

Employee Work Group Building Health Promotion into the Job of Home Care Aidesⁱ

Project Goals:

- Train home care aides to deliver a physical activity program to their home care clients as part of their regular home care work and examine whether and how the program enhances workers' own physical activity.

What is the significance of this work?

- Ironically, those who care for older Americans with disabilities on their job lack opportunities to receive health promotion programs due to limited resources and time.
- Caregiving jobs are among the fastest growing occupations in the United States. Home care aides, also called personal care assistants, are projected to add more new jobs than any occupation by 2024 according to the Department of Labor statistics.

Who benefits from this work?

- Hard to reach workers whose "workplace" is their client's home.
- Home care or other providers of long-term services and support (LTSS) who may lack resources or incentives to provide workplace health promotion programs.
- Federal, state or local agencies that administer LTSS programs.

What is the public health impact of this work?

- Inform strategies to bring health promotion to workers in caring jobs who lack access to traditional workplace health promotion programs.

What is the added value of this work?

- Contribute to the knowledge gap on effective strategies for promoting health among workers who provide services for low wages or under unstable employment conditions.

What is innovative about this work or these results?

- Innovative health promotion model for home care aides: building health promotion into their job.
- Focus on a health promotion intervention that helps align interests of (1) employers and public or private agencies who focus on the health and well-being of their clients and (2) workers who serve those clients.
- Tap into underutilized and underappreciated capacities of home care aides to promote the health of their clients and themselves.

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