



2025 Student Handbook & Course Catalog

Cornerstone Healthcare Training Company, LLC
Mailing Address: 1140 10th St Ste 303, Bellingham, WA 98225
Phone & Text: (206) 673-2919
Fax: (510) 280-9023
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Website: <https://www.cornerstonehealthcaretraining.com>
Online Classroom: <https://cht.digitalchalk.com>

INTRODUCTION

Welcome to Cornerstone Healthcare Training Company, LLC ("Cornerstone"). Our online courses are designed to be educational, accessible, and affordable. Cornerstone was established in 2010 when an industry veteran foresaw the changes that initiative I-1163 would bring to caregiver training in Washington State.

Cornerstone has been a pioneer in online curriculum within the residential care community by finding a way to accommodate those working day or night, near or far, all while backed by passionate instructors.

Preface

This student handbook was developed to introduce you to Cornerstone and help you become familiar with some of our working guidelines. This document is provided to supply general information about our company and its policies.

We reserve the right to modify, revoke, suspend, terminate, or change any or all policies, or procedures, in whole or in part, at any time with or without notice. However, any such changes must be in writing and will be made available through our Learning Management System ("LMS") to all students to ensure awareness of the new policies and procedures.

The policies and procedures in this document are for general reference only and are subject to management discretion in specific situations. All previously issued Handbooks or documents and any inconsistent policies are superseded.



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1. STUDENT HANDBOOK

1.1 Hours of Operation

Office Hours: Monday through Friday, 9:00am to 5:00pm Pacific Time

General Course Questions: During office hours, the best option for a rapid response to any question(s) you may have is to email our team monitored email address: contact@cornerstonehealthcaretraining.com.

If your questions are after hours and are urgent in nature, it is best to text or call our main office number: (206) 673-2919 as email is not monitored regularly when our office is closed.

1.2 Enrollment Periods

Cornerstone offers courses that are open for enrollment at any time. Some of our courses are self-paced. Others are live virtual instruction and offer a schedule of sessions on a variety of dates and time. If you are working as a caregiver, you do have a deadline determined by the DOH, DSHS, SEIU and/or your employer for completing your training. Cornerstone does not monitor these deadlines; it is the student's responsibility to know your own deadline. All courses expire one year from registration date.

1.3 Transcripts and Certificates

Once you have established an online account and have registered for a course, it will be listed on your Dashboard when you login. You have unlimited access to your online classroom account and may print out PDF certificates of completion once you have completed a course. Cornerstone does not mail or email certificates. It is the student's responsibility to download their own certificate upon completion of a course and provide their employer with a copy. Cornerstone will maintain any and all transcripts for a period of not less than fifty(50) years.

1.4 Offices

Cornerstone Healthcare Training Company, LLC (administrative staff)

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1.5 Owners, Personnel, and Licensure

Cornerstone Healthcare Training Company, LLC:

- Robin VanHyning, RN, MSN, NHA: Owner & Chief Executive Officer
- Dave Tinker: Chief Operating Officer
- Kim Flack: Sales Associate
- Maria Piper: Accounts Receivable Manager
- Ryan Hagel: Service Delivery Manager
- Mike Anderson: Instructional Designer
- Jocelyn Wagner: Director of Learning and Development
- Vanessa Castellanos: Teacher and Instructor
- Noah Atchley: Customer Success Manager
- Meagan Palmateer: IT Administrator
- Leslie Byron: Shipping/Receiving Coordinator
- Claire Alford: Customer Support
- Omar Franco: Customer Support
- Taylor Iverson: Grader
- Analilia Kollmar: Grader
- J Johnston: Chief Customer Officer
- Diane Giesy: VP of Sales
- Sylvia Boettcher: Finance Controller
- Katarina Mirkovic Arsic: Marketing Coordinator

Cornerstone is licensed as a Private Vocational School with Washington State and is contracted as a “Community Instructor” with the WA Department of Social and Health Services. Our certificate courses and CE offerings have been approved by the WA DSHS. Our assigned program number is #0174 which will be on each certificate.

Cornerstone’s owner, Robin VanHyning, RN, MSN, started the company in 2010 in anticipation of I-1163 recognizing the need for an online option for DSHS approved training. Robin has served as a nurse in long-term skilled and residential care for more than 30 years. She is a licensed nursing home and assisted living administrator, has owned an adult family home, and directed a home care agency. Her mother received care in a residential care setting. It’s our goal to provide quality training that will develop the kind of caregivers Robin wants caring for her family.

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1.6 Anti-Discrimination Policy

Cornerstone embraces diversity and does not discriminate on the basis of race, creed, color, national origin, sex, veteran or military status, sexual orientation, gender identity, or the presence of any sensory, mental or physical disability, or the use of a trained guide dog or service animal by a person with a disability. Cornerstone acknowledges that information pertaining to an applicant's disability is voluntary and confidential. If this information is presented, Cornerstone will reasonably attempt to provide an accommodation to overcome the effects of the limitation of the qualified applicant. All inquiries about accommodations should be made to the CEO upon registration to the program. Some programs require medical documentation because of the rigors of curriculum, and some require minimum functional abilities.

1.7 Minimum System Requirements

On-demand, self-paced classes may be taken on any device with a web browser and stable internet connection. Live-virtual classes may only be taken on a desktop or laptop computer with a working webcam and microphone. Support is not available for Chromebooks in live-virtual classes; they are not recommended. Smartphones, tablets, or other devices are not permitted in the live-virtual classroom.

- **Devices/Browsers:** Refer to this link for an up-to-date system requirements list: <https://www.digitalchalk.com/resources/kb/digitalchalk-minimum-system-recommendations>
- **Internet Connection:** reliable DSL or wireless connection. Minimum of 2 mbps download bandwidth.
- **Equipment:** You will need a working webcam and microphone to participate in live-virtual classes. This is mandatory and you will be asked to leave the class if you do not have a working camera and microphone.

1.8 Grading System

Some assignments and course elements will be assigned a percentage(%) correct and require 80% to pass. If your answer is incorrect or not satisfactory the course and/or the Instructor will give you directions on how to proceed. You will be given the opportunity to try again. If you do not meet the minimum standard passing rate, a phone counseling session with an Instructor may be scheduled.

Throughout the courses you will encounter intermittent knowledge checks to determine your understanding of the content. At the end of competency courses (Nurse Delegation; Nurse Delegation Focus on Diabetes; Mental Health Level 1; Dementia Level 1;



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Diabetes Level 1; TBI Level 1; and Substance Use Disorder Level 1, you will take a final exam after attending class. For these exams, you are given two attempts to pass. If you do not pass after your second attempt, you are required to purchase and complete the course again before testing again. You will have access to course materials from the LMS to review at any time for up to 365 days after registration.

1.9 Code of Conduct

Cornerstone reserves the right to expel any student who is verbally combative, deemed disrespectful by the management, or who engages in behavior or conduct deemed inappropriate. Foul language (written or verbal) will not be tolerated.

