

For over 50 years, Young at Heart (YAH) has been a part of Sweetwater County. Opening in 1973, we resided downtown until 2009, when we moved to our current location on Reagan Avenue. Expanding our services, Young at Heart now serves over 1,200 seniors a year between communal meals, home-delivered meals, center activities, and services through In-Home Services and Home Health, along with over 100 children who are enrolled in the Early Learning Center.

For full-time employees, here are a few of the benefits we offer after 90 days:

- Employer pays 80% of the employees' health insurance cost
- Dental, vision, Aflac, and life insurance coverage
- Simple IRA with employer match of the first 3%

Paid time off accrues from the start of the employees' first shift and can be used after 30 days.

Be part of the place built for the young and the young at heart.

Position Summary

The Home-Health Services Certified Nursing Assistant (CNA) provides compassionate personal care and supportive services that enable older adults and individuals with disabilities to safely remain in their homes. Services are provided according to each patient's individualized care plan including communication with patient's family, staff, primary medical doctor, and emergency contact.

The Rock Springs Young at Heart (YAH) accepts patients from Rock Springs, North Rock Springs, Reliance, Green River, and Jamestown. During the course of the workday, it is possible for the Home Health CNA to travel across these communities. The workday for this position is Monday through Friday, 8am to 5pm, but has the opportunity to offer some schedule flexibility depending on patients.

Reports to: Home Health Services Director

Pay: \$18 per hour

Essential Responsibilities

Personal Care Services

Provide personal care services according to each patient's individualized care plan, including but not limited to:

- Assist with bathing, including tub and shower bathing.
- Assist with grooming, hair care, skin care, and oral hygiene.

- Assist with dressing and personal hygiene.
- Assist with ambulation and mobility.
- Assist with transfers, repositioning, and bed/chair positioning.
- Assist with eating and hydration as needed.

Household Support Services

Provide approved supportive services that promote patient safety and independence, including but not limited to:

- Light housekeeping.
- Laundry and changing bed linens.
- Meal planning and meal preparation.
- Dishwashing and kitchen clean-up.
- Grocery shopping and essential errands.
- Trash removal and maintaining a safe home environment.

Patients Care & Observation

- Follow each patient's individualized care plan.
- Encourage patient independence while providing appropriate assistance.
- Observe and promptly report changes in patient condition, safety concerns, or unusual circumstances to the supervisor.
- Maintain professional boundaries while providing compassionate care.
- Respond appropriately to emergencies by contacting emergency services when necessary and notifying the supervisor.

Documentation & Communication

- Complete required documentation accurately and timely.
- Maintain work schedules, visit documentation, and time records.
- Communicate effectively with patients, families, supervisors, and healthcare providers as appropriate.
- Maintain confidentiality of all patient and organizational information in accordance with HIPAA and agency policies.

Team Responsibilities

- Attend required staff meetings and training.
- Participate in quality improvement activities.
- Participate in continuing education as required.
- Support fundraising events and community activities as requested.
- Perform other duties as assigned.

Qualifications

Education & Experience

- High school diploma or equivalent required.
- Current Wyoming Certified Nursing Assistant (CAN) certification in good standing.
- Home Health Aid certification is preferred.
- Current CPR card or receive a CPR card within six (6) months from date of hire.
- Valid Wyoming driver's license and reliable transportation.
- One year of caregiving experience is preferred.

Knowledge & Skills

- Knowledge of personal care techniques and activities of daily living.
- Ability to safely assist with transfers, mobility, and positioning.
- Knowledge of infection prevention and standard precautions.
- Excellent interpersonal and communication skills.
- Ability to work independently in patients' homes.
- Strong organizational and time management skills.
- Ability to recognize and report changes in patient condition.
- Ability to maintain professional boundaries and patient confidentiality.

Work Schedule & Expectations

- Part-time or full-time, depending on departmental needs.

Physical Requirements

- Ability to stand, walk, bend, kneel, reach, and climb stairs throughout the workday.
- Ability to frequently lift, transfer, push, and pull up to 50 pounds with reasonable accommodation when appropriate.
- Ability to assist patients with mobility and activities of daily living.
- Ability to safely operate a motor vehicle and travel between patient homes.
- Ability to work in a variety of home environments.

Additional Requirements

- Must maintain current CNA certification throughout employment.
- Must maintain CPR certification.
- Maintain reliable transportation and required automobile insurance.
- Successfully complete all required background checks and training.
- Successfully pass initial drug test and any subsequent testing.

- Must comply with the Young at Heart Employee Handbook.

Mission Commitment

This position is expected to demonstrate a strong commitment to the mission, values, and dignity of the community they serve.

To apply, please submit a cover letter, résumé, and three professional references to admin@yahsc.org. Applications will be reviewed on a rolling basis, and the position will remain open until filled. Incomplete applications will not be considered.