

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 In-Home Services Certified Nursing Assistant (CNA) provides supportive in-home care that enables eligible participants to remain safe, comfortable, and independent in their homes. Services are provided according to each participant's individualized care plan and may include light housekeeping, meal preparation, respite care, errands, and other approved supportive services while maintaining the highest standards of professionalism, safety, and compassionate care.

The Rock Springs Young at Heart (YAH) accepts eligible participants from Rock Springs, North Rock Springs, Reliance, Green River, and Jamestown. During the course of the workday, it is possible for the In-Home Services CNA to travel across these communities. The workday for this position is Monday through Friday 8am to 4pm but has the opportunity to offer some schedule flexibility depending on participants.

Reports to: In-Home Services Supervisor

Pay: \$18 per hour

Essential Responsibilities

Participant Support Services

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

- Assist with personal care such as: bathing (tub, shower, or sponge bath), hair care, grooming, oral hygiene, and other such services as related to the care plan.
- Provide light housekeeping, including sweeping, mopping, dusting, cleaning bathrooms and kitchens, and emptying trash.
- Change bed linens and maintain a clean, safe living environment.
- Prepare meals and assist with kitchen cleanup, including washing dishes.
- Provide respite care for family caregivers as authorized.
- Assist participants with approved errands and other supportive services.
- Assist participants with household organization and daily activities that promote independence.
- Perform other participant services as assigned within the scope of the participant's care plan.

Participant Safety & Communication

- Observe participants for changes in condition, safety concerns, or unusual situations and report them promptly to the supervisor.
- Respond appropriately to emergency situations by contacting 911 when necessary and notifying the supervisor immediately.
- Maintain professional boundaries and confidentiality.
- Communicate respectfully with participants, families, and coworkers.

Documentation & Scheduling

- Maintain accurate work schedules, time sheets, and time clock entries.
- Complete required documentation according to department policies and procedures.
- Report completed visits and any service concerns promptly.

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 safe caregiving practices and participant assistance techniques.
- Excellent interpersonal and communication skills.
- Ability to work independently in participants' homes.
- Strong organizational and time management skills.
- Ability to recognize and report changes in participant condition.
- Ability to maintain professional boundaries and participant confidentiality.
- Ability to recognize emergency situations and respond appropriately.

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 participants with mobility and activities of daily living.
- Ability to safely operate a motor vehicle and travel between participant 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.