Live Virtual Classes

Instructors reserve the right to remove any students demonstrating inappropriate behavior. Students arriving more than 10 minutes late will not be allowed entrance and will be asked to reschedule. Leaving class early is not acceptable and students who do so will need to reschedule and repeat the entire class session. If you do not respond to the instructor after repeated attempts, you will be removed from the class and no credit will be given. You will also be removed if you do not have a working microphone and video camera showing a live feed of yourself. A \$25 no-show fee will be imposed if you do not attend a scheduled class or reschedule within 48 hours. The \$25 no-show fee will also be imposed if you are removed from class by the instructor, unless you are removed for tech problems beyond your control and our tech support staff cannot resolve it with you during class that day. You (or your employer) must pay the \$25 no-show fee before rescheduling for another live session. The following conduct is unacceptable and will not be tolerated:

- All forms of bias including race, religion, ethnicity, gender, disability, national origin, veteran status, and creed as demonstrated through verbal and/or written communication and/or physical acts.
- Sexual harassment including creating a hostile environment and coercing an individual to perform sexual favors in return for something.
- All types of proven dishonesty, including cheating, plagiarism, knowingly furnishing false information to the institution, forgery, and alteration or use of institution documents with intent to defraud.
- Intentional disruption or obstruction of teaching, administration, disciplinary proceedings, public meetings and programs, or other school activities.
- Theft or damage to the school or class premises or damage to the property of a member of the school community on the school premises.



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- Student acts of criminal behavior that place any person in imminent danger are prohibited on all school grounds and class locations.
- Violation of the law on school premises or class locations. This includes, but is not limited to, the use of alcoholic beverages or controlled dangerous substances.
- Violation of published school policies.
- Participating in activities unrelated to coursework, such as driving, sleeping, cleaning, cooking, smoking/vaping, talking with others off-camera, watching TV, browsing the internet, using your phone.
- Performing work duties, whether direct caregiving or other tasks. DSHS prohibits you from being on a scheduled work assignment during live-virtual classes.

Expelled students can expect that we will refund the balance paid for classes that have not been completed and will make alternate suggestions as to where the student may take the remaining classes for certification through another provider. Once a student has been dismissed from the Cornerstone program, they must reapply in writing directly to the CEO stating why they should be allowed to return to the training program. The CEO will respond in writing within five(5) working days declaring any such action taken. Nothing in this policy prevents the student from contacting the Workforce Board at (360) 709-4600 at any time with a concern or complaint.

1.10 Right to Refer and Refund

Cornerstone makes every effort to assist ESL students and students who are new to online learning and using computers. However, we cannot offer one-on-one tutoring or one-on-one computer lessons. The student is expected to possess basic computer skills and be able to navigate the online classroom with minimal assistance from our staff. In the rare circumstance that a student's need for assistance is greater than what our staff feels they can provide; Cornerstone reserves the right to refer the student to alternative learning options and will provide a full refund for fee(s) paid.

1.11 Interpreters

Cornerstone does not provide interpreter services.

1.12 Facilities

All courses are currently offered online. CB200b is an optional in-person skills training course which is available in select locations in the state.



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1.13 Religious Accommodation

Cornerstone will make good faith efforts to provide reasonable religious accommodations to students who have religious practices or beliefs that conflict with a scheduled course/program requirement. Students requesting a religious accommodation should make the request, in writing, directly to the CEO with as much advance notice as possible. The student shall work with the CEO to determine a schedule for making up missed work and adhere to the advance notice of cancellation as required by our billing policy.

1.14 Students with Disabilities

Cornerstone provides reasonable accommodations to qualified students with disabilities to afford an opportunity for their full participation in our educational courses. Although Cornerstone is not required by law to fundamentally alter the nature of its academic or other programs or services, we will provide reasonable accommodations to those students requesting accommodation. Requests can be emailed to the CEO at:

contact@cornerstonehealthcaretraining.com

1.15 Billing Policy

Cornerstone offers the opportunity to invoice organizations employing fifteen(15) or more caregivers. Please contact our office by calling: (206) 673-2919 or emailing:

contact@cornerstonehealthcaretraining.com to request a billing account or speak with a representative regarding any questions you may have.

Training registration requests for organizations that have been approved for billing will be invoiced in full upon registration of the course(s), not completion. All charges incurred will be made payable to Cornerstone Healthcare Training via invoices where payment is due upon receipt. All unpaid invoices exceeding forty-five(45) days from the date of generation will constitute a breach of contract and course access for all of your organization's students will be subject to immediate suspension.

Organizations with established billing accounts should use the Training Request form located here to request course registrations for their caregivers.

1.16 Course Cancellation and Refund Policy

**ALL CANCELLATION & REFUND REQUESTS MUST BE SUBMITTED VIA EMAIL
TO: CONTACT@CORNERSTONEHEALTHCARETRAINING.COM**



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COURSE CANCELLATIONS WITHIN FOURTEEN(14) DAYS OF REGISTRATION:

- There is no charge for unopened courses that are canceled within fourteen(14) days of registration, all tuition fees paid or billed are fully refundable (except a \$15 Skills Lab Kit fee where applicable).
- Cornerstone will refund all money paid if Purchaser cancels within fourteen(14) days following enrollment provided the student has not opened their courses.
- **NOTE: For those enrolled in Core Basic, there is a non-refundable fee of \$15 for the Skills Lab Kit that is mailed to the student upon registration.**

COURSE CANCELLATIONS BETWEEN FOURTEEN(14) TO EIGHTY-NINE(89) DAYS OF REGISTRATION:

- Cornerstone will retain an established registration fee equal to ten(10) percent of the total tuition cost, or \$100, whichever is less, if Purchaser cancels more than fourteen(14) days following enrollment, but not more than eighty-nine(89) days following enrollment, and the student has not opened or begun their course(s). A “registration fee” is any fee charged by Cornerstone to process student applications and establish a student record system.
- If training is terminated after the student has opened and started training, Cornerstone will retain a percentage of the total tuition as articulated within the following table:

If the student completes this amount of their training course(s) or lesson plan	Cornerstone Healthcare Training will keep this percentage of the tuition cost
Up to 10%	10%
10% but less than 25%	25%
25% but less than 50%	50%
More than 50%	100%

- **NOTE: CB200 Virtual Skills Labs - Once a student has submitted their first skill video and it has been graded, this course will be considered ‘Completed’ within the framework of our refund policy.** All other courses will not count as ‘Completed’ courses within the framework of this policy until the student has fully finished the course.

COURSE CANCELLATIONS AFTER NINETY(90) DAYS OF REGISTRATION:

- No refunds will be granted ninety(90) days after the original enrollment date regardless of the student’s course status - no exceptions.

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- CB200 Skills Lab Kit Fee:
 - Upon registration, students will be mailed a “Skills Kit” that will include supplies needed for practice that are not commonly found household items.
 - The \$15 cost of kit materials and shipping is included in the tuition for the CB200 course. This \$15 fee is non-refundable and will be deducted from any refund owed to Purchaser relating to the CB200 course.
 - Any requests for replacement kits will incur an additional \$15 charge.
- Course fees are non-transferable.
 - Cornerstone is required to keep detailed records on each enrolled student and a clear payment history is part of that requirement. Training fees paid cannot be transferred to a new student/employee. Upon request, Cornerstone will disclose any training fees paid. This process is enforced to ensure transparency and ethics as required by the WorkForce Board of Washington.
- Live-Virtual Class No-Show Fee:
 - A \$25 no-show fee will be collected if a student misses a scheduled live-virtual class or do not reschedule/cancel the class within 48 hours. The no-show fee will also be collected for students who are removed from class for breaking rules of conduct or device requirements, and must be paid before scheduling a different live-virtual class to attend.
 - If the caregiver is paying for their own tuition, they will be able to pay for the no-show fee through the course catalog. If the employer is paying for the caregiver's tuition, the employer will be billed for this fee, or they can pay with credit card through the course catalog. Caregivers are encouraged to check with their employer regarding this process as some employers initiate a payroll deduction to recover the cost of such fees.

