



Office of Aging and Disability Services

Maine College of Direct Support

Required Modules for Certification as a Maine Direct Support Professional

52 online lessons and 11 live classroom sessions

Effective 03/1/18

***ME DSP Professionalism**

4 online lessons
1 live classroom session

***ME Individual Rights and Choice**

3 online lessons
1 live classroom session

***ME Introduction to Developmental Disabilities**

4 online lessons
1 live classroom session

***ME Maltreatment (NEW)**

11 online lessons
1 live classroom session

ME Community Inclusion

4 online lessons
1 live classroom session

ME Cultural Competence

2 online lessons
1 live classroom session

ME Human Sexuality

1 online lesson
1 live classroom session

ME Personal Care

2 online lessons

ME Positive Behavior Supports

2 online lessons
1 live classroom session

ME – Safety (NEW)

14 online lessons

ME Supporting Healthy Lives

3 online lessons

ME Teaching People with Developmental Disabilities

2 online lessons
1 live classroom session

Communication

1 live classroom session
(No online lessons)

Documentation

1 live classroom session
(No online lesson)

New Training Requirements:

*(required to work as a DSP, but not technically
part of the required CDS curriculum in rule-
made available on CDS for efficiency purposes)*

****ME Grievance Process**

1 online lesson

ME Behavioral Regulations for DSPs

1 online lesson

ME Adult Protective Investigations

1 online lesson

Lesson Detail

Maine Direct Support Professional Certification

***ME DSP Professionalism**

- *Introduction*
- Contemporary Best Practices
- Applying Ethics in Everyday Work
- Becoming a Direct Support Professional
- Practicing Confidentiality
- Live Classroom Session

***ME Introduction to Developmental Disabilities**

- *Introduction*
- A Brief History of Developmental Disability
- Causes of Developmental Disabilities
- Services for People with Developmental Disabilities
- The Language and Ideas of Best Practices
- Live Classroom Session

***ME Individual Rights and Choice**

- *Introduction*
- Overcoming a Past of Barriers and Restrictions
- Overview of Individual Rights
- Your Role in supporting Expression of Rights and Facilitating Choice Making
- Live Classroom Session

***ME Maltreatment (NEW)**

- What is Abuse?
- What is Neglect?
- What is Exploitation?
- The Ethical Role of the DSP
- Characteristics of People Supported that Affect Risk
- Reducing Caregiver Risk of Maltreating
- Engaging and Supporting Protective Factors in Individuals
- Responding to Potential Maltreatment
- Where to Report Potential Maltreatment
- How to Report Potential Maltreatment

- ME Reportable Events
- Live Classroom Session

ME Cultural Competence

- *Introduction*
- Communication
- What is Cultural Competence?
- Live Classroom Session

ME Community Inclusion

- *Introduction*
- Community Bridge Building and Networking
- Matching Community Resources with Individual Interests
- Natural Supports
- The DSP Role in Community Inclusion
- Live Classroom Session

ME Personal Care

- *Introduction*
- Individualizing Personal Care
- Understanding Personal and Self Care

ME Positive Behavior Supports

- *Introduction*
- Functions and Causes of Behavior
- Understanding Behavior
- Live Classroom Session

ME Human Sexuality

- ME Human Sexuality
- Live Classroom Session

ME Supporting Healthy Lives

- *Introduction*
- Care of Common Health Conditions
- Living Healthy Lives
- Signs and Symptoms of Illness

ME Teaching People with Developmental Disabilities

- *Introduction*
- Preparing to Teach
- Understanding Teaching
- Live Classroom Session

ME – Safety (NEW)

- What is Risk?
- Balancing Risk with Individual Safety and Choice
- Personal Safety
- Safety in the Kitchen
- Safety in the Bathroom
- Safety in the Common Areas
- Safety in the Bedroom
- Safety enjoying outdoor Spaces at Home
- Fire Prevention
- Fire Emergency Response
- Fire Emergency Plans and Evacuation
- Individualized Fire Safety Plans and Skills
- Community Safety
- Role of the Direct Support Professional: Accident Prevention, Risk assessment, and Risk Management

*Online lessons and live classes required before an employee works alone.

**Online lesson is required before an employee works with a member.

Maine Direct Support Professional – Work Supports

Must have completed all requirements above for Direct Support Professional, plus the following 6 online lessons:

Effective 1/1/2011

ME Work Supports

- *CDS: Employment Supports for People with Disabilities: Exploring Individual Preferences for Job Attainment : Introduction*
- CDS: Employment Supports for People with Disabilities: Exploring Individual Preferences for Job Attainment: Identifying Individual Employment Preferences, Interests, Strengths, and Support Needs
- CDS: Employment Supports for People with Disabilities: Exploring Individual Preferences for Job Attainment: Job Opportunities and Job Searching
- CDS: Supporting Jobs & Careers in the Community: *Introduction*
- CDS: Supporting Jobs & Careers in the Community: *Successful Community Employment and Retention*
- CDS: Supporting Jobs & Careers in the Community: *Employment Supports and Volunteering*

Communication

- Live Classroom Session

Documentation

- Live Classroom Session

Ongoing Training Requirements:

ME Individual Rights and Choice

- Repeat Module and live classroom session every 36 months

ME Reportable Events (Renewal)

- Repeat Module every 36 months

ME Behavioral Regulations for DSP's

- Behavioral Regulations online lesson
- Repeat Module every 36 months

ME Adult Protective Investigations

- Adult Protective online lesson
- Repeat Module every 36 months

****ME Grievance Process**

- ME Grievance Process
- Repeat Module every 36 months

Additional Content

In addition to the required topics above, additional modules are available for self-enrollment or assignment, including:

CDS - Emergency Preparedness
CDS - Hiring Great Direct Support Professionals
CDS - Implementing Participant-Directed Supports
CDS Autism DIC
CDS Brain Injury DIC
CDS Cerebral Palsy DIC
CDS Civil Rights and Advocacy
CDS Community Inclusion
CDS Cultural Competence
CDS Depression DIC
CDS Diabetes DIC
CDS DIC: Epilepsy
CDS Direct Support Professionalism
CDS Documentation
CDS Employment Supports
CDS Everyone Can Communicate
CDS Functional Assessment
CDS Home and Community Living
CDS Individual Rights and Choice
CDS Introduction to Developmental Disabilities
CDS Lesson Review -- HIPAA
CDS Maltreatment: Prevention and Response
CDS Medication Support

***DIC – Disability Intensive Course**

CDS Personal Care
CDS Person-Centered Planning
CDS Positive Behavior Supports
CDS Safety
CDS Supporting Healthy Lives
CDS Supporting Jobs & Careers in the Community
CDS Teaching People with Developmental Disabilities
CDS Universal Precautions
CDS Working with Families & Support Networks
CDS Workshop for Administrators
CDS You've Got a Friend
CDS: Introduction to Mental Health and Mental Illnesses
CDS: Understanding Transitions across the Lifespan
CFSM: Developing an Intervention Plan
CFSM: Fueling High Performance
CFSM: Preparing for the Supervisor's Job in Human Services
CFSM: Recruitment and Selection
CFSM: Training and Orientation
CFSM: Your First Few Weeks and Months as a Supervisor

***CFSM – College of Frontline Supervision and Management**