



Personal Support Worker (PSW) Program Outline

Program Details

The **Personal Support Worker (PSW)** Certificate Program at **Prime International College** provides students with the knowledge, skills, and hands-on experience required to excel in Ontario's healthcare sector.

Our curriculum focuses on the latest care techniques, safety standards, and person-centred practices used in Canadian healthcare environments. Through in-person training and supervised clinical experience, students learn to meet the emotional, social, and physical needs of individuals in their care while promoting dignity, independence, and quality of life.

Admission Requirements

- High School Diploma or equivalent
- Minimum 18 years of age
- Proficiency in English
- Clear Vulnerable Sector Police Check
- Proof of Immunization and Medical Clearance

**Meeting minimum requirements does not guarantee admission. Seats are limited and subject to program availability.*

Employment Profile

Graduates of the **PSW Program** are trained to deliver safe, compassionate, and high-quality support to clients across healthcare settings. They are skilled in assisting with activities of daily living, monitoring vital signs, maintaining safety and hygiene, and supporting emotional well-being.

Strong communication, empathy, and professionalism enable our graduates to build trust and provide exceptional client care in all settings.

Graduates from Prime International College are also equipped with the confidence and adaptability to work in diverse care environments, from hospitals and long-term care homes to private residences and community agencies.

Career Opportunities

The PSW program prepares students for diverse and rewarding roles, such as:

- Hospital Support Worker
- Community Support Worker
- Rehabilitation Assistant
- Hospice / Palliative Care Provider
- Home Support Worker
- Respite Care Provider

Graduate Satisfaction:	95%
Annual Salary Range:	\$52,000 – \$66,000
Hourly Rate:	\$25 – \$32 per hour

**Based on JobBank.gc.ca, NOC 44101)*

Program Duration

Total Program Hours	Program Length
700 Hours	26 Weeks (Approx.)

Program Delivery

The **Personal Support Worker Program** at **Prime International College** is delivered entirely in-person, combining theory, lab practice, and supervised clinical placements.

The curriculum, developed by the **National Association of Career Colleges (NACC)**, aligns with industry standards and Ministry requirements. It is periodically reviewed and updated to ensure ongoing relevance and quality.

Program Summary

This section provides a summary of total instructional hours, delivery format, and percentage weight for each component.

It offers a clear overview of the PSW Program structure for reference by the Ministry and accrediting bodies.

Type of Learning	Total Hours	Delivery Format	% Weight
Theory	400 Hours	In-Person	57.15%
Practicum	300 Hours	In-Person	42.85%
Total	700 Hours	In-Person	100%



Program Outline

Our comprehensive curriculum combines theory, lab practice, and real-world experience to ensure you graduate ready for employment.

Fundamentals of Personal Support Work

Learn the foundations of care, client rights, and the PSW's professional role within Ontario's healthcare system.

Health, Safety, and Infection Control

Master safe work practices, body mechanics, and infection-prevention techniques used in hospitals and care facilities.

Human Development and Aging

Understand how physical, cognitive, and emotional changes affect individuals across the lifespan.

Communication and Interpersonal Skills

Develop strong communication and teamwork skills essential for building trust with clients and colleagues.

Cognitive and Mental Health Support

Gain practical strategies to assist clients experiencing cognitive decline, dementia, or mental health challenges.

Nutrition and Meal Preparation

Learn to plan and prepare meals that meet dietary needs and promote overall health.

Assisting with Mobility and Daily Living

Practice safe transferring, positioning, and assisting clients with personal care and hygiene routines.

Palliative and End-of-Life Care

Provide compassionate care and emotional support to clients and families during end-of-life situations.

Professional Practice and Documentation

Develop accuracy and professionalism in reporting, documentation, and ethical decision-making.

Field Practicum

Apply your classroom learning through supervised training in real healthcare settings, gaining valuable on-the-job experience.

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List of Subjects and Time Allocation

#	Subject	Instruction Hours	Delivery Format
1	PSW Foundations	55	In-Person
2	Safety and Mobility	40	In-Person
3	Body Systems	40	In-Person
4	Assisting with Personal Hygiene	30	In-Person
5	Abuse and Neglect	15	In-Person
6	Household Management, Nutrition and Hydration	25	In-Person
7	Care Planning, Restorative Care, Documentation, Working in the Community	30	In-Person
8	Assisting the Family, Growth and Development	25	In-Person
9	Assisting the Dying Person	30	In-Person
10	Assisting with Medication	20	In-Person
11	Cognitive and Mental Health Issues and Brain Injuries	40	In-Person
12	Health Conditions	40	In-Person
13	Gentle Persuasive Approaches in Dementia Care	10	In-Person
14	Clinical Placement (Facility)	200	In-Person
15	Clinical Placement (Community)	100	In-Person

Total Program Hours: 700

Important Notes

- The order of courses may vary based on scheduling.
- All required textbooks, learning materials, and certifications are included in tuition fees.
- The college may update or revise course content, delivery sequence, or instructional materials to maintain compliance with **NACC** and **Ministry standards**.
- Continuous improvement initiatives ensure program quality through new technologies, modernized labs, and up-to-date healthcare practice.

Summary

The **Personal Support Worker Program** at **Prime International College** offers a fully in-person learning experience that bridges classroom theory with practical, real-world training. Students graduate with the competence, confidence, and compassion needed to provide exceptional care in Ontario's growing healthcare industry.