1.17 Additional Details

NOTE: All courses expire one year (365 days) from the original registration date.

Organizations employing less than fifteen(15) caregivers must pay by credit card at the time of registration utilizing the self-registration option within our online classroom.

Cornerstone has no financial agreements in place with the individual caregivers. We will not bill individual students.

Caregivers who have questions about employer sponsored course registrations should check with their employer about their specific policies as Cornerstone has no access or knowledge of policies or agreements between employers and caregivers.

Caregivers who enroll in courses independently of an employer must pay by credit or debit card in advance for their course purchases.



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We cannot bill for individual Core Basic modules. If you wish to purchase Core Basic modules individually you will need to use the self-registration option within the Catalog and pay by credit/debit card.

We enforce a strict forty-eight (48) hour cancellation/reschedule policy for all In-Person Skills Lab sessions, as we have many students currently on wait lists for Lab seats. If a caregiver does not show up, or cancels/reschedules a Skills Lab less than forty-eight (48) hours prior to the start of their registered Lab, a \$100 fee will be imposed. If the caregiver is paying for their own tuition, they will be emailed an invoice that can be paid online. If the employer is paying for the caregiver's tuition, the employer will be billed for this fee. Caregivers are encouraged to check with their employer regarding this process as some employers initiate a payroll deduction to recover the cost of such fees.

1.18 Financial Aid

Every effort has been given to make our classes affordable and easy to access.

If for any reason you do not have a credit card or the ability to make a payment through our online system, please contact our office and we will make arrangements for you to send a check, money order, or ACH direct deposit.

If you are not currently employed, we encourage you to reach out to employers in your community. Demand for caregivers is high and many LTC providers subsidize training costs or offer reimbursement programs.

1.19 Placement Assistance

At this time, we do not offer placement assistance though you may contact us at any time to discuss what openings or opportunities we may be aware of.

We also encourage students and employers to post employment opportunities and/or seeking employment ads on our Facebook page.

2. COURSE CATALOG

2.1 HCA Training Certificate (75-HRS)

To get a 75-hour HCA Training Certificate from Cornerstone you need to complete three required components:

- Orientation and Safety Training (5 hours)
- Population Specific Training (12-16 hours)
- Core Basic Training (58 hours)



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2.2 HCA Learning Plans

We offer twelve (12) different HCA learning plans designed to simplify your path to achieving a 75-hour HCA Training Certificate:

- **HCA Learning Plan 1 - \$664**
 - OS101 Orientation and Safety Training (5 hrs)
 - CB100 Core Basic Training (58 hrs)
 - CC401 Mental Health Level 1 Specialty Training (8 hrs)
 - CC402 Dementia Level 1 Specialty Training (8 hrs)
- **HCA Learning Plan 1b - \$714**
 - OS101 Orientation and Safety Training (5 hrs)
 - CB100 Core Basic Training with In-Person Skills Labs (58 hrs)
 - CC401 Mental Health Level 1 Specialty Training (8 hrs)
 - CC402 Dementia Level 1 Specialty Training (8 hrs)
- **HCA Learning Plan 2 - \$553**
 - OS101 Orientation and Safety Training (5 hrs)
 - CB100 Core Basic Training (58 hrs)
 - CC404 Nurse Delegation (9 hrs)
 - CC405 Nurse Delegation Focus on Diabetes (3 hrs)
- **HCA Learning Plan 2b - \$603**
 - OS101 Orientation and Safety Training (5 hrs)
 - CB100 Core Basic Training with In-Person Skills Lab (58 hrs)
 - CC404 Nurse Delegation (9 hrs)
 - CC405 Nurse Delegation Focus on Diabetes (3 hrs)
- **HCA Learning Plan 3 - \$644**
 - CB100 Core Basic Training (58 hrs)
 - CC401 Mental Health Level 1 Specialty Training (8 hrs)
 - CC402 Dementia Level 1 Specialty Training (8 hrs)
- **HCA Learning Plan 3b - \$694**
 - CB100 Core Basic Training with In-Person Skills Lab (58 hrs)
 - CC401 Mental Health Level 1 Specialty Training (8 hrs)
 - CC402 Dementia Level 1 Specialty Training (8 hrs)



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- **HCA Learning Plan 4 - \$533**
 - CB100 Core Basic Training (58 hrs)
 - CC404 Nurse Delegation (9 hrs)
 - CC405 Nurse Delegation Focus on Diabetes (3 hrs)
- **HCA Learning Plan 4b - \$583**
 - CB100 Core Basic Training with In-Person Skills Labs (58 hrs)
 - CC404 Nurse Delegation (9 hrs)
 - CC405 Nurse Delegation Focus on Diabetes (3 hrs)
- **HCA Learning Plan 5 - \$428**
 - OS101 Orientation and Safety Training (5 hrs)
 - CB100 Core Basic Training (58 hrs)
- **HCA Learning Plan 5b - \$478**
 - OS101 Orientation and Safety Training (5 hrs)
 - CB100 Core Basic Training with In-Person Skills Labs (58 hrs)
- **HCA Learning Plan 6 - \$408**
 - CB100 Core Basic Training (58 hrs)
- **HCA Learning Plan 6b - \$458**
 - CB100 Core Basic Training with In-Person Skills Labs (58 hrs)

2.3 Orientation & Safety Training (5 hrs)

We offer OS101 Orientation and Safety Training (5 hrs) at \$20. We will accept Orientation and Safety Training certificates from other DSHS approved trainers to satisfy this requirement.

2.4 Population Specific Training (12 hrs minimum)

You can think of this section as similar to “college electives” as there are a variety of courses you can take to make up your 26-hour minimum requirement. Only certain courses are approved for Population Specific training so be sure to confirm that the course(s) you choose meet this requirement.



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We offer two bundles and three stand-alone Population Specific courses that meet the 12-hour minimum requirements. We will also accept Population Specific certificates from other DSHS approved trainers to satisfy this requirement.

If you have questions about which courses to take for your Population Specific component of this training, be sure to let us know.

- **Population Specific Option 1 - \$236 total**
 - CC401 Dementia Level 1 (8 hrs) - \$118
 - CC402 Mental Health Level 1 (8 hrs) - \$118

This option is suggested for long-term care workers employed through an assisted living facility or an adult family home.

CC401 and CC402 are WA DSHS approved Specialty Education courses and are virtual instructor-led training courses with final exams. To participate you must have a strong internet connection, a webcam, a microphone, and access to a laptop or desktop computer. You will be dismissed from class if you are not visible live via webcam and cannot speak and be heard by microphone. Group work is required in these classes and cannot be done if you cannot be seen and heard.

- **Population Specific Option 2 - \$140 total**
 - CC404 | Nurse Delegation (9 hrs) - \$75
 - CC405 | Nurse Delegation Focus on Diabetes (3 hrs) - \$65

This option is suggested for long-term care workers employed with home care agencies.

CC404 and CC405 are WA DSHS approved and are on-demand (self-paced) eLearning courses with final exams. To participate you must have a strong internet connection.

