

Home Care Assistant

Elderly individual in need of 1 hr of care 2-4 days/week

(11:00-1:00 is ideal, but hours are flexible)

\$25/hour

Background:

Our mom lives in an independent living apartment at Windcove (Western Home) with her dog. Due to physical and cognitive decline, she needs additional support to remain in her apartment. CMT (Charcot Marie-Tooth) Disease affects both her feet and her hands, and limits her mobility. She was recently hospitalized with a bowel blockage. Following dietary guidelines and increasing physical activity are important for her health. We are looking for a reliable, caring individual to supplement our family visits.

Goals:

- To help her establish a daily routine conducive to her participation in WH community activities, meals in the dining room, and family activities.
- Increase her mobility to help her digestion - ex: Encourage her to walk you to the lobby door as you leave.
- To ensure that she always has access to a charged phone and is wearing her lanyard, in order to assure her safety in case of a fall or other medical emergency.
- To enable her to remain in her apartment as long as possible, and enhance her well being.

Supportive Care:

- Wake Mom and help her to “get her day going” (if she is still in bed)
- Confirm that she is wearing the safety *lanyard* and that her *phone* is charged and ringer is “on”
- Let the dog out (She has a patio apartment on the courtyard). Pick up any “piles.”
- Standby on shower days and assist as needed. (Can make bed or do another activity if she doesn’t need assistance. Need for assistance with bathing and hygiene will likely increase.
- Offer to assist with dressing - Socks are especially difficult for her.
- Offer to help her put in *hearing aids*
- Confirm that she takes a.m. meds
- Offer to make coffee, toast, and encourage her to drink a glass of liquid (diluted juice, flavored water)
- If time, offer to assist in other ways, ex: laundry, make bed, etc.
- Walk the Windcove hall loop (or ask her to walk you to the lobby as you leave)
- Perform simple documentation after each visit to help us to better anticipate any changes in Mom’s level of need. *We anticipate that the job will likely evolve to include assistance with bathing, hygiene, and dressing.*

****We are trying to honor Anita’s desire to determine her own schedule. If her preference of 11:00-1:00 is not an option, we can schedule a family visit in the morning, and plan the assistant visit for later in the day with routine tasks. We can be very flexible for an ideal candidate.***

For more information, contact Jean: gedlinskejean@gmail.com or (319) 486-1340 call/text