

# What Makes the Ideal Health Care Assistant?



Health Care Assistants (HCAs) are people who enjoy the company of other people. They especially enjoy spending time and supporting clients who need extra care and attention. HCAs know how to be strong when those around them cannot be, and they show genuine interest in, and care for, others.

## HCAs who excel in their work and who find personal satisfaction in their roles:

- View the client as a whole person with a past, present, and future, and as a member of a family, a community, and a culture—a unique human being
- Strive to understand what is meaningful to the client and ensure that the client's values and beliefs are respected
- Respect the client's potential, and promote personal growth by offering information, choices, opportunities, and assistance
- Assist clients to meet the basic human needs that they are unable to meet themselves
- Communicate effectively, using active listening and empathetic responses
- Acknowledge the right of each client to participate in their own care
- Include the client as much as possible in decisions which affect them
- Treat the client with dignity, no matter the situation
- Show empathy and compassion
- Respect the client's privacy and confidentiality
- Respect the role that families play in the promotion of healing
- Act as caring advocates on behalf of the client when necessary and appropriate
- Display honesty and integrity in all actions
- Demonstrate competence, reliability, responsibility, and accountability
- Take responsibility for their own safety and the safety of others
- Display a gentle acceptance of their own human imperfections and those of others
- Display a commitment to their own growth and development as care providers

## Become a Health Care Assistant in 3 Easy Steps

- 1 Training and Education
- 2 Registration
- 3 Employment



**BC  
Health Care  
Assistants**