



## Tip sheet: Find a respite worker

A support worker can support your child in activities and help them learn. This tip sheet provides information about what you should think about when looking for a support worker.

### When starting your search, think about

The qualities you want in a support worker. Look for a worker who is:

- Kind and gentle
- Responsible
- A “people person”
- A good teacher
- Careful and considerate

What activities your child will be involved with, including:

- Sports
- Music
- Walking
- Playing quiet games
- Cooking
- Learning to do things for themselves

When you need a support worker:

- What time of day?
- What day of the week?
- How many hours?
- What time of the year?

How often you want the support worker to work?

(Continue)



### **Choosing the right person**

Look for someone who has experience working with children or youth:

- Swim instructor
- Camp counsellor
- Retired teacher
- College or university student or mature high school student

Consider someone who already knows and gets along with your child

Look for workers for different activities for your children:

- A worker who likes sports to go to a game
- Someone who enjoys music to go to a concert
- A person who does not mind getting dirty to do gardening
- Someone who understands sign language and is good with computers to help with your child's communication device

Think about how long this person might stay and work with your family:

- Students may leave for summer break or if they get a job
- Someone doing part-time work might leave if they get full-time

Think about what skills you want the worker to have:

- First Aid/CPR
- Driver's license, vehicle and car insurance
- Able to give medication
- Able to help with toileting (e.g. changing diapers)
- Any other skills you can think of

### **Where to look for a support worker**

- Contact [www.respiteservices.com](http://www.respiteservices.com) about the respite worker list
- Talk to other families about where they find their support workers
- Make a flyer and post it in local high schools, colleges and universities
- Outline what you need in the flyer

**Interview all possible workers and then make a decision!**

