

Caregiving Services Employment Guidelines

For Care Recipient: _____

Address where care provided: _____

Today's date: _____

(Care Recipient) has Alzheimer's Disease (memory loss). This is a degenerative disease; it gets worse over time. There is no cure and no treatment to stop its spread in the brain. I, *(Family Caregiver)*, provide primary care for *(Care Recipient)*. I am seeking a professional caregiver to assist in that care. This caregiver should have training and experience taking care of a person with Alzheimer's.

For the initial trial period of one week or less, the caregiver will try to understand all the tasks to be performed for *(Care Recipient)* by observing me or another caregiver perform those tasks. After that, if both parties mutually decide to continue, the caregiver will be charged with taking care of *(Care Recipient's)* needs and the household management as outlined below.

Assistance required with the following daily living activities (I can assist, if required):

- Feeding meals (breakfast around 9:30 am, lunch around 2:00 pm and dinner around 6:30 pm)
- Toileting (after dinner or as needed during the day)
- Hygiene / bathing / washing hair/ dressing / grooming (everyday)
- Lead *(Care Recipient)* in going from one place to another – toilet, sofa, chair, bed, etc.
- Companionship – Keeping *(Care Recipient)* engaged for her enjoyment throughout the day

Other special requirements: Walking with *(Care Recipient)*. She enjoys walks of up to 2 to 3 miles (3 to 5 km) at a time on most days. Caregiver must be able to accompany her for the entire walk every day – (outdoors in warm weather; in the YMCA in harsh weather)

Cooking: Breakfast, lunch and dinner or any other meal as necessary.

Light housework and household management: Daily general cleaning, maintenance and neatness of the areas *(Care Recipient)* uses, as listed below:

- Kitchen and eating area
- Master bedroom and master bathroom, including the toilet and the floor
- Living room
- Den and foyer area
- Laundry (3 to 4 times a week, or as needed)

Caregiver's personality:

- **Agility:** *(Care Recipient)* may sometimes exhibit sudden changes in behavior. Caregiver must be agile and alert to anticipate such behavior and handle it quickly, safely and calmly.
- **Flexibility:** It is essential that the caregiver be flexible to adapt her lifestyle to ours. We especially need flexibility and adaptability to *(Care Recipient's)* changing medical status and behavior.
- **Certain intangible qualities** are essential in the caregiver: personality characterized by being pleasant, courteous, non-frustrated and supportive of *(Care Recipient)* and her family.
- Caregiver must have patience, love, mercy and compassion in taking care of *(Care Recipient)*.

Transportation:

Caregiver to arrange own transportation to and from our home. If caregiver does not drive, dependable transportation needs to be confirmed in advance.