- **Stand-alone Population Specific courses:**
 - CC406 | Diabetes Level 1 (8 hrs) - \$118
 - This course is intended for long-term care workers (LTCW), home care aides (HCA), nursing assistants (NAR/NAC), registered nurses (RN) and other healthcare professionals who need this

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required training for their HCA training certification and/or support clients with diabetes.

- This course is WA DSHS approved for 8 hours of Diabetes Level 1 Specialty Training, Population Specific Training and Continuing Education credit.
- CC407 | TBI Level 1 (8 hrs) - \$118
 - This course is intended for long-term care workers (LTCW), home care aides (HCA), nursing assistants (NAR/NAC), registered nurses (RN) and other healthcare professionals who need this required training for their HCA training certification and/or support clients living with TBI.
 - This course is WA DSHS approved for 8 hours of TBI level 1 Specialty Training, Population Specific Training and Continuing Education credit.
- CC408 | Substance Use Disorder Level 1 (8 hrs) - \$118
 - This course is intended for long-term care workers (LTCW), home care aides (HCA), nursing assistants (NAR/NAC), registered nurses (RN) and other healthcare professionals who need this required training for their HCA training certification and/or support clients living with substance use disorder.
 - This course is WA DSHS approved for 8 hours of Substance Use Disorder level 1 Specialty Training, Population Specific Training and Continuing Education credit.

2.5 Core Basic Training (58 hours) - \$408

We offer WA DSHS approved Core Basic Training. It is broken into two types of training, online training and skills labs. We will accept Core Basic Training certificates from other DSHS approved trainers to satisfy this requirement.

- **CB100 Core Basic Online Training (38 hours)**
 - CB101 Introduction and The Client (3 hrs) - \$15 (On-Demand eLearning)
 - CB102 Person-Centered Care (3 hrs) - \$15 (On-Demand eLearning)
 - CB103 Communication (3 hrs) - \$15 (On-Demand eLearning)
 - CB104 Client's Rights (3 hrs) - \$15 (On-Demand eLearning)
 - CB105 Caregiver Responsibilities (3 hrs) - \$15 (On-Demand eLearning)
 - CB106 Infection Control (3 hrs) - \$15 (On-Demand eLearning)
 - CB107 Infectious Diseases (3 hrs) - \$15 (On-Demand eLearning)
 - CB108 Mobility + Skin Care (3 hrs) - \$15 (On-Demand eLearning)
 - CB109 Body Care (3 hrs) - \$15 (On-Demand eLearning)

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- CB110 Nutrition (3 hrs) - \$15 (On-Demand eLearning)
- CB111 The Process of Elimination (3 hrs) - \$15 (On-Demand eLearning)
- CB112 Medication + Self-Directed Care (3 hrs) - \$15 (On-Demand eLearning)
- CB113 Self-Care and Grief & Loss (3 hrs) - \$30 (On-Demand eLearning)
- CB114 Review and Final Exam (3 hrs) - \$0 (On-Demand eLearning)
 - The fee for CB114 is included in CB113. This is due to the automatic release of CB114 when all subsequent Core Basic courses are complete.

- **CB200 Core Basic Skills Lab (16 hours) - Virtual Class - \$198**

Core Basic 200 Virtual Skills Labs provides you the opportunity to practice personal care skills in the safety and comfort of your own home at your own pace.

This virtual skills lab course contains video demonstrations of skills, downloadable resources, a student discussion board, and live virtual skills labs support with an instructor. You are required to video record yourself performing skills and upload the video for review by an instructor. The course is designed to be self-paced and should be spread over the duration of your training.

This course is WA DSHS approved for 16 hours of Core Basic training.

- Video Recording Requirements:
 - You are required to video record yourself demonstrating personal care skills and upload them for review by one of our instructors. The videos you submit in this course are confidential. We will not disclose your video to anyone other than the instructors grading your video or the DSHS without your prior written authorization. If you are shy, your face does not need to show in the recording, but we must see you from the shoulders down so we can observe the skill you are performing. Your client's face does not need to show either, except on skills that require a face such as oral care and shaving.
 - You cannot "pretend" to do the skills. You must actually perform the skills using soap and water, etc. You may need to be creative for some of the supplies (such as obtaining a denture), but the skill itself needs to be fully performed or you will be asked to record and submit a new video.

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- Technical Requirements:
 - A video recording device - You can use your smartphone, tablet, or video camera. If you do not have access to a video recording device, ask a friend for help or contact your employer.
 - Skills supplies - Before you start filming, make sure you have everything you need listed on the Skill Supplies List and Procedure Checklist documents (available for download in the course). We will mail you a “Skills Kit” full of things that you might not have around your home to make this a little easier!
 - A friend, family member or coworker to act as a “client” - Some skills will require you to perform a task on a real person. For these skills, you will need to find a helpful friend to act as the “client” for you! **DO NOT use one of your clients for this assignment. Filming of clients is expressly prohibited.**
 - A friend, family member, or coworker to film you on a video recording device - This is optional, but it may make the filming process a little easier. Alternatively, you can set the video recording device on a table or on a stand.
- Learning Goals:
 - In the skills lab, you will not only be shown how to perform the skills tested during the HCA state examination, but you will also have the opportunity to practice the skills at home. The goal of the skills lab is for you to learn and demonstrate the personal care tasks listed on the DSHS HCA Skills Checklist.
- Skills Labs Release of Liability:
 - Cornerstone assumes no liability or responsibility for any injury sustained by a student during a Skills Lab. Students will be expected to practice and perform all skills on the HCA Skills Checklist which include modalities such as bending, squatting, lifting, transferring, etc. Participation in lab sessions and practicing these skills is entirely at your own risk.
- **CB200b Core Basic Skills Lab(16 hours) - In-Person Class - \$248**

Core Basic 200 in-person training provides hands-on training of all personal care skills in an in-person classroom setting. This training is completed over the course of two (2) days, in select locations around the state.



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- In-Person training classes are scheduled and posted on our website 1-2 months in advance. Students can register for their preferred dates online. Cornerstone will process student scheduling requests within 24 business hours (Monday-Friday). After successful registration, students receive an email confirmation and reminders which contain location and timing details.
- After both days of skills training have been completed, attendance will be recorded and the class will show as completed.
- We enforce a strict 48 hour cancellation policy, as we have many students currently on wait lists for lab seats. If a student does not show up or cancel/reschedule their Skills Lab with less than 48 hours notice, there will be a \$100 charge, payable via invoice sent by email.

2.6 Time Sensitive Licensure Information for Home Care Aides:

NOTE: Cornerstone does not manage the HCA licensure process. It is your (the student) and/or your employer's responsibility to manage this process and adhere to the deadlines.

All long-term care workers (LTCWs) hired on or after January 7, 2012, must become certified as a Home Care Aide within 200 days of their date of hire. *Please visit the Department of Health's website for more information about exemptions.*

Washington State WAC I-1163 states if you are currently employed as a caregiver you will have the following deadlines to meet:

- Date of Hire - Begin HCA licensing process! You have a lot to do in the first two weeks you are hired! You need to 1) Complete the HCA licensing application, 2) Complete a DSHS fingerprint-based background check, 3) Pay application fees and testing fees.
- 14 Days from Hire – Deadline to send HCA Application to the Department of Health.
- 120 Days from Hire – Deadline to complete the 75-hr Training Certificate. If not complete, you may no longer have direct contact with residents.
- 200 Days from Hire – Deadline to pass the HCA state examination and become a Certified HCA.
- **NOTE: The HCA State Examination is not offered by Cornerstone. You will arrange your state exam with the WA Dept of Health.** The DOH contracts with a company called Prometric to deliver your state exam. The results of your HCA State Examination are transmitted to the Department of Health. The Department

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of Health will then issue your HCA Certificate. If you do not have your license within 200 days of hire, you may no longer provide care for residents.

