

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



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 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.

Central Illinois

Charleston

Working with a Consumer Who Is Depressed
Tues. May 14
4:00pm to 7:30pm
Charleston Public Library
712 6th St.

Danville

Working Effectively with Consumers to Solve Problems
Thurs. June 13
4:00pm to 7:30pm
Danville Public Library
319 N. Vermillion St.

Jacksonville

Body Mechanics and Safe Lifting
Sat. June 15
10:00am to 1:30pm
Jacksonville Center for Independent Living
15 Permac Rd.

Mattoon

Nutrition and Exercise for People with Disabilities
Sat. May 18
10:30am to 2:00pm
Mattoon Public Library
1600 Charleston Ave.

Peoria

Universal Precautions
Tues. May 28
4:00pm to 7:30pm
Peoria Library
Lincoln Branch
1312 W. Lincoln Ave.

First Aid and CPR

Sat. June 8
10:00am to 1:30pm
Peoria Public Library
Main Branch
107 NE Monroe

Springfield

Bathing and Bed Making
Thurs. June 20
5:00pm to 8:30pm
SEIU Office
701 S. Second St

Southern Illinois

Metro East

Working Effectively with Consumers to Solve Problems
Wed. May 22
4:00pm to 7:30pm
Fairview Heights Library
10017 Bunkum Rd.

Universal Precautions

Wed. May 29
5:00pm to 8:30pm
IMPACT CIL
2751 E. Broadway, Alton

Harrisburg

Body Mechanics and Safe Lifting
Wed. June 26
4:00pm to 7:30pm
Harrisburg Public Library
2 W. Walnut St

Herrin

Strengthening Communication Skills
Wed. June 19
3:00pm to 6:30pm
Herrin City Central Library
120 N. 13th St.

Marion

Strengthening Communication Skills
Sat. May 11
10:00am to 1:30pm
Marion Carnegie Library
206 S. Market St.

Olney

Bathing and Bed Making
Sat. June 1
10:30am to 2:00pm
Olney Public Library
400 W. Main St.

Northern Illinois

Aurora

Working Effectively with Consumers to Solve Problems
Tues. June 11
4:00pm to 7:30pm
Aurora Public Library
555 S. Eola Rd.

DeKalb

Working Effectively with Consumers to Solve Problems
Thurs. May 9
5:00pm to 8:30pm
DeKalb Public Library
309 Oak St.

Downers Grove

Working with a Consumer Who Is Depressed
Thurs. June 27
4:00pm to 7:30pm
Achieving Independence and Mobility Center (AIM)
3130 Finley Rd.

Galesburg

Bathing and Bed Making
Wed. May 15
4:00pm to 7:30pm
Galesburg Public Library
40 E. Simmons St.

Joliet

Strengthening Communication Skills
Tues. May 28
5:00pm to 8:30pm
Disability Resource Center
77 N. 129th Infantry Dr.

Kankakee

First Aid and CPR
Sat. June 15
9:00am to 3:30pm
Kankakee Public Library
201 E. Merchant St.

Rockford

Nutrition and Exercise for People with Disabilities
Thurs. May 23
4:00pm to 7:30pm
Rockford Public Library,
Montague Branch
1238 S. Winnebago St.

Body Mechanics and Safe Lifting

Sat. June 8
10:00am to 1:30pm
SEIU Office
4920 E. State

Sycamore

Universal Precautions
Sat. May 11
10:00am to 1:30pm
Sycamore Public Library
103 E. State St.

Bathing and Bed Making

Tues. June 4
4:00pm to 7:30pm
Waukegan Public Library
128 N. County St.