Home health aides are one of the fastest growing jobs in New York City. With more education, home health aides can move into many other types of jobs in health care.

**WHAT IS A HOME HEALTH AIDE (HHA)?**
Home Health Aides (HHAs) primarily take care of people in the places where they live. This care allows people to stay in their own homes, which many older people and their families like.
- HHAs help clients with activities like getting dressed, bathing, using the toilet and making meals.
- They may also help with laundry, changing linens, vacuuming and washing the dishes.
- Under the supervision of nurses, they check the client’s heart rate, blood pressure, breathing and temperature. They also perform other medically-related tasks.

**WHO LIKES TO WORK AS A HOME HEALTH AIDE?**
People who like this work:
- Have patience, compassion and care about the well-being of others.
- Like helping people and do not mind working with different types of people.
- Can deal with sickness and bodily functions.

**WHAT TYPES OF ORGANIZATIONS DO HOME HEALTH AIDES WORK FOR?**
Most HHAs work for licensed home care agencies.
- These agencies coordinate basic health and personal care services for their clients, who are usually elderly people or people with disabilities who live at home.
- These agencies assign each HHA to care for one or more clients.

**WHAT KIND OF PAY AND HOURS ARE INVOLVED IN THIS TYPE OF WORK?**
Home health aides might work full-time or part-time.
- People with more experience and people who work for larger, stable agencies with a big client base often work more hours.
- HHAs may work short shifts, longer shifts, or a combination. Work is mostly in the mornings and evenings. They work on weekends. HHAs may have to travel around the City.
- Pay for HHAs in NYC is at least $10/hour and HHAs are entitled to paid leave and employer-sponsored benefits (like health insurance). Some agencies may pay more.
- In NYC, most home health aides are covered by union agreements, which can often mean better pay or other benefits.

**HOW CAN I BECOME A HOME HEALTH AIDE?**
In order to get a job, you must have a Home Health Aide certificate.
- To obtain this certificate, you must complete a New York State-approved training program, which takes at least 75 hours and includes 16 hours in a home-like setting where you will be observed. You must show that you can carry out the required tasks before becoming certified.
- Courses are offered directly by home care agencies, through CUNY, and by private training schools.

To view a current listing of State-licensed HHA programs, visit: [http://www.op.nysed.gov/prof/nurse/nurserngprogs-hha.html](http://www.op.nysed.gov/prof/nurse/nurserngprogs-hha.html)
WHAT ARE THE CAREER PATHS FOR HOME HEALTH AIDES?

The career map shown here is based on the real-life experiences of people who have worked as Home Health Aides (HHAs) in the New York metro area. Many HHAs stay in this type of work for years, but may move from one agency to another or go from part-time to full-time work. Some work as HHAs while going to school. For people who move into other related careers, the most typical jobs five to ten years after starting work as a Home Health Aide are shown on this career map.

To take a step up in your career, you will often need experience, education and credentials. You can use this career map to help you set short- and long-term goals for advancing your career. The back cover of this career map lists offerings at City University of New York (CUNY) colleges that are related to the jobs on the career map.

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EDUCATION SHOWN IS THE TYPICAL EDUCATION FOR PEOPLE WORKING IN THESE JOBS.
MEDICAL ASSISTANT AND BEYOND

For people who move on to another related job, becoming a 
MEDICAL ASSISTANT is the most common path. Medical Assistants 
perform a combination of clinical and administrative functions. 
Most work in physicians’ offices or community health centers 
and are supervised by a physician or a nurse.

- Clinical duties may include taking vital signs, drawing blood 
  and preparing patients for examinations.
- Administrative tasks may include scheduling, 
  maintaining records, and billing and coding for insurance.
- You’ll need at least a high school diploma to qualify.

In New York City, many Medical Assistants have an 
Associate Degree.

- Many employers require some type of Medical 
  Assistant certification.

MEDICAL ASSISTANTS who move into related 
careers often become LICENSED PRACTICAL NURSES 
or REGISTERED NURSES. Both of these occupations 
require additional education and a license from 
New York State.

