**Personal Care Training videos**

Assisting with personal hygiene and grooming DVD (2:19 min.) <https://www.youtube.com/watch?v=EFXF97oN8jU>

Perineal care female CNA State Cassandra McLaren AZMT 27 skill videos (2:19 min) <https://www.youtube.com/watch?v=8JdtbrVqg4g&list=PLmgQR8cSZqiCIq1Qsr5Ju7jjOi6ziAiV1>

**Search AZMT CNA training** on Youtube for the full playlist of 42 videos by Arizona Medical Training Institute and watch the ones you are interested in.

Ch. 4: Bathing & Dressing (Caregiver College Video Series) (6:29 min.)

<https://www.youtube.com/watch?v=lvQtjY3-bcE&index=3&list=PLU_KnOsxT5KkdqzXfddMWTGm9aVMLer8A>

**Search Caregiver College** Video on Youtube for the full playlist of 8 videos by Family Caregiver Alliance.

Caregiver College: Introduction to Video Series (1:27 min.)

Ch. 1: Transfer Skills (6:20 min.)

Ch. 2: Nutrition (6:54 min.)

Ch. 3: Dental Care (6:43 min.)

Ch. 4: Bathing & Dressing (6:30)

Ch. 5: Toileting & Incontinence (4:45 min.)

Ch. 6: Behavioral Issues (7:19 min.)

Ch. 7: Self-Care (5:40 min.)

Safe Moving and Handling for Caregivers (42:54 min.)

<https://www.youtube.com/watch?v=k4nFZqqjqT0>

For an overview of some PCA roles:

Dementia Care in the Care Home by BVS Trg (2:19 min.)

<https://www.youtube.com/watch?v=yd99oJxBFPA&list=PLvSJflxRmp1NMQuJrm4AU5mJquWA8hzTr&index=2>

Health Care, Home Care, and Hospice Video (2:09 min)

<https://www.youtube.com/watch?v=PIU2SLOjYOk&list=PLvSJflxRmp1NMQuJrm4AU5mJquWA8hzTr>