

What should you expect from your caregiver?

Your caregiver is a person who is trained to learn from you. They have had a brief training so you and your family will need to guide them as to what is the best of way of supporting you.

They know that you and your choices are important and should be respected.

They know that even though you have some limitations in doing some things, there are many abilities that you have and that they should respect your strengths and not take over all tasks from you.

They know that like any other person you have preferences about the way you eat, dress, get ready, move, enjoy, pray and think. They know that they should not try to change any of this. They should only support you to achieve what you want to in your everyday activities.

They know the risks that you may face in your home environment and are trained to prevent accidents.

They know some of the risks that you may face outside the home environment and they know how to prevent accidents

They have the skills to acknowledge that you may communicate uniquely; you will need to guide them to learn the method of communication that you prefer

They have skills to support eating

They have skills to support your personal care and hygiene but you will have guide them about your preferences

They have skills to support your movement at home but they will have rehearse these together with you so that they become more efficient in the use of these skills

They have skills to be with you if you want to be silent

They have skills to seek help if you need it and you cannot ask for it.



Please do not expect your caregiver to do the following:

Be a family member

Take on the role of your parents

Give their relationships and choices to accommodate you

Guess what you are feeling

Agree with you all the time

Not take holidays

Not take breaks during the day

Share with you the details of their personal life

Have the same lifestyle as you

Remember, the caregivers are not skilled to guide you on the issues of health, employment, finances or mobility. They can only work under the guidance of a trained professional, your family members or you.

The caregivers are not skilled to handle medicines. If you train them further then some of them may be willing to help you with medicines. But it is your responsibility to ensure that they understand and know which medicines to give you and when to give these. We would advise not giving this responsibility till you get to know the person well enough.



Caregivers have been specifically trained to support you, please do not use them to run errands, cook, wash clothes and clean the home environment.



The care givers' rights

Care givers are people as well. Please acknowledge that they have rights too.

Please treat caregivers with respect and dignity

Please have clear and predictable rules and expectations for the care givers

Please ensure that the care givers are paid according to the law. Do not equate things like providing shelter and food with the salary. They are staying with you for your needs. If they are on duty and do not get time or do not have arrangements to cook it would be only natural to provide food for them as well.

Please ensure that they are not criticized all the time. If you want to give them feedback it should be structured and given with the objective of learning rather than trying to blame them.

Do not make promises that you cannot keep.

If you find them making unreasonable demands do report back to the supporting agency.

They have right to paid leave each year and this should be decided at the time of hiring. They have right to have a break every few hours during the day.

They have a right to communicate with whoever they want to.

They have a right to a lifestyle that they choose as long as it does not come in the way of the role that they have perform.

They have right to privacy and this should be ensured

They have right to safety. Do not ask them to do tasks that may put them at risk.

