

Determining if it's a good fit:

- When it's possible and before you've committed to a caregiver, set up a "Working Interview" as part of the process. This is a time when the professional caregiver performs the exact job including the same hours and responsibilities expected in a typical shift. This allows everyone to have as much information as possible to determine if it's a good fit - all around.
- Be clear about your expectations and preferences. What is obvious to you isn't necessarily obvious to someone else.
- Respectfully ask for what you need/want the caregiver to be doing.

On-going communication:

- Consistently start by assuming the best intentions.
- Keep a journal with pertinent details from the day/night so everyone has the same information and trends can be noted. It's helpful for both family caregivers and professional caregivers to use the journal consistently. (There are caregiver journals that have spots for noting mood, pain levels, meals, medications, workouts, sleep, water intake and general spot for notes.)
- Establish regular meetings (at every other week) to check in about how things are going. This allows caregivers to ask questions or voice concerns and provides a forum for sharing feedback, both positive and constructive.

Caregiver retention:

- Treat your caregiver in the same way you want them to treat the individual for which they are caring.
- Respect that your paid caregiver will have their own approach and style, trust them to do their job well, even if it's different from how you approach things.
- Continue to be clear about your expectations and remember that others cannot read your mind. Every family has different expectations.
- Express your appreciation regularly.
- Once you have an established caregiver, acknowledge and express care about the caregiver's own life (know their birthday, a bit about their family and maybe their favorite kind of treat or flower).

For many reasons, including the fact that an older adult may move or misplace things, it's simpler to put valuables away (including jewelry) in a secure location. Some people set up security cameras inside the home. If you want help with the camera process, Larkin can offer tips and resources and also help you understand your state's guidelines regarding audio and/or visual recordings.