10 QUESTIONS TO ASK AN ELDERLY CAREGIVER

In today’s fast moving world, you may identify home carers from a variety of sources including recommendations from friends, in the media, on Google search, or via an online app.

Once you meet the carer who will be looking after your loved one, it would be prudent to ask some questions to know them better and set some basic policies. This process will save you a lot of time and unnecessary worry.

If you are hiring an independent carer who is not attached to a company, you can use the questions below.

1. What experience do you have caring for someone with [describe your elderly loved one’s health conditions]
   ➢ Lifting an elderly person from the bed to a wheelchair?
   ➢ Safely moving and washing an elderly person who is bedridden?
   ➢ Cooking variety - Malay, Chinese, Indian, Western food?

2. What formal caregiving training have you had?

3. When was your last CPR or first-aid training?

4. What type of support equipment do you believe we need?

5. What is your current health status – TB test, immunizations, etc?

6. Can you provide documentation for all your training?

7. Do you have any active clients I can call for a reference?

8. Have you had any experience dealing with an angry, stubborn, or fearful person?

9. Are you willing to sign a contract saying you will not accept money or gifts from my parents?

10. Can you perform the duties required for this position?

11. What is the most important part of being a caregiver?
Things to Discuss with Your Caregiver

- Your home care rules:
  - Smoking policy: We don’t allow smoking in or near the house.
  - No friends, guests, or telephone calls are allowed to be taken when working.
  - Time off and breaks