



Tip sheet: How to train a respite worker

Your child may have a disability, like cerebral palsy, developmental disability, brain injury and autism. Each person with a disability communicates, learns and understands differently. They may also have different interests. You want a support worker to understand how to work with your son or daughter. A support worker may not know exactly how to work with your child—you can teach them!

Training

- Include the worker in family activities and routines
- Share information about your child, including:
 - likes, dislikes and routines
 - health or medical information, therapy programs
- Show the worker how to work with your child
- Be a coach to the support worker and encourage questions
- Share information about community connections and resources

Support your worker

- Offer to pick your worker up or drive them home when you can
- Make sure your worker is comfortable with how much you pay
- Recognize the worker's skills.
- Finish the shift with the support worker by talking about their day:
 - go over any problems and help find solutions
 - let the worker ask questions
 - ask about successes- did they teach your child something new?
- Offer to review the support worker's experience every few months
 - ask them if there is something they would like to learn
 - ask if they need help with something and how you can help

