

For information on becoming a *Home Health Aide* see **Sources of additional information** within this brochure.

**For information on youth employment opportunities**, contact a career counselor at your high school or employment counselor or job and information center coordinator at your local NH Employment Security Office.

Berlin (752-5500)

151 Pleasant Street, P.O. Box 159, 03570-0159

Claremont (543-3111)

404 Washington Street, P.O. Box 180, 03743-0180

Concord (228-4100)

10 West Street, P.O. Box 1140, 03302-1140

Conway (447-5924)

518 White Mountain Highway, 03818-4205

Keene (352-1904)

109 Key Road, 03431-3926

Laconia (524-3960)

426 Union Avenue, Suite 3, 03246-2894

Lebanon (448-6340)

85 Mechanic Street, 03766-1506

Littleton (444-2971)

646 Union Street, Suite 100, 03561-5314

Manchester (627-7841)

300 Hanover Street, 03104-4957

Nashua (882-5177)

6 Townsend West, 03063-1217

Portsmouth (436-3702)

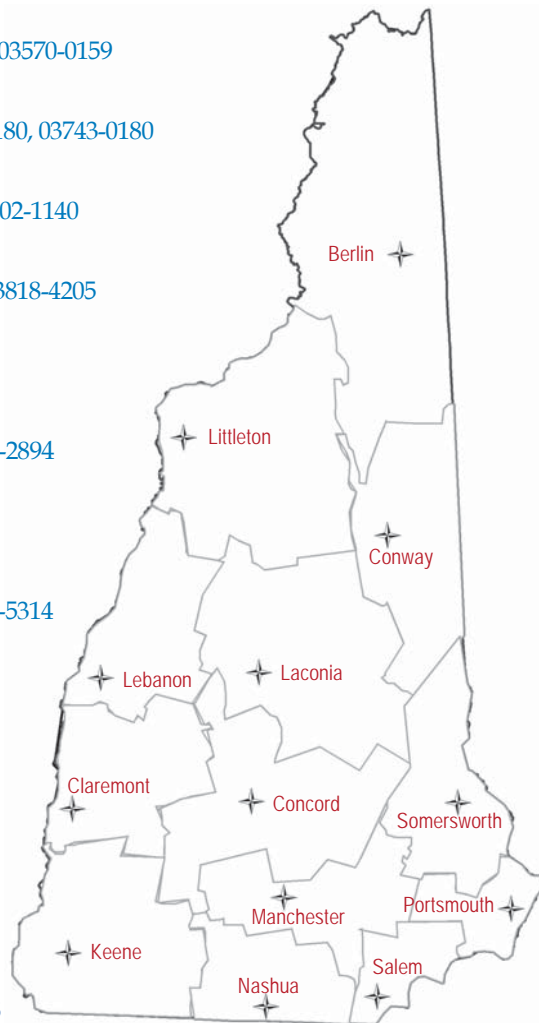
2000 Lafayette Road, 03801-5673

Salem (893-9185)

29 South Broadway, 03079-3026

Somersworth (742-3600)

6 Marsh Brook Drive., 03878-1595



For more information on this series of brochures, or to find out about our other products, contact us at:

New Hampshire Employment Security  
Economic and Labor Market Information Bureau  
32 South Main Street, Concord, NH 03301-4857  
Phone: (603) 228-4124, E-mail: [elmi@nhes.nh.gov](mailto:elmi@nhes.nh.gov), Web site: [www.nh.gov/nhes/elmi](http://www.nh.gov/nhes/elmi)

SOC 31-1011  
NHCRN 03/09

# So, you want to be a ...



## Home Health Aide Health Science

Projected to be among the fastest growing occupations  
(New Hampshire Occupational Projections, 2006-2016)

### Here are a few things you should know.



Your gateway to New Hampshire workforce and career information



You'll want to know a few things about this career

Average Hourly Wage  
\$11.09

Expected 10 year Growth  
59%

Average Annual Openings  
153

Training/Education Needed  
Short On-the-Job Training  
Can receive training through high school, vocational-technical school or other institutions. See Home Health Aide Programs available in NH at <http://nhnetwork.nhes.state.nh.us/nhnetwork/> (NHetwork)

Basic Skills  
Listening, writing, speaking

Job Skills  
Tact, patience, understanding, interpersonal skills, monitoring, , be emotionally stable, health, teamwork, communication.  
(Also Service orientation, social perceptiveness, active listening, speaking, and writing, coordination instructing, dependability)

So, you want to be a ...



## Home Health Aide

Projected to be among the fastest growing occupation (New Hampshire Occupational Projections, 2006-2016)

### Tasks

Source: O\*Net Online

1. Maintain records of patient care, condition, progress, or problems to report and discuss observations with supervisor or case manager.
2. Provide patients with help moving in and out of beds, baths, wheelchairs or automobiles, and with dressing and grooming.
3. Provide patients and families with emotional support and instruction in areas such as caring for infants, preparing healthy meals, living independently, or adapting to disability or illness.
4. Change bed linens, wash and iron patients' laundry, and clean patients' quarters.
5. Entertain, converse with, or read aloud to patients to keep them mentally healthy and alert.
6. Plan, purchase, prepare, or serve meals to patients or other family members, according to prescribed diets.
7. Direct patients in simple prescribed exercises or in the use of braces or artificial limbs.
8. Check patients' pulse, temperature and respiration.
9. Change dressings.
10. Perform a variety of duties as requested by client, such as obtaining household supplies or running errands.

Interests  
(Holland Code)  
SR  
(Social, Realistic)

Interest Area  
Health Science

Working Conditions  
Vary depending on patient needs.  
(Some clients are angry, or difficult, may require traveling between client homes)

Average Work Week  
Up to 40 hours  
(Could also include evening, weekend, and holiday work to meet 24-hour care requirements)

Sources of Additional Information  
NH Employment Security  
(Contact office nearest you or go online to [www.nh.gov/nhes/](http://www.nh.gov/nhes/))

National Association for Homecare and Hospice  
228 7th Street SE  
Washington, DC 20003  
[www.nahc.org](http://www.nahc.org)