

Enriching Lives Through Person Centered Engagement



NATIONAL CERTIFICATION COUNCIL FOR ACTIVITY PROFESSIONALS

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From the CEO:



Our lives remain topsy-turvy during what we would normally expect to be the lazy days of summer. However, due to the COVID crisis, there is no such thing as “normal.” Every news headline reminds us that no one is immune from the chaos that surrounds us. Every departmental meeting emphasizes the risks we face. Despite the enormous emphasis on infection control and PPE, we see our residents and fellow workers victimized by this virus. And still, as Activity Professionals, we are called upon to serve these most vulnerable and at-risk persons.

NCCAP recently participated in a webinar on “Compassion Fatigue.” We learned about the very real and dangerous impacts to care providers when working in these high-risk settings. The physical, psychological, and emotional trauma is real and

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National Center for Montessori and Aging, 3015 Upton Drive, Suite 103, Kensington, MD 20895
Phone: (757) 552-0653 | Email: info@nccap.org

harmful. We must be sure to focus on caring for ourselves and need resources for self-care.

I encourage all of us to check out the *free* online book offered by our webinar presenter Karl LaRowe, M. A., LSCW entitled: *Emotional First Aid for Health Care Professionals*, which can be downloaded from www.compassionstrengths.com.

Sincerely,

Peter Illig, NCCAP CEO

Remote Testing for the National Exam Now Available!



NCCAP is excited to announce that a remote testing option of the national exam is now available. This means candidates can take the national exam in the comfort of their home or office at a time that is convenient - 24 hours a day and seven days a week.

There are specific parameters that need to be met, set by the testing company, in order to be able to take advantage of this option. Candidates need a working webcam and certain requirements within their computer which are outlined on the Prometric site. The test is taken in an indoor location, with no materials or additional people in the room. A testing proctor meets with test candidates prior to starting the exam to ensure all requirements are met. Test takers are also proctored virtually while taking the exam to ensure the integrity of the exam is maintained.

Candidates are still able to visit a local testing center to take the exam if they choose. For more information or assistance in deciding if this option is right for you, please contact mepap@nccap.org

*Please make sure you add our email to your contacts so our emails do not get blocked as spam.

Who Are Self-Care Ideas For?

These are self-care ideas for people who are, for the most part, mentally well. Although some of these self-care ideas will work for you if you are suffering from anxiety or depression or some other condition, you may not be ready for these ideas if you are unwell.

These self-care ideas are necessary because many of us tend to live life at such a frantic pace, overscheduling ourselves. People, perhaps especially those in the health field, but others as well, can tend to get burnt out. The way to avoid burn out is self-care. However, “self-care activities” has become such an over-used phrase. People say it, and yet many people don’t actually know what it means.



Here's a great activity for YOU!

Self-care ideas: put them on index cards in a jar...

This is about you. Do what works best for you. Choose your favorite self-care ideas. You can even make it a fun activity by writing down each self-care idea on an index card (recipe card) and then folding it over and placing it in a big jar or a box. When you need self-care ideas, just reach into the box and randomly select a self-care idea. (Pro tip: If you don’t like the self-care idea you selected, you can always try again!)

Easily Scan Documents with Your Electronic Device



With the advancement of technology, we have been given many options to communicate with people. The advancement has moved us light-years from the dated "Carrier Pigeon" method and now we can communicate with just a click of a button.

NCCAP values your time and would like to provide you with some additional resources that you may find beneficial that not only saves you time from having to go to the Post Office or even just standing at a fax machine. Below, you will find two links that will show you how to use your smartphone or tablet to scan documents that are needed for NCCAP certification or renewals. This will save you lots of time from having to make trips to mail things to the office or having to use a fax machine.

For IOS Device:<https://www.digitaltrends.com/mobile/how-to-scan-documents-with-your-iphone/>

For Android Device:<https://www.howtogeek.com/209951/the-best-ways-to-scan-a-document-using-your-phone-or-tablet/>

Renewing Your NCCAP Certification...



Want to learn more about how to renew? Check out the '[How to Renew Your Certification](#)' Video.

It's important to make sure that your correct email is on file so that you receive an email link beginning 4 months before your certification expiration date. If you don't receive this email, please contact the

NCCAP office to update your email. You will then be able to renew through the link sent to you from NCCAP via email.

NCCAP is now following an audit process for continuing education.

You will not need to upload your certificates of proof of continuing education clock hours to your online profile on the NCCAP website or mail to the office. If you are chosen for an audit, you will be sent an email within days of your renewal submission and at that time you will be instructed on how to send in your certificates.

When your application for re-certification has been reviewed and approved you will receive your NCCAP certificate as a PDF via email. Contact the office if you wish to have a hard copy of your certificate for a nominal fee at info@nccap.org Please make sure you add our email to your contacts so our emails do not get blocked as spam.

Apply for the Activity Professional Certification Today!



Support Our Professional Association...

NAAP provides education, resources, and a voice in unison with NCCAP! NAAP membership is \$75 USD/year. Membership runs from the anniversary date for one

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year. Check out the membership form [here](#).



ACTIVITY PROFESSIONAL
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