direct Support Professional,*

*plus the following 6 online lessons:*

Effective 1/1/2011

ME Work Supports

* *CDS: Employment Supports for People with Disabilities: Exploring Individual Preferences for Job Attainment : Introduction*
* CDS: Employment Supports for People with Disabilities: Exploring Individual Preferences for Job Attainment: Identifying Individual Employment Preferences, Interests, Strengths, and Support Needs
* CDS: Employment Supports for People with Disabilities: Exploring Individual Preferences for Job Attainment: Job Opportunities and Job Searching
* CDS: Supporting Jobs & Careers in the Community: *Introduction*
* CDS: Supporting Jobs & Careers in the Community: *Successful Community Employment and Retention*
* CDS: Supporting Jobs & Careers in the Community: *Employment Supports and Volunteering*

# Additional Content

**In addition to the required topics above, additional modules are available for self-enrollment or assignment, including:**

CDS - Emergency Preparedness

CDS - Hiring Great Direct Support Professionals

CDS - Implementing Participant-Directed Supports

CDS Autism DIC

CDS Brain Injury DIC

CDS Cerebral Palsy DIC

CDS Civil Rights and Advocacy

CDS Community Inclusion

CDS Cultural Competence

CDS Depression DIC

CDS Diabetes DIC

CDS DIC: Epilepsy

CDS Direct Support Professionalism

CDS Documentation

CDS Employment Supports

CDS Everyone Can Communicate

CDS Functional Assessment

CDS Home and Community Living

CDS Individual Rights and Choice

CDS Introduction to Developmental Disabilities

CDS Lesson Review -- HIPAA

CDS Maltreatment: Prevention and Response

CDS Medication Support

CDS Personal Care

CDS Person-Centered Planning

CDS Positive Behavior Supports

CDS Safety

CDS Supporting Healthy Lives

CDS Supporting Jobs & Careers in the Community

CDS Teaching People with Developmental Disabilities

CDS Universal Precautions

CDS Working with Families & Support Networks

CDS Workshop for Administrators

CDS You've Got a Friend

CDS: Introduction to Mental Health and Mental Illnesses

CDS: Understanding Transitions across the Lifespan

CFSM: Developing an Intervention Plan

CFSM: Fueling High Performance

CFSM: Preparing for the Supervisor's Job in Human Services

CFSM: Recruitment and Selection

CFSM: Training and Orientation

CFSM: Your First Few Weeks and Months as a Supervisor

**\*DIC – Disability Intensive Course \*CFSM – College of Frontline Supervision and Management**