COLLEGE OF
THE ROCKIES

AAAC – Activity Assistant Associate Certificate

Health and Human Services

Effective Term & Year: Fall 2024
Program Outline Review Date: 2029-03-01

Program Area: Health

Description:

The Activity Assistant program provides students with opportunities to develop the knowledge, skills, and values necessary to plan and implement individual and group activities for older adults in intermediate and extended care facilities and community settings. Students are introduced to activity as a part of life that influences, and is influenced by health, age, interests, values, environment, and cultural perspective. The program will provide students with the concepts and practical skills to program activities for clients with cognitive and physical challenges.

This program is designed to provide post-graduate education for individuals with previous health care education and experience (i.e Health Care Assistant, Resident Care Aide, Community Support Worker, Licensed Practical Nurse, Registered Nurse). This program is delivered online over a four-month period, allowing most students to continue working while completing the program. Upon completion, you will be qualified to work as an activity assistant, under the supervision of an appropriate health care professional, in facility and community care settings such as adult day programs, assisted living, long-term care, and seniors' centres. Common job description titles include activity assistant, activity aide, recreation assistant, and recreation worker.

Program Information:

Practicum 114 site examples: Long Term Care, Extended Care, Adult Day Program, Acute, Home or Community Care. For students working in settings where Activity Assistants are employed, consideration may be given on an individual basis and with approval of instructor and student's workplace supervisor, to gain an acceptable variety of experience during their work schedule.

Credentials Granted:

The Associate certificate is awarded after successful completion of three online theory courses and one face-to-face practicum course is completed at a selected site.

Delivery Methods: Online, Practicum/Work Placement

Credits: 12

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	90
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	120 On-the-job Experience
Co-op/Work Experience	
Other	
Total	210

Admission Requirements:

- Complete all of the following
    - Graduation from a recognized institution in health care assistant, or equivalent, rehabilitation aide, kinesiology, paramedicine, or nursing. Other health related education or experience will be considered.
    - Applicants whose first language is not English will be required to meet the College of the Rockies English Language Proficiency Standard as per policy 2.1.2

Non-Academic Admission Requirements:

Criminal Record Check (CRC) through the Ministry of Public Safety and Solicitor General

Notice of Collection, Use and Disclosure Agreement

Practicum Requirements:

- CPR Level C certification, current for the duration of the program. Acceptable CPR courses must include a face-to-face component and may be combined with a first aid course
- One of the following first aid certifications:

  - St. John Ambulance Standard First Aid Workplace Emergency First Aid
  - St. John Ambulance Emergency First Aid Red Cross Standard First Aid
  - Lifesaving Society Emergency First Aid Emergency Medical Responder
  - Lifesaving Standard First Aid Primary Care Paramedic
  - Occupational First Aid Level 1, 2 or 3 Advanced Care Paramedic
  - Red Cross Emergency First Aid BC Critical Care Paramedic

- FOODSAFE Level 1 certificate
- BCCDC Immunizations for BC Health Care Workers
- Annual influenza immunization
- Negative TB testing result (must be completed no earlier than 8 months before beginning of practicum.
- COVID-19 Vaccinations
- Computer literacy is recommended

Program Completion Requirements:

- Completed the following:
  - AAP111 – Framework for the Activity Assistant Role (1)
  - AAP112 – Activity for Well Being (2)
  - AAP113 – Programming Activities for Clients with Dementia (3)
  - AAP114 – Practicum (6)

Grand Total Credits: 12

Program Completion Requirements Notes:

A grade of COM or NCG is used for AAP 114.

Program Learning Outcomes:

Upon successful completion of the program, students will be able to

- **Holistic Wellness Understanding**: Develop a comprehensive understanding of the multifaceted nature of wellness, including social, cognitive, emotional, physical, and spiritual aspects. Emphasize the impact of activity participation in achieving overall well-being through opportunities for social connection, community inclusion, emotional expression, and developing one's sense of purpose, regardless of cognitive or physical decline.

- **Client-Centered Program Development:** Gain skills in creating and implementing

personalized activity plans that reflect individual client needs, preferences, and backgrounds. Focus on a client-centered approach, utilizing assessments to tailor activities, and adapting to the evolving needs of clients, particularly those with cognitive and physical impairments.

- **Effective Communication and Engagement:** Learn to effectively communicate and interact with individuals experiencing cognitive impairments, such as dementia, understanding their unique needs and how to engage them meaningfully in activities. Develop the ability to use environmental cues and appropriate interaction techniques to enhance participation and well-being.

- **Collaborative Practice and Documentation:** Understand the role of the Activity Assistant within an interdisciplinary care team, and develop skills in maintaining accurate, detailed documentation to support client-centered care and collaboration. Learn to conduct program evaluations and monitor participant progress to continually assess and improve program effectiveness.

Prior Learning and Recognition: No

Program Transfer Credit:

For information about block transfer agreements between programs in British Columbia, Alberta, and elsewhere, please visit http://www.cotr.bc.ca/transfer.

To minimize transfer issues, check with an academic advisor at the institution that will receive the transfer credits.

Academic Policies:

College of the Rockies policies related to courses can be found at https://cotr.bc.ca/about-us/college-policies/ and include the following:

- Policy 2.1.4 Course Audit
- Policy 2.4.1 Credential Framework
- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Rights, Responsibilities and Conduct
- Policy 2.4.8 Academic Performance
- Policy 2.4.9 Student Feedback and Concerns
- Policy 2.4.11 Storage of Academic Works
- Policy 2.5.3 Student Appeal

- Policy 2.5.5 Prior Learning Assessment and Recognition (PLAR)

Program Changes:

Information contained in this program outline is correct at the time of publication. Courses and course content may be revised from time to time based on changing educational, employment and marketing needs. The timetable may also be revised.

Course Descriptions: Refer to Course Outlines – https://outlines.cotr.bc.ca/course/