



Caregiving in Action turns one!

Thank you for reading, sharing, and being part of this community.



If you have a tip to share, email it to caregiver.careers.

Supporting Caregivers Across Washington

Our caregiver support work from the Workforce Development team has been funded by the federal Money Follows the Person grant. The funding for this team is ending soon. As we plan for the future and the growing caregiver workforce shortages, we welcome ideas from partners and communities about how to keep caregiver recruitment, retention, and support going.

The **Workforce Development team** helps people enter and grow in the caregiving field. The team is led by our Workforce Development Unit Manager, who supports staff and guides our work across Washington through extensive collaboration with community partners

Our **Workforce Navigators** help people who want to become caregivers. They explain training steps, certification rules, and job options. Navigators meet people where they are and give one-on-one support to anyone who wants to start a caregiving career. They also support current caregivers and those wanting to return to the field of caregiving.

Our **High School Home Care Aide Liaison** works with high schools to start the Home Care Aide training program and supports schools that already offer it. Students learn hands-on caregiving skills, earn CTE credit, and explore health careers early.

Our **Management Analyst** tracks data and looks for trends, so we understand what caregivers need. This role also supports contracting to make sure our work follows state rules.

Together, we help build a strong, supported and valued caregiving workforce that enables older adults and people with disabilities to remain in their homes and communities.

“You care for others every day — remember that your well being deserves care too.”

One important tip for new caregivers is to understand that being a caregiver takes a lot of patience, care, and understanding the individuals we care for.

– Eunice Z

When I was new to Caregiving, the biggest challenge was managing the daily schedule without feeling overwhelmed. What helped me the most was creating a visual, predictable daily routine.

I started tracking the times of day when my client had most energetic tasks, like bathing or doctor visits during those windows. This small adjustment reduced anxiety of both of us and made our days run much smoother.

– Mariette J

It helps to keep in mind that elders like routines, not change. You can't try to re-arrange the house, and things of this nature.

– Teri D

Activities for People Living with Alzheimer's

Have an activity you love? Email it to caregivercareersww@dshs.wa.gov and help other caregivers find ideas that bring joy and connection.

Music time

Play favorite songs, hum together, or tap to the beat. Music often brings joy and memories even when words are hard.

Sorting items

Sort buttons, cards, towels, or colored objects. It feels purposeful and calming.

Simple art

Try coloring, painting with water, or using stickers. No right or wrong way to do it.

Fold laundry

Towels or washcloths are perfect. Many people enjoy the familiar motion.

Look at photos

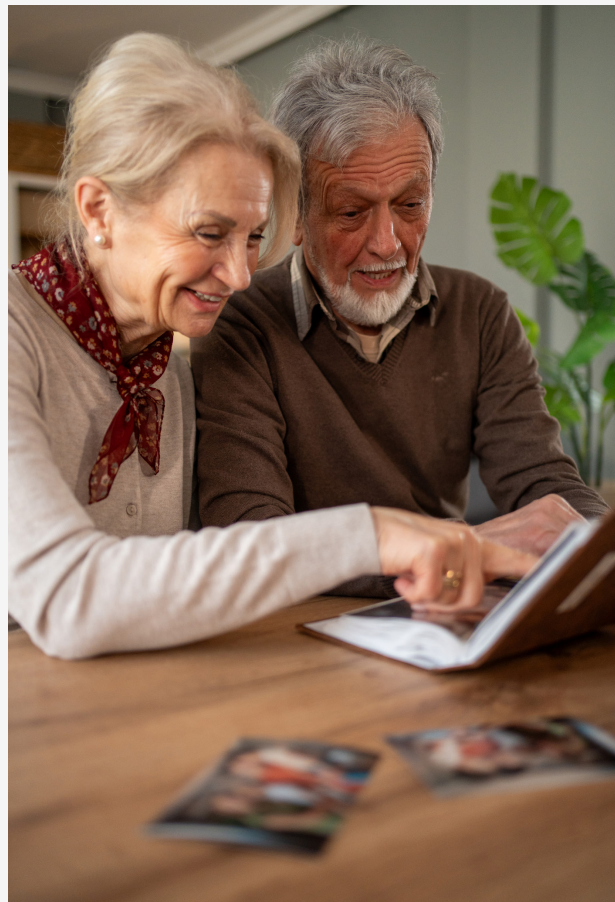
Flip through old pictures or simple photo books. Let them lead the conversation.

Hand massage

A gentle lotion hand rub can be soothing and builds connection.

Puzzles or matching games

Use large-piece puzzles or simple matching cards.



Helpful Links for Washington Caregivers

[Report Concerns Involving Vulnerable Adults](#)

For Individual Providers:

Website: [Consumer Direct Care Network Washington](#)

Phone number: 866-214-9899, Mon-Fri: 7am-7pm

Text: 877-532-8568, Mon-Fri: 8am-5pm

Email: InfoCDWA@ConsumerDirectCare.com

HCA Certification:

Website: [Home Care Aide | DOH](#)

Phone: 360-236-4700

Email: hmccreview@doh.wa.gov

HCA Exam Information:

Prometric Website: [Washington State Department of Health Home Care Aide Exam](#)

Phone: 1-800-324-4689

HCA Renewal information:

Website: [Renewals | DOH](#)

NAC Certification:

Website: [Nursing Assistant | DOH](#)

Phone: 360-236-4700

NAC Renewal information:

Website: [Renewals | DOH](#)

For SEIU775 Union Members:

Website: <https://seiu775benefitsgroup.org/>

Contact Member Resource Center: 1-866-371-3200

Email: mrc@myseiubenefits.org