- **NOTE: ESL students may apply to the DOH for a provisional certificate which extends the deadline to obtain the HCA certificate to 260 days from date of hire, however, this must be requested at the time of the initial application. You may not request an extension later.**

2.7 Outside Certificate Equivalents

Cornerstone may accept outside certificates from DSHS approved trainers to be applied to our 75-hour course. Our HCA staff reviews all submitted copies of outside certificates. Please allow 24-72 hours for review and approval of all outside certificates.

2.8 Continuing Education Courses

- CE301 Falls and Fall Prevention (1 hr) - \$15
 - Prevent client falls and respond appropriately when they happen.
 - This course is WA DSHS approved for 1 hour of continuing education credit.
- CE302 Assisting a Client Living with Chronic Pain (2 hrs) - \$25
 - Discover techniques for supporting clients who live with chronic pain.
 - This course is WA DSHS approved for 2 hours of continuing education credit.
- CE303 Establishing Trust Through Communication with the Elderly (2 hrs) - \$25
 - Develop effective communication skills for working with long-term clients.
 - This course is WA DSHS approved for 2 hours of continuing education credit.
- CE304 Recognizing Depression in Your Older Client (2 hrs) - \$25
 - Learn how to identify and support clients living with depression.
 - This course is WA DSHS approved for 2 continuing education credits.
- CE305 Back to the Basics of Nutrition (3 hrs) - \$35
 - Identify the basics of good nutrition and benefits of meal planning.
 - This course is WA DSHS approved for 3 continuing education credits.

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- CE306 Isn't Dementia the Same Thing as Alzheimer's? (3 hrs) - \$35
 - Did you know that different types of dementia exist? Learn about 11 different types in this overview of dementia.
 - This course is WA DSHS approved for 3 continuing education credits.
- CE307 The Difference Between Right and Left Sided Strokes (3 hrs) - \$35
 - What is a stroke, its causes, and how does it affect the brain? Get answers to this question, as well as helpful tips for supporting clients with left-brain and right-brain injuries.
 - This course is WA DSHS approved for 3 continuing education credits.
- CE308 First Things First - Taking Care of Yourself (2 hrs) - \$25
 - Discover the importance of self-care for healthcare professionals.
 - This course is WA DSHS approved for 2 continuing education credits.
- CE309 Medication Assistance Training Course (5 hrs) - \$55
 - Explore the caregiver's role in self-directed care for the IP, nurse delegation, administering and assisting medication, and supporting medication for clients living with dementia.
 - This course is WA DSHS approved for 5 continuing education credits.
 - **NOTE: This is not the Nurse Delegation Certification course**
- CE310 Getting Enough ZZZs – The Importance of Sleep (1 hr) - \$15
 - Gain a basic understanding of the science behind sleep, the health benefits of sleep, and senior sleep patterns.
 - This course is WA DSHS approved for 1 continuing education credit.
- CE312 Substance Abuse and Addiction in the Older Client (2 hrs) - \$25
 - Strategies for caregivers supporting older client's living with substance abuse and addiction.
 - This course is WA DSHS approved for 2 continuing education credits.
- CE313 Customer Service Skills (1 hr) - \$15
 - Establish skills for providing outstanding customer service as a healthcare professional.
 - This course is WA DSHS approved for 1 continuing education credit.
- CE314 How to be a Great Team Member (1 hr) - \$15

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- Become an effective and supporting member of a team in a professional healthcare setting.
 - This course is WA DSHS approved for 1 continuing education credit.
- CE315 Care of the Dying (4 hrs) - \$45
 - Get best practices for caring for a dying client in residential care settings (adult family homes, assisted living facilities, residential care facilities, and private homes).
 - This course is WA DSHS approved for 4 continuing education credits.
- CE333 The Power of Positive Thinking CE (1 hr) - \$15
 - Unlock the potential for personal and professional growth through our Continuing Education Course, "The Power of Positive Thinking." In this transformative course, participants will delve into the art and science of cultivating a positive mindset to enhance various aspects of their lives.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE334 Supporting a Client's Diabetic Lifestyle CE (1 hr) - \$15
 - Learn how to effectively support clients in managing their diabetic lifestyle through tailored nutrition and lifestyle strategies in this informative course.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE335 Working with Clients from an Hispanic Culture CE (1 hr) - \$15
 - Discover how 'Working with Clients from a Hispanic Culture' can enhance your cultural competence, empowering you to effectively engage and support Hispanic clients while exploring the rich tapestry of their culture and fostering meaningful connections in a thriving environment of diversity.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE336 Assistive Technology and Our Clients CE (1 hr) - \$15
 - Understand the power of Assistive Technology to empower and enhance the lives of individuals with diverse needs in this transformative course.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.

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- CE337 Working with Clients from a Muslim Culture CE (1 hr) - \$15
 - Discover how 'Working with Clients from a Muslim culture' can enhance your cultural competence, empowering you to effectively engage and support Muslim clients while exploring the rich tapestry of their culture and fostering meaningful connections in a thriving environment of diversity.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE338 Creative Approaches for Assisting with Activities of Daily Living CE (1 hr) - \$15
 - Unlock innovative ways to empower individuals in their daily lives with 'Creative Approaches for Assisting with Activities of Daily Living.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE339 Creating Activities for Seniors and People with Disabilities CE (1 hr) - \$15
 - Inspire joy and connection while enhancing quality of life with 'Creating Activities for Seniors and People with Disabilities,' where creativity knows no bounds.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE340 Viewing Caregiving as a Profession CE (1 hr) - \$15
 - This course focuses on key concepts such as professionalism, personal branding, self-care, and professional development to equip caregivers with the skills and mindset needed for success in their caregiving careers.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE341 Special Diets - Understanding and Implementation CE (1 hr) - \$15
 - This course is designed to provide caregivers with the knowledge and skills necessary to navigate and implement various special diets effectively. This course delves into the different types of special diets, the reasons for their prescription, key components, nutritional implications, and practical tips for seamless integration in professional settings.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
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- CE342 Professional Caregiving CE (1hr) - \$15
 - Discover the profound impact you can have on the lives of others with our Professional Caregiving course. Gain the skills and compassion needed to provide exceptional care, and embark on a rewarding journey of making a difference every day.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE343 Body Mechanics and Back Safety CE (1hr) - \$15
 - Elevate your physical well-being and work with confidence through our Body Mechanics and Back Safety course. Learn essential techniques to protect your back and body, ensuring a healthier, pain-free life both inside and outside the workplace.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE344 Oral Hygiene for Caregivers CE (1hr) - \$15
 - Empower yourself to enhance the oral health and overall well-being of those in your care with our Oral Hygiene for Caregivers course. Learn practical skills and techniques that will bring smiles and comfort to those you serve, promoting a brighter and healthier future for all.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE345 The Importance of Hydration in a Client's Life CE (1hr) - \$15
 - Unlock the secrets to vitality and well-being in our course, "The Importance of Hydration in a Client's Life." Discover how proper hydration can be a source of vitality, health, and happiness, and gain the knowledge to make a positive impact on the lives of those you care for.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE346 Hospice Care Training for Healthcare Professionals CE (1hr) - \$15
 - Embark on a journey of compassion and excellence in our Hospice Care Training for Healthcare Professionals course. Learn how to provide end-of-life care with dignity and empathy, and make a profound difference in the lives of patients and their families during their most vulnerable moments.



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- This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE347 Understanding the Role of the Ombudsman CE (1hr) - \$15
 - Understanding the Role of an Ombudsman equips you with the knowledge and skills to be a champion for residents' rights, ensuring their voices are heard and respected in long-term care settings.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE348 What it Means to be Part of a Caregiving Team CE (1hr) - \$15
 - What it Means to be Part of a Caregiving Team invites you to join a collaborative journey where you'll learn to work seamlessly with fellow caregivers, enhancing the quality of care and support you provide.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE349 Activities for Clients with Upper Body Mobility Impairments CE (1hr) - \$15
 - Activities for Clients with Upper Body Mobility Impairments offers creative solutions to bring joy and engagement to those with mobility challenges, fostering a sense of fulfillment and independence.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE350 Developing Cultural Sensitivity in Long Term Care CE (1hr) - \$15
 - Developing Cultural Sensitivity in Long Term Care empowers you to create an inclusive and culturally competent care environment, where each individual's unique background is celebrated and honored, promoting a sense of belonging and well-being.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE351 Enhancing Well-Being for Clients with Hearing Impairments CE (1hr) - \$15
 - Enhancing Well-Being for Clients with Hearing Impairments empowers caregivers to foster a world of communication and connection, ensuring a rich and fulfilling life for those with hearing challenges.

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- This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE352 Alternatives to Restraints CE (1hr) - \$15
 - Alternatives to Restraints offers innovative approaches to caregiving that prioritize respect and dignity, allowing clients to live with freedom and independence.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE353 Providing Culturally Sensitive Care for Jewish Clients CE (1hr) - \$15
 - Providing Culturally Sensitive Care for Jewish Clients guides caregivers in creating a warm and inclusive environment that respects and honors Jewish traditions and values.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE354 Effective Time Management in Adult Family Homes and Assisted Living Facilities CE (1 hr) - \$15
 - Effective Time Management in AFH & ALF equips caregivers with essential skills to maximize their productivity, ensuring top-notch care while maintaining work-life balance.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE355 Building Positive Relationships with Coworkers in Caregiving CE (1hr) - \$15
 - Building Positive Relationships with Coworkers in Caregiving emphasizes the importance of teamwork, fostering a harmonious and supportive caregiving community.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE356 Working Productively with Family Members of Clients CE (1hr) - \$15
 - Working Productively with Family Members of Clients offers strategies to nurture collaborative relationships with families, ensuring the best possible care outcomes.

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- This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE357 Engaging Activities for Clients with Visual Impairments CE (1hr) - \$15
 - Engaging Activities for Clients with Visual Impairments encourages caregivers to create meaningful and enjoyable experiences for clients with visual challenges, enhancing their quality of life.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE358 Setting Boundaries as a Live-In Caregiver CE (1hr) - \$15
 - Setting Boundaries as a Live-In Caregiver provides valuable insights into maintaining a healthy work-life balance while delivering dedicated care.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE359 Creating Menus and Shopping Lists for Adult Family Homes CE (1hr) - \$15
 - Creating Menus and Shopping Lists for Adult Family Homes guides caregivers in crafting nutritious and delicious meal plans that cater to clients' specific needs.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE360 Caring for a Client with an Amputation CE (1hr) - \$15
 - Caring for a Client with an Amputation equips caregivers with the knowledge and empathy to provide specialized care and support for clients facing this challenge.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE361 Creating a Pleasant Dining Experience in the Adult Family Home CE (1hr) - \$15
 - Creating a Pleasant Dining Experience in the Adult Family Home focuses on transforming mealtimes into enjoyable social occasions, promoting well-being and connection.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.



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- CE363 Understanding Loneliness Risks and Interventions CE (1hr) - \$15
 - Understanding Loneliness: Risks and Interventions empowers caregivers to address the emotional well-being of their clients, fostering a sense of companionship and belonging.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE364 Culturally Appropriate Care for the Client who is Latter Day Saint CE (1hr) - \$15
 - Culturally Appropriate Care for the Client Who is Latter Day Saint emphasizes cultural sensitivity and respect in caregiving, promoting a deep understanding of the Latter Day Saint community.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit
- CE365 Emergency Preparedness for Washington State AFH CE (1 hr) - \$15
 - Emergency Preparedness for Washington State Adult Family Homes ensures caregivers are well-prepared to handle unexpected situations, prioritizing the safety of their clients.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE366 Caring for a Client with Parkinson's Disease: A Guide for Caregivers CE (1hr) - \$15
 - Caring for a Client with Parkinson's Disease: A Guide for Caregivers offers a comprehensive resource for caregivers to provide specialized care and support for clients with Parkinson's.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE367 Identifying Domestic Violence with Clients CE (1 hr) - \$15
 - Identifying Domestic Violence with Clients equips caregivers with the knowledge to recognize and address domestic violence, ensuring the safety and well-being of their clients.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.

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- CE368 Providing Culturally Sensitive Care for the Jehovah's Witness Client CE (1hr) - \$15
 - Providing Culturally Sensitive Care for the Client who is a Jehovah's Witness equips caregivers with the knowledge and respect needed to deliver care that aligns with the unique beliefs and values of Jehovah's Witness clients, fostering trust and understanding.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit
- CE369 Safe Food Supply Storage in Adult Family Homes CE (1hr) - \$15
 - Safe Food Supply Storage in Adult Family Homes ensures caregivers have the essential skills to maintain food safety, safeguarding the health and well-being of residents and promoting a secure and hygienic environment.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE370 Art Therapy and Creative Expression for Seniors CE (1hr) - \$15
 - This course provides caregivers with the skills to use art therapy to improve the well-being of seniors, covering the therapeutic benefits of various artistic forms and the changes associated with aging. Learn to design personalized art therapy sessions, enhance observation and communication skills, and foster an environment for meaningful artistic engagement.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE372 Innovative Care Strategies Enhancing Life in Adult Family Homes CE (1hr) - \$15
 - Innovative Care Strategies Enhancing Life in Adult Family Homes explores creative approaches to caregiving that enrich the lives of residents, promoting a fulfilling and joyful living experience.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE374 The Importance of Comprehensive Client Monitoring CE (1hr) - \$15
 - The Importance of Comprehensive Client Monitoring emphasizes the critical role of continuous monitoring in ensuring the health and safety of clients, leading to proactive care and improved outcomes.

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- This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE375 Safe Food Handling CE (1hr) - \$15
 - Safe Food Supply Storage in Adult Family Homes emphasizes food safety practices, safeguarding clients from potential health risks.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE376 Caring for the Client with Shingles CE (1hr) - \$15
 - Our course on Caring for a Client with Shingles provides caregivers with the expertise and compassion needed to offer effective support and relief to individuals experiencing this condition. You'll gain valuable insights and skills to enhance the comfort and well-being of your clients, helping them on their journey to recovery with confidence and care.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE377 The Joy of Being a Caregiver in an Adult Family Home CE (1hr) - \$15
 - The Joy of Being a Caregiver in an Adult Family Home celebrates the rewarding aspects of caregiving, reminding caregivers of the positive impact they make.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE378 What are Exceptional Bedside Manners in Adult Family Homes CE (1hr) - \$15
 - What are Exceptional Bedside Manners in Adult Family Homes highlights the importance of compassionate and respectful bedside manners in delivering high-quality care.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE379 Cognitive Stimulation Activities for Memory Care in Adult Family Homes CE (1hr) - \$15
 - Cognitive Stimulation Activities for Memory Care in Adult Family Homes provides caregivers with engaging activities that enhance cognitive function and enrich the lives of clients with memory issues.

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- This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE380 Providing Quality Care to Clients with ALS in the Adult Family Home CE (1hr) - \$15
 - Providing Quality Care to Clients with ALS in the Adult Family Home offers specialized care strategies for clients with ALS, ensuring their comfort and well-being.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE382 Caring for the Elderly in Extreme Temperatures CE (1hr) - \$15
 - Caring for the Elderly in Extreme Temperatures equips caregivers with strategies to ensure the well-being of elderly clients in challenging weather conditions.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE383 Supporting Residents with Neurological Disorders CE (1hr) - \$15
 - This course equips caregivers with essential skills and knowledge to provide specialized care for residents with neurological disorders in adult family homes. Dive into understanding disorders, implementing person-centered care, and mastering safety, nutrition, mobility, and emotional support, along with navigating legal, ethical, and collaborative aspects of caregiving.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE390 Understanding Grieving & Supporting Grieving Clients CE (1hr) - \$15
 - This continuing education course is designed to provide caregivers with a comprehensive understanding of the grieving process and the skills needed to support grieving individuals. Participants will gain vital insights into the grieving process, exploring stages, interventions, and resources. Celebrate the crucial role caregivers play in supporting grieving individuals. Enroll to enhance your skills, providing compassionate care that makes a lasting impact.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.



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- CE391 Care Giver Essentials Pain Management Strategies for Our Clients CE (1hr) - \$15
 - Elevate your caregiving skills with our focused pain management course, designed to enhance client comfort and emotional well-being. Learn essential observation, documentation, and culturally sensitive strategies to effectively identify and manage pain, while adhering to Washington State's ethical and legal standards. This course empowers you to provide personalized, compassionate care to diverse populations.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE392 Caring for the Skin of Your Elderly Clients CE (1hr) - \$15
 - Enhance your caregiving skills with our course on elderly skin care, covering crucial practices for managing incontinence, pressure sores, and medication effects on skin. Learn optimal bathing routines, lotion application, and effective monitoring and reporting techniques. Understand the specific responsibilities and scope of practice for HCAs and CNAs in Washington State, ensuring top-quality care for your clients.
 - This course is WA DSHS approved for 1 hour of Continuing Education credit.
- CE393 FOC Module 10 Toileting CE (1.5 hrs) - \$20
 - Learn how to support clients with the process of the elimination of waste products from the human body.
 - This course is WA DSHS approved for 1.5 hours of Continuing Education credit.
- CE394 FOC Module 4 Clients and Their Rights CE (2 hrs) - \$25
 - Explore rights for clients living in residential care settings and the client's own private home.
 - This course is WA DSHS approved for 2 continuing education credits.
- CE395 FOC Module 2 Person-Centered Care CE (2 hrs) - \$25
 - This course provides a comprehensive look at person-centered care methodology and tools. Person-centered care is a philosophy that always puts the client first.

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- This course is WA DSHS approved for 2 hours of Continuing Education credit.
- CE396 FOC Module 3 Communication CE (2 hrs) - \$25
 - Learn how good communication plays an essential role in developing and maintaining a positive relationship with clients and other care team members.
 - This course is WA DSHS approved for 2 hours of Continuing Education credit.
- CE397 FOC Module 5 The Caregiver CE (2 hrs) - \$25
 - Discover the job responsibilities of home care aides.
 - This course is WA DSHS approved for 2 hours of Continuing Education credit.
- CE398 FOC Module 7 Mobility Lesson CE (2 hrs) - \$25
 - This course provides an overview of the basics of medication and self-directed care.
 - This course is WA DSHS approved for 2 hours of Continuing Education credit.
- CE399 FOC Module 6 Infection Control (1.5 hrs) - \$20
 - This course provides a thorough introduction to infections, how they spread and infection control techniques.
 - This course is WA DSHS approved for 1.5 hours of Continuing Education credit.
- CE500 | FOC Module 9 Nutrition and Food Handling CE (2 hrs) - \$25
 - This course provides a comprehensive look at the caregiver's role in supporting client nutrition.
 - This course is WA DSHS approved for 2 hours of Continuing Education credit.
- CE501 | FOC Module 7 Mobility Lesson CE (1.5 hrs) - \$20
 - This course focuses on how to support clients with limited mobility.
 - This course is WA DSHS approved for 1.5 hours of Continuing Education credit.

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- CE502 | FOC Module 8 Skin and Body Care CE (2 hrs) - \$25
 - Skin is a vital organ of the human body. Home Care Aides have an important role in promoting and maintaining a client's skin integrity. There are many things a Home Care Aide can do to help keep a client's skin healthy. Home Care Aides must also routinely observe a client's skin, know the types of problems to look for, and document and report skin problems immediately. Assisting with body care is a very important part of assisting a client to keep their skin and body healthy. Being well-groomed can also be an important mental and physical boost. Home Care Aides may provide assistance with a variety of personal care tasks that support skin and body health. This course will teach the Home Care aid the basics of skin and body care.
 - This course is WA DSHS approved for 2 continuing education credits.
- CEB01 | Cultural Competency CE Bundle (12 hrs) - \$155
 - The "Cultural Competency" bundle offers a comprehensive exploration of providing culturally sensitive care to diverse client populations. This bundle includes training on understanding and appreciating cultural differences, recognizing signs of depression and domestic violence, and establishing trust with clients. This bundle is essential for any healthcare professional seeking to improve their ability to provide compassionate and effective care to all clients.
 - This bundle contains:
 - CE335 | Working with Clients from an Hispanic Culture (1 hr)
 - CE337 | Working with Clients from a Muslim Culture (1 hr)
 - CE353 | Providing Culturally Sensitive Care for Jewish Clients (1 hr)
 - CE350 | Developing Cultural Sensitivity in Long Term Care (1 hr)
 - CE368 | Providing Culturally Sensitive Care for the Jehovah's Witness Client (1 hr)
 - CE364 | Culturally Appropriate Care for the Client who is Latter Day Saint (1 hr)
 - CE304 | Recognizing Depression in Your Older Client (2 hrs)
 - CE303 | Establishing Trust Through Communication with the Elderly (2 hrs)
 - CE367 | Identifying Domestic Violence with Clients (1 hr)
 - CE363 | Understanding Loneliness Risks and Interventions (1 hr)

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- CEB02 | Communication CE Bundle (12 hrs) - \$155
 - The "Communication" bundle equips caregivers with essential skills for effective interaction in various professional and personal settings. Through courses on establishing trust with the elderly, customer service, positive thinking, teamwork, and boundary setting, this bundle enhances communication skills for building positive relationships with clients, coworkers, and family members. It also provides insights into the caregiving team dynamic and the role of the ombudsman.
 - This bundle contains:
 - CE303 | Establishing Trust Through Communication with the Elderly (2 hrs)
 - CE396 | FOC Module 3 Communication CE (2 hrs)
 - CE313 | Customer Service Skills (1 hr)
 - CE333 | The Power of Positive Thinking (1 hr)
 - CE314 | How to be a Great Team Member (1 hr)
 - CE355 | Building Positive Relationships with Coworkers in Caregiving (1 hr)
 - CE356 | Working Productively with Family Members of Clients (1 hr)
 - CE348 | What it Means to be Part of a Caregiving Team (1 hr)
 - CE347 | Understanding the Role of the Ombudsman (1 hr)
 - CE358 | Setting Boundaries as a Live-In Caregiver (1 hr)
- CEB03 | Health & Wellness CE Bundle (12 hrs) - \$155
 - The "Health & Wellness" CE bundle offers a comprehensive approach to promoting well-being for both caregivers and their clients. It covers essential topics like fall prevention, self-care, sleep hygiene, chronic pain management, nutrition, loneliness, and substance abuse in older adults.
 - This bundle contains:
 - CE301 | Falls and Fall Prevention (1 hr)
 - CE308 | First Things First - Taking Care of Yourself (2 hrs)
 - CE310 | Getting Enough ZZZs – The Importance of Sleep (1 hr)
 - CE302 | Assisting a Client Living with Chronic Pain (2 hrs)
 - CE305 | Back to the Basics of Nutrition - 2022 Edition (3 hrs)
 - CE363 | Understanding Loneliness Risks and Interventions (1 hr)

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- CE312 | Substance Abuse and Addiction in the Older Client (2 hrs)
- CEB04 | Nutrition & Food Handling CE Bundle (12 hrs)
 - The "Nutrition & Food Handling" CE bundle equips caregivers with the essential knowledge to provide safe and nutritious meals to their clients. It covers nutritional basics, special diets, food safety, menu planning, hydration, and creating a positive dining atmosphere.
 - This bundle contains:
 - CE305 | Back to the Basics of Nutrition - 2022 Edition (3 hrs)
 - CE500 | FOC Module 9 Nutrition and Food Handling CE (2 hrs)
 - CE341 | Special Diets - Understanding and Implementation (1 hr)
 - CE369 | Safe Food Supply Storage in Adult Family Homes (1 hr)
 - CE359 | Creating Menus and Shopping Lists for Adult Family Homes (1 hr)
 - CE345 | The Importance of Hydration in a Client's Life (1 hr)
 - CE375 | Safe Food Handling (1 hr)
 - CE361 | Creating a Pleasant Dining Experience in the Adult Family Home (1 hr)
 - CE342 | Professional Caregiving (1 hr)
- CEB05 | Advanced Care Techniques CE Bundle (12 hrs) - \$155
 - The "Advanced Care Techniques" CE bundle equips caregivers with specialized knowledge to provide care for clients with complex needs. It covers topics like stroke, pain management, substance abuse, cognitive stimulation, and innovative care strategies, empowering caregivers to enhance the quality of life for their clients.
 - This bundle contains:
 - CE307 | The Difference Between a Right and Left Sided Stroke -2022 Ed. (3 hrs)
 - CE398 | FOC Module 11 Nurse Delegations and Medications CE (2 hrs)
 - CE391 | Caregiver Essentials: Pain Management Strategies for Our Clients (1 hr)
 - CE312 | Substance Abuse and Addiction in the Older Client (2 hrs)
 - CE347 | Understanding the Role of the Ombudsman (1 hr)

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- CE379 | Cognitive Stimulation Activities for Memory Care in Adult Family Homes (1 hr)
- CE372 | Innovative Care Strategies Enhancing Life in Adult Family Homes (1 hr)
- CE380 | Providing Quality Care to Clients with ALS in Adult Family Homes (1 hr)

2.9 Speciality Training Courses

- CC401 Mental Health Level 1 (8 hrs) - \$118
 - This course is intended for long-term care workers (LTCW), home care aides (HCA), nursing assistants (NAR/NAC), registered nurses (RN) and other healthcare professionals who need this required training for their HCA training certification and/or support clients living with dementia.
 - This course is WA DSHS approved for 8 hours of Dementia Specialty Training, Population Specific Training and Continuing Education credit.
- CC402 Dementia Level 1 (8 hrs) - \$118
 - This course is intended for long-term care workers (LTCW), home care aides (HCA), nursing assistants (NAR/NAC), registered nurses (RN) and other healthcare professionals who need this required training for their HCA training certification and/or support client mental health and wellbeing.
 - This course is WA DSHS approved for 8 hours of Mental Health Specialty Training, Population Specific Training and Continuing Education credit.

2.10 Nurse Delegation Training Courses

- CC404 Nurse Delegation (9 hrs) – \$70
 - This course is intended for long-term care workers (LTCW), home care aides (HCA), nursing assistants (NAR/NAC), registered nurses (RN) and other healthcare professionals who need this required training for their HCA training certification and/or need this additional required training to accept nurse-delegated tasks.
 - This course is WA DSHS approved for 9 hours of Nurse Delegation, Population Specific Training and Continuing Education credit.

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- CC405 Nurse Delegation Focus on Diabetes (3 hrs) – \$55
 - This course is intended for long-term care workers (LTCW), home care aides (HCA), nursing assistants (NAR/NAC), registered nurses (RN) and other healthcare professionals who need this required training for their HCA training certification and/or need this additional required training to administer insulin injections under nurse delegation.
 - This course is WA DSHS approved for 3 hours of Nurse Delegation, Population Specific Training and Continuing Education credit.

2.11 Additional Courses

- OS101 Orientation and Safety Training (5 hrs) - \$20
 - WA DSHS required course that must be completed before any long-term care worker (LTCW) can begin working with residents or clients. It is available as part of our HCA Learning Plans or can be purchased as a stand-alone course.
- HV101 HIV/AIDS Training (4 hrs) - \$20
 - This training meets the WA DSHS requirements for 4-hour HIV and Bloodborne Pathogen training.
 - This class is not approved for Continuing Education credits.
 - **NOTE: If you are a Home Care Aid student working on your 75-hour certificate, you do not need to take this course. The curriculum for this class is included in Core Basic Training.**
- IP101 Basic Care for Individual Providers (30 hrs) - \$95
 - This course is specifically for Individual Providers caring for immediate family members through the Medicaid program and have been told they are "out of compliance" by their case manager and have had their "contracts terminated."
- CC403 Adult Education (4 hrs) - \$125
 - Adult Education is a virtual instructor-led training course for instructors seeking approval to teach WA DSHS courses.



2025 Student Handbook & Course Catalog

3. Complaints

This school is licensed under Chapter 28C.10 RCW. Any complaints or concerns should be brought to the attention of the Cornerstone CEO by calling (206) 673-2919 or emailing: contact@cornertonehealthcaretraining.com

Cornerstone has maintained an outstanding reputation in the LTC community since 2010 and we will do everything we can to accommodate you. If you feel that Cornerstone has not satisfactorily addressed your complaint you may contact the Workforce Board, which is our licensing entity, and initiate a formal complaint process.

Inquiries or complaints regarding this private vocational school may be made to the: Workforce Board, 128 10th Ave. SW, Box 43105, Olympia, WA 98504-3105

Website: <https://wtb.wa.gov>

Phone: (360) 709-4600

Email: pvsa@wtb.wa.gov