



Tips for Finding a Respite Caregiver on Your Own

Sometimes, it may be easier to find a caregiver on your own. You can ask a friend, a relative or a neighbor. You can also visit caregiver employment websites such as **Care.com**, **UrbanSitter.com**, or **SitterCity.com**.

Finding the right caregiver to take care of your loved is not always an easy task. And, you want to ensure your child is in good hands. If you are considering an individual as a respite care provider who you do not know well, it is helpful to provide them with a “job description” of the duties you expect them to perform when working with your child. Will they be preparing meals? Helping them in the bathroom? Playing games with them? What days and hours will you need them to be available?

Here are some interview questions that can help screen potential care providers. (Note: Not all of these questions may apply to your specific situation.) Take notes during your interviews. **Always** check the references of your final applicant(s).

1. Name, address, home phone number, cell phone number, and the best time to call.
2. Do you smoke?
3. Do you have reliable transportation?
4. Do you have any CPR or first-aid training? Do you have any formal caregiving training?
5. Do I have your permission to run a background check?
6. Can you perform the duties required for this position?
7. Are you comfortable with pets?
8. Are you able to work the hours needed? – or – What days/hours are you available?
9. When are you available to start working?
10. Do you have any medical conditions to prevent you from heavy lifting? Would you be able to transfer my child/consumer from a wheelchair onto a bed?
11. If we are delayed, go out of town, or go on vacation would you be able and willing to adjust your schedule?
12. Where was your last job? How long were you there? Why did you leave? May we contact your past employer? Please provide contact name, phone number, and email address.
13. If meal preparation is needed, what kind of food do you cook? Have you had experience cooking for other people?
14. How do you feel about caring for a child with a developmental delay or who is nonverbal?
15. How do you handle people who are angry, stubborn, or fearful?
16. Is there anything in the job description that you are uncomfortable doing?
17. Can you provide an example of a difficult situation you handled with someone who was having a bad day?
18. What time commitment are you willing to make to stay on the job?
19. Why do you want this position?
20. Can you give me two work related and one personal reference?