

# HHAs and CNAs.

## What's the Difference?



### A Guide for Careers in Caregiving

Starting your career as a caregiver comes with a lot of responsibility and even more questions. Home Health Aides (HHAs) and Certified Nursing Assistants (CNAs) are some of the most common caregiving certifications required to begin work, so which one should you pursue?

Choosing the right training to match your desired work environment can go a long way to prepare you for the workforce and fast-track your growth once you land a new job.

Here are a few common differences between working as an HHA and working as a CNA:

#### Different Workload & Environments

HHAs are typically more flexible than CNAs and are able to work directly with a client in their own home. CNAs can sometimes be confined to facility or hospital work, where they are required to balance the needs of multiple patients at once.

While a fast-paced and heavy workload can be rewarding, it may not be for you. Consider talking to an employer first about their day-to-day responsibilities to get a better understanding of the right fit!

#### Average HHA

- ✓ In-home care
- ✓ One patient at a time
- ✓ Flexible workload and hours
- ✓ Ability to work in some facilities

#### Average CNA

- ✓ Facility-focused care
- ✓ Multiple patients per shift
- ✓ Regularly scheduled shifts
- ✓ Potentially heavy workloads

### Required Education

Both HHAs and CNAs require some level of formalized training, but the length and intensity of these certification courses can vary wildly from state to state.

HHAs usually only need a high school diploma to get started and need to go through hands-on training and pass standardized exams and competency tests to gain the certification they need.

CNAs undergo similar training but often have to commit more time and resources to their education. All Certified Nursing assistants must complete a state-issued certification exam to gain their credentials.

### HHA Training with Westchester Family Care

Westchester Family Care specializes in high-quality caregiving centered around the Westchester County, NY area!

We offer free, in-person HHA training and competency classes for those looking to start fresh or help experienced CNAs gain some supplemental education. Visit our website or apply now to learn more about this fantastic opportunity!

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