

Job Description: Family Alzheimer's In-Home Respite (FAIR) Direct Care Worker

Caring for someone with Alzheimer's disease can be extremely stressful, and family caregivers need a regular break. The Family Alzheimer's In-Home Respite (FAIR) Program was created to address this need. FAIR is different from other in-home care programs. It provides **a break for the family caregiver, who is the service recipient**, and, at the same time, **engages the care receiver, the person with Alzheimer's disease or a related dementia, in meaningful activities**.

The FAIR worker reports to _____ and is responsible for the following:

Training:

- Attend the provider agency orientation.
- Prior to providing care for an individual with Alzheimer's disease or a related dementia, complete the dementia care training, *The Person Comes First: A Practical Approach to Alzheimer's Care*, and all other training required by the FAIR Program and the provider agency.
- Within the first year of employment, complete additional training, including the following requirements: communication skills; geriatric, social and psychological needs of clients; client rights; and the role of the respite worker.
- Attend any other training deemed necessary by the provider agency.

Duties and Responsibilities:

- Review the personal histories of the care receivers assigned to you to help you get to know each person. As you learn more about each individual for whom you are providing care, inform your supervisor of any additional information you obtain that may be helpful in caring for that person.
- Spend the designated number of hours with the care receiver, temporarily relieving the family caregiver of his/her caregiving responsibilities. The caregiver may or may not choose to leave the home during those hours.
- Monitor and provide for the care receiver's needs in the caregiver's absence.
- To provide socialization and stimulation for the care receiver, review his/her Activity Plan, which is based on likes and dislikes, interests, abilities, and needs. To the extent possible each day of service, engage the care receiver in activities from that plan. Inform your supervisor of any activities the person enjoys that are not on the Activity Plan or any activities on the plan that he/she can no longer do.
- Report any significant changes in the care receiver to your supervisor.
- Record all activities you and the care receiver do together on the Worker Notes form, and get the family caregiver's signature on the form at least twice per month.
- In the FAIR Program, personal care (bathing, dressing, shampooing hair, shaving) and chores (housecleaning, cooking and laundry) are **not** part of your work, unless they are included in that person's Activity Plan, with the following exceptions: It is expected that you will provide assistance with toileting or incontinence needs when necessary. You should also make sure the care receiver has an appropriate meal or snack if you are there when either should be served. (The snack or meal should be food that is already prepared, unless the Activity Plan includes meal preparation together.)
- ***Remember that anything can be an activity, as long as the focus is on the care receiver and that person is included, to the fullest extent possible, in everything you do.***