REGISTERED NURSE AND BEYOND

Some Home Health Aides (HHAs) become 
REGISTERED NURSES (RNs). Often, they work 
as HHAs while they are going to school to 
become an RN. RNs may have a two-year 
degree or a Bachelor of Nursing degree. All 
RNs must pass a State licensing exam. Some 
RNs visit homes like HHAs, and sometimes 
even supervise HHAs.

- Many others work in hospitals, or in doctor’s 
  offices or community health centers. Careers 
in nursing offer more opportunities for growth 
  and higher pay with more education and 
  experience. REGISTERED NURSES can become 
  REGISTERED NURSE SUPERVISORS or NURSE 
  PRACTITIONERS.

ULTRASOUND TECHNOLOGIST AND 
BEYOND also called “Diagnostic Medical 
Sonographers” or “DMS.”

- People in these jobs operate special imaging 
  (or “sonography”) equipment on patients.
- Sonography equipment shows images of internal 
  parts of the human body, such as the heart, stomach, 
  brain and the female reproductive system.
- Many employers require people in these jobs to have 
  official credentials, like a certificate or a degree from an 
  accredited program.
- To find accredited programs, visit: 
  http://www.caahep.org/find-an-accredited-program/
- To learn more about certificates and other credentials, visit 
  the American Registry of Diagnostic Medical Sonographers 
  (ARDMS) at http://www.ardms.org

Over time and with more education, people in these jobs typically 
advance to becoming ULTRASOUND SUPERVISORS or LABORATORY 
MANAGERS.
WHAT JOBS ARE SIMILAR TO HOME HEALTH AIDE?
There are other health care jobs that sound almost the same as HHA. How are they the same and how are they different?

PERSONAL CARE AIDE (PCA)
• PCAs mainly deliver personal care services to clients, helping them with their daily living activities while other health care professionals attend to their basic health needs.
• Due to recent changes in how these services are paid for, PCAs looking to stay in this field will have more opportunities if they upgrade to HHA.

CERTIFIED NURSING ASSISTANT (CNA):
• CNAs help patients with their basic health and hygiene needs.
• The tasks are similar to Home Health Aides, but CNAs usually work in hospitals, nursing homes and other long-term care facilities and in health clinics, rather than in the patient’s home. CNAs must have a CNA certification.

DIRECT SUPPORT PROFESSIONAL (DSP):
• DSPs work mainly with people with disabilities, usually people with developmental disabilities. Although the duties are similar to HHAs, these clients usually require more intensive and specialized care beyond what HHAs typically provide.
• DSPs mostly work for community agencies that both operate group homes and provide services to people with disabilities in their homes and at their workplaces.
• There is no certification required to become a DSP, but there is required training on the job and there are more pre-employment background checks.

FOR MORE INFORMATION
If you would like to request more career maps, please contact:

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Assistant Director for Continuing Education
The City University of New York
718-254-7708
curtis.dann-messier@cuny.edu
This information on this career map was derived from online work histories provided to PayScale, Inc. by individuals who worked in the occupations shown in this career map in the New York City metropolitan area. PayScale, Inc. and Monster Government Solutions provided this information to the NYC Labor Market Information Service. This workforce solution was funded by a grant awarded by the U.S. Department of Labor’s Employment and Training Administration. The solution was created by the grantee and does not necessarily reflect the official position of the U.S. Department of Labor. The Department of Labor makes no guarantees, warranties, or assurances of any kind, express or implied, with respect to such information, including any information on linked sites and including, but not limited to, accuracy of the information or its completeness, timeliness, usefulness, adequacy, continued availability, or ownership.

The CUNY CareerPATH Program is an equal opportunity employer/program and auxiliary aids and services are available upon request to individuals with disabilities.

### WHAT PROGRAMS AT CUNY PREPARE PEOPLE FOR THE JOBS ON THIS CAREER MAP?

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**NOTE:** THIS TABLE IS ACCURATE FOR THE 2014-2015 ACADEMIC YEAR. AS CUNY CONTINUOUSLY UPDATES ITS DEGREE AND CERTIFICATE OFFERINGS THROUGHOUT THE YEAR, PLEASE CONSULT EACH INDIVIDUAL SCHOOL’S WEBSITE FOR THE MOST CURRENT LISTINGS.