

Actively-working PAs earn three hours pay for completing most classes

(except for Red Cross classes which instead earn PAs a two-year certification). The full cost of the PA training classes is paid by the SEIU Member Education and Training Center (METC) through our Union contract with the state of Illinois.

CLASSES

■ Bathing and Bed Making

Work with the safest and most efficient techniques that protect a consumer's dignity while making an occupied bed, bathing, and helping with grooming and personal hygiene.

■ Working with a Consumer Who Is Depressed

Recognize the signs of depression and learn how to respond while managing your own emotional reactions.

■ Nutrition and Exercise for People with Physical Disabilities

Apply the latest guidelines on healthy living habits that can improve the lives of people who have disabilities.

■ First Aid and CPR

Learn to recognize and respond to cardiac, breathing and first aid emergencies and to use an Automatic External Defibrillator.

■ Universal Precautions

Protect yourself and your consumer from infection and disease.

■ Body Mechanics and Safe Lifting

Prevent injury with proper body mechanics.

■ Reporting Fraud, Abuse, Neglect, and Exploitation

Identify signs of abuse, neglect, exploitation and fraud and learn what to do if you see the signs.

■ Strengthening Communication Skills

Respond to challenging situations with effective verbal communication skills.

■ Independent Living Philosophy

Understand what the Independent Living Philosophy means to people with disabilities and how it guides our work.

■ Working Effectively with Consumers to Solve Problems

Manage personal and work boundaries and explore ways to present a problem constructively to your consumer-employer.

Need a Refresher? PAs Can Repeat Classes

Actively-working PAs are eligible to retake and be paid for classes twelve months after completing them the first time.

Nonprofit Org.
U.S. Postage
PAID
SEIU Healthcare
Illinois & Indiana



Helen Miller
SEIU
Member Education
& Training Center

2229 S. Halsted Ave.
Chicago, IL 60608



2019-4-PA.Yo

If you are unable to register online,
please call **833-724-5144** to speak
to one of our representatives.

May-June 2019 Chicago Classes



PAID TRAINING for Illinois Personal Assistants!

Take advantage of the paid training
classes available to all Personal
Assistants through our union contract.



Look inside to see May-June
paid training class offerings

If you would like an electronic version
of this class list, please email us at
metcregistration@seiumetc.org

Personal Assistants are an essential part of the healthcare delivery team in Illinois.

Just like other healthcare professionals, we strive for the highest quality care for our consumers.

In addition to higher wages and healthcare benefits, our union contract provides hands-on, paid training classes statewide that help us improve care for people with disabilities and advance our professional development in areas like:

- Life-saving skills,
- Safety protections,
- Time-saving techniques, and
- Strategies for resolving on-the-job problems we may face.

To Register:

1. **Type** - <https://member.seiuhcil.org> into your Internet browser.
2. Click "Sign Up Now".
3. **Type your First Name, Last Name and Member ID.** If you do not know your Member ID number, it is located next to your name on the mailing label or you can call 833-724-5144.
4. **Create a username.** The website will prompt you to create a username, type in a password of your choosing and retype it to confirm.
5. Click "Events". You can either view the events as "list of events" or "event calendar". We recommend "list of events" for easier online registration.
6. **Click on the event you would like to attend.** (For example: DORS METC-Body Mechanics and Safe Lifting-Chicago-Chicago South-1272015.)
7. Click "Next" and you will be prompted to enter your Role. Choose "Registrant".
8. Click "Next" and review all the information before submitting your registration.
9. Click "Submit" after you've double-checked your information. It might take a second to load, but the final screen will confirm your registration details and status.

If you are unable to register online, please call 833-724-5144 to speak to one of our representatives.

Chicago Suburbs

North

Nutrition and Exercise for People with Disabilities

Sat. May 11
10:00am to 1:30pm
Oakton Community College
1600 E. Golf Rd., Des Plaines

South

Bathing and Bed Making

Wed. May 15
5:00pm to 8:30pm
Prairie State College
202 S. Halsted St., Chicago Heights

Nutrition and Exercise for People with Disabilities

Wed. June 5
5:00pm to 8:30pm
Evergreen Park Public Library
9400 S. Troy Ave., Evergreen Park

West

Working with a Consumer Who Is Depressed

Thurs. May 9
5:00pm to 8:30pm
Westchester Public Library
10700 Canterbury St., Westchester

Working Effectively with Consumers to Solve Problems

Wed. June 5
5:00pm to 8:30pm
Bensenville Community Public Library
200 S. Church St., Bensenville

Español

Para registrarse llame al Centro de Recursos para Miembros al **866-933-7348**.

Mecánica Corporal y Levantamiento Seguro

mar. 7 de mayo
5:00pm a 8:30pm
SEIU Office
2229 S. Halsted St.

Cómo Mejorar la Comunicación entre el Asistente Personal y el Cliente

sáb. 15 de junio
10:00am a 1:30pm
Little Village Library
2311 S. Kedzie Ave.

City of Chicago

Downtown

First Aid and CPR

Sat. May 4
9:00am to 3:00pm
SEIU Office
2229 S. Halsted St.

Universal Precautions

Tues. May 14
5:00pm to 8:30pm
SEIU Office
2229 S. Halsted St.

Body Mechanics and Safe Lifting

Wed. May 29
5:00pm to 8:30pm
SEIU Office
2229 S. Halsted St.

Strengthening Communication Skills

Thurs. June 13
5:00pm to 8:30pm
SEIU Office
2229 S. Halsted St.

Working with a Consumer Who Is Depressed

Wed. June 26
5:00pm to 8:30pm
SEIU Office
2229 S. Halsted St.

North

Strengthening Communication Skills

Sat. May 18
10:00am to 1:30pm
Rogers Park Library
6907 N. Clark St.

Body Mechanics and Safe Lifting

Wed. May 22
4:00pm to 7:30pm
Albany Park Library
3401 W. Foster Ave.

Universal Precautions

Wed. June 5
4:00pm to 7:30pm
Humboldt Park Library
1605 N. Troy St.

Working with a Consumer Who Is Depressed

Tues. June 18
4:00pm to 7:30pm
Uptown Library
929 W. Buena Ave.

South

Working Effectively with Consumers to Solve Problems

Wed. May 8
4:00pm to 7:30pm
South Chicago Library
9055 S. Houston Ave.

Universal Precautions

Thurs. May 16
5:00pm to 8:30pm
Woodson Library
9525 S. Halsted St.

Body Mechanics and Safe Lifting

Sat. June 1
10:00am to 1:30pm
Kelly Library
6151 S. Normal Blvd.

Bathing and Bed Making

Wed. June 12
4:00pm to 7:30pm
Wrightwood-Ashburn Library
8530 S. Kedzie Ave.

Body Mechanics and Safe Lifting

Sat. June 22
9:30am to 1:00pm
Archer Heights Library
5055 S. Archer Ave.

Working with a Consumer Who Is Depressed

Tues. June 25
4:00pm to 7:30pm
Brainerd Library
1350 W. 89th St.

West

Bathing and Bed Making

Sat. May 4
10:00am to 1:30pm
Austin Library
5615 W. Race Ave.

Nutrition and Exercise for People with Disabilities

Sat. May 18
10:00am to 1:30pm
Toman Library
2708 S. Pulaski Rd.

Strengthening Communication Skills

Wed. June 19
4:00pm to 7:30pm
Manning Library
6 South Hoyne